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Monday, April 1, 2019

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April 12-137:30 pm

Upcoming:
Shaun the Sheep:
Farmageddon, Dumbo

**EARLY BIRD
RUMMAGE SALE
&
SPAGHETTI DINNER**

Sunday, April 7
10 a.m. to 4 p.m.
Ryder Community Center



**Ryder Community Club
BINGO**

Friday, April 5 o 7 p.m.
Ryder Community Center



Max Farm Services Annual Meeting

Thursday, April 4, 2019
Lunch Served @ 12 pm
Meeting to follow
Max Civic Center

*Business includes the election of 2 Directors.



Northern Expressions Arts Council presents

**DEATH BY CHOCOLATE
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"I'm a Believer"

SUNDAY, APRIL 7, 2019

Vonderheide Gymnasium in Underwood
Dinner starts at 5:30 pm • Show starts at 6:30 pm
Doors open & silet auction begins at 5:00 pm

Evening features Death by Chocolate buffet, Chicken Alfredo dinner,
and a musical tribute to the 60s and 70s

TICKETS:
\$35.00 (13 - Adult) • \$20.00 (Children 5 -12)

Tickets available from Underwood School juniors and seniors
as well as NEAC members. Tickets may also be purchased
at Cottingham Insurance and Underwood City Hall.

FARMERS UNION ELEVATOR
Wilton - Regan - Washburn

63rd ANNUAL MEETING

WILTON FARMERS UNION ELEVATOR CO.
OF WILTON, REGAN & WASHBURN

TUESDAY, APRIL 9, 2019
SUPPER AT 6:00 P.M. WITH MEETING TO FOLLOW
AT THE WILTON CITY HALL

RETIREMENT CHECKS WILL BE ISSUED.

DOOR PRIZES - ELECTION OF DIRECTORS
BY MARK FISHER, SECRETARY

Call 462-8126 to place an ad

Gardening Tips

Start them now

BY BEV JOHNSON M.G.
UNIVERSITY OF MINNESOTA EXTENSION
MASTER GARDENER

Real gardeners start their own plants. There are several reasons for this. They want a variety that isn't readily available from nurseries. They want a jump start on gardening in the spring. They just can't wait till thaw to get their fingers in the dirt. Nurseries and/or the big box stores don't have plants ready when they want them. And, most of all, they just love seeing their babies popping through the dirt on their way to the gardeners best garden yet. (Next year is always the best one).

A few annuals can be put out quite early. Pansies and

violets, petunias, calendula, snapdragons stocks, and alyssum can go in the cold soil and do quite well. They can't survive a killing frost but they laugh at cold nights. If you are into veggies, start all the cabbage family, all the onion family, parsley Swiss chard and thyme now. They are cool weather plants. Sneak a patch of lettuce in between a couple of tall perennials. Some of the red ones are beautiful and the taste of spring lettuce can't be beat. Hot summer suns will make the lettuce inedible and it will probably bolt. Pull it out and lay it down for mulch. You may want to start biennials indoors too. The first year plants don't look anything like the flowering second year plants. If you start them yourself, you are less apt to pull them out



Bev Johnson M.G.

thinking they are weeds. Two to think about are sweet William and foxglove. Willy will happily reseed himself, so once you

have a clump of him growing you will have him forever.

Make a point to line one side of your vegetable garden with annual flowers. There are two reasons for this. One, it is attractive, but more important, it's also attractive to bees and butterflies giving your garden plants a better chance of being pollinated. There are packets especially suited to this application. They are usually a mix of flowering annuals. Or, you can make your own mix. Often the seeds in these mixes are very tiny. You end up with clumps of flowers rather than a nice even row. If you have the patience, pick the larger seeds out, keeping each type separate. Most any gardener recognizes zinnia and calendula seeds. Then mix the little stuff with sand or sugar to help space

them out. You will more than likely need to thin some of these out because they are still too close together or because you just don't like the flower. Most of our pollinators like a flat flower so zinnias and cosmos are perfect landing places for them. The trouble with cosmos is that they get very tall and can crowd out some of the little bloomers. Bunkey has resorted to sawing off the stems of cosmos as they are too deep rooted full grown to pull out and his clippers won't open that far. They almost need to be in a row alone or at least in an area by themselves as they are pigs, taking up more than their share of the sun.

To prevent damping off, either buy new flats each year

Gardening page 8

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County eyes 911 upgrades

BY ALYSSA MEIER
BHG NEWS

Upgrades are in progress for both state and local 911 call systems, with changes on the docket in McLean County.

McLean County E-911 coordinator Richard Johnson told McLean County Commissioners last week that the state is working on a new 911 map, and that the county was next in line for an update.

"Brush Lake didn't have road names, just lot numbers, so the state created road names and individual house numbers for the lots," Johnson explained to commissioners during the March 19 meeting.

Johnson said the state started with Brush lake, but that there are potentially a dozen more areas in the county that could be relabeled for the state system. He said the state was looking for the go

ahead to proceed into the other areas. Johnson said he would recommend going with the state's plan.

Barry Suydam made a motion to accept the state's plan as presented, and commissioner Doug Krebsbach seconded. The motion passed unanimously.

Johnson said all of the information would be provided to emergency services departments and put into the Postal Service database.

Moving on, Johnson told commissioners that the county's current 911 communication system is around 15 years old and is due for an upgrade.

"It is far beyond its life expectancy," Johnson said.

Johnson said the system was unable to pinpoint cellphone calls, meaning dispatchers talking to anyone not on a landline needed to get an address from the caller. This can cause delays in medical

emergencies, Johnson pointed out.

Johnson said a new system could cost up to \$150,000, plus a monthly fee for support and data usage.

Commissioners expressed concern over having a system that could be unreliable, and asked for more information on what money is in the 911 fund and how the system could be paid for. The commission tabled the matter to discuss at its next meeting.



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NOTICE

7 ton per axle not to exceed 80,000 pounds load restrictions are imposed on all McLean County asphalt roads in McLean County except CR#18 to Great River Energy Plant.

6 ton per axle not to exceed 65,000 pounds load restrictions are imposed on all other McLean County roads except McLean County Highway #16 extending 7 miles south of Riverdale to the Fischer Industries (Sand and Gravel) Plant.

Restrictions shall begin Monday, March 25, 2019 at 7:00 AM and shall continue until removed by the Board.

By the Board of McLean County Commissioners

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VERY LARGE FARM EQUIPMENT ESTATE AUCTION

Friday April 5, 2019 – 10:00 am
Location: Esmond ND – 1 mile North on Hwy 19
Owner: Michael (Mickey) Hoffner Estate – 701-341-1140

AUCTIONEERS NOTE: Mickey Hoffner, a long-time well-liked Esmond area farmer, passed away unexpectedly last fall during harvest. His substantial farm equipment estate auction features a complete line of well-rounded and highly maintained farm equipment. Everything goes. Plan today to attend and plan to spend the day
LUNCH WILL BE SERVED!

INTERNET BIDDING: This auction will feature live internet bidding. For live bidding the day of the auction, go to www.proxibid.com. Pre-registration is required prior to auction day.





TRACTORS, BOBCAT & TELEHANDLER

- 2011 Versatile Model 485 4WD
- 1997 JD 8300 MFD
- JD 4020
- 1066 IH 2WD
- Lull telehandler 644 B-42
- Steiger Panther ST310 4WD
- JD 4840
- 1466 IH 2WD
- Bobcat T190 Skid Steer

SEMI'S & TRAILERS

- 2005 IH 9400 Semi truck, Cummins
- 1994 Peterbilt day cab semi, Cat
- 1986 40' Timpette hopper trailer
- 2014 40' NeVille hopper trailer
- 1996 35' ABS hopper trailer

TRUCKS & GRAIN CART

- 1985 IH 2500 tri-axle
- 1975 IH Loadstar 1600 single axle
- 1963 IH 2000 Fleetstar tandem twin screw
- Ford L9000 diesel water truck
- 1975 White tri-axle
- 1967 tag tandem

TRAILERS

- Triple axle water trailer- Redi Haul hi-wheel sprayer trailer
- Bumper hitch car trailer
- 30' Tarnell Gooseneck flatbed trailer

AIR SEEDER, PLANTER & TILLAGE

- JD 1910 air seeder w/ JD 40' 1895 tool
- JD 1770 Max-Emerge planter
- Concord NH3 cultivator

COMBINE & HEADS

- 2002 Case IH 2388 combine, new turbo
- 2001 Case IH 2388 combine
- (4) 30' 1020 Case IH flex heads w/ air
- 8 row Case IH 883 corn head
- Other heads

SPRAYER & LAND ROLLER

- 2014 NH SP 240 F XP Guardian hi-wheel sprayer, few hours
- 45' Mandako land roller

CONVEYOR & AUGERS

- 15" x 45' Conveyor Harvest Int
- 7" x 46' Westfield
- 10" x 70' PTO Buhler Farm King
- 6" x 35' Brandt

MISC. FARM EQUIPMENT & ITEMS

VEHICLES, RANGER, ATV & RECREATIONAL

- 2006 Chevy 2500
- 1989 Dodge Dakota
- 2014 Polaris 800 Ranger
- (2) 1996 Chevy 1500
- 2004 Ford Mustang, convertible
- Polaris 6 wheeler

MISC. FARM ITEMS & TOOLS


LUMBER, TIN & RAFTERS

LAWN, GARDEN & ANTIQUE STOVE

Three McLean Electric Cooperative Director Seats Up for Election
ARE YOU INTERESTED IN BEING A DIRECTOR?

This year, the three districts up for election are:

- District 1 - which includes the townships of Amundsville, Cremerville, 150-90, 150-91, 149-91, 149-90, 149-89, 149-88, 148-88, 148-89, 148-90, 148-91, 147-90, 147-89, 147-88 is currently served by James Odermann of Parshall.
- District 3 - which includes the townships of 150-83, Rosemont, McGinnis, 149-83, Snow, 148-84 is currently served by Rod Stockdill of Garrison.
- District 5 - which includes the townships of Medicine Hill, 148-80, Lake Williams, Wise is currently served by Troy Presser of Turtle Lake.




Pick up a petition at the McLean Electric Cooperative headquarters in Garrison and secure 15 signatures of members from within your district. You can start circulating the petition right away, but it must be filed not less than 60 days before the annual meeting. Petitions for the 2019 director election must be filed with McLean Electric Cooperative by Friday, April 19, 2019. If you have any questions, please call the office at 701-463-6700.

According to the bylaws, any member of McLean Electric Cooperative who is a member of this cooperative as a bona fide resident of the district he/she represents and is in no way employed by or financially interested in a competing enterprise, can become a candidate for the board of directors. Directors shall be elected by the members at large at the MEC annual meeting on June 18, 2019 in Garrison.


Directors have a fiduciary responsibility to the cooperative. They exercise care, time and responsibility in reviewing cooperative matters. Directors treat cooperative business as if it were their own. Directors devote a certain amount of time to the cooperative. At a minimum, a director attends each monthly board meeting. Directors learn about the industry as a whole by reading other materials and by attending state and national meetings. An understanding of the issues facing the industry is vital. To help directors with their responsibilities, training is offered through the electric cooperative's statewide organization. Courses cover director duties and liabilities, understanding the electric business, board roles and relationships, strategic planning and financial decision making. Directors currently serving the cooperative find the duty extremely rewarding.

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* Wrist corsages available at Flowers and Things.

Call or stop-in prior to March 29th

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AUCTION

April 13, 2019
10:00 am CT

6455 41st St – Glen Ullin, ND (I-94 Exit 108, S)
(N of NAPA on CoRd 88 to Curlew Ave. E to dead end. N)

<p>TRACTORS / LOADERS</p> <p>'12 105U CIH MFWD-3 hyd.3 pt.540/1000, 1209 hrs. L730 7' bucket w/4 line grapple-SHARPI!</p> <p>'01 95E Cat Challenger - 4 hyd. Tracks 50%, 7000 hrs</p> <p>'95 CIH 9280 375 HP Cummins (534hrs on comp rebuild),4 hyd 520/85-R42 Duals, 40 weights rear, 30 weights front, 8650 JD 4X4, 4 hyd, 1000 pto, 12170 hrs-4 new tires,duals-eng/trans work done on this-wrx gr8!</p> <p>1370 Case-PS, 2 hyd,1000 pto, 20.8-38 duals</p> <p>1370 Case-3 pt,4 hyd,1000,ruff w/w 795 Buhler Allied 7' loader 4 tine grapple</p> <p>970 Case-2 hyd, 540</p> <p>930 Case Comfort King-cab,2 hyd, 540, 2000 hrs on OH</p> <p>830 Case-Eagle hitch, 540 SC Case-540</p> <p>U Minneapolis Moline-540</p> <p>'42 WC Allis Chalmers-narrow</p> <p>'46 9NFord tractor</p> <p>800 Leon loader w/mounts for IH 55/86 series</p> <p>SKIDSTEERS / ATTACH</p> <p>'08 320 JD-enc cab, heat, elect quicktatch, tires-2 new, 2-75%</p> <p>600 Bobcat-Wisconsin air cool w/quicktatch bucket/grapple-good Bobcat brush hog</p> <p>FARM / MISC EQUIPMENT</p> <p>'03 Case IH 1200 PT-16 row,30" Drive System Hyd Sunco trash whip, liq fert 2-200 gal tanks, individual seed boxes</p> <p>'97 48" Concord (green)-5 fold, NH3, Dickey John Control, dutch openers, disc closers on all shanks,4 rank, hyd wench, 2400 cart-Nice!</p> <p>750 JD No Till Drill-15' & drill fill</p> <p>7200 Bourgault 72'harrow22" tines</p> <p>Wilrich 24' chisel plow w/walk tandems & NH3, Continental NH3 meter, 3 rank harrow</p> <p>5600 CIH 22' chsl plow & harrow</p> <p>3900 CIH 20' disc</p> <p>'40 Melroe harrow</p> <p>36' Wilrich cultw w/shovels & spike</p> <p>7000 JD corn planter-30",trash whip seed counter, liq/dry fert</p> <p>7000 JD 6R corn planter-30",fert</p> <p>300 bu Killbros GN tand harrow box w/12v drill fill</p> <p>Dakon gravity box on run, gear</p> <p>'95 105 Sprae Coupe w/cab-45', 50 hrs on motor</p> <p>(2) 400 Versatile-15' & 18'-1 cab DA92 Inland snowblow-2 aug</p>	<p>HARVEST & RELATED</p> <p>8820 Turbo JD combine - nice!</p> <p>TR96 NH combine w/corn/sunflower heads</p> <p>892 NH-corn chopper-3 row, 30" & pickup head</p> <p>HOPPER BINS/BINS/AUGERS</p> <p>(2) Amber Waves 4000 bu epoxy lined hopper bins w/site glass/air- 13 miles from sale site</p> <p>7 BINS-4400 bu Sioux-air, 2700 bu Columbia-air (2) 1350 bu Eaton, (3)1000 bu</p> <p>10"X70" Farm King w/swingout</p> <p>10"X60" Brandt w/swingout & changeover kit</p> <p>8"X51" Westfield-pt</p> <p>8"X60" Brandt-pt</p> <p>8"X56" Brandt-pt</p> <p>7"X42" Brandt w/B&S</p> <p>7"X40" Sakundiak w/16hp B&S Vanguard elect start</p> <p>(2) 6"X16" Westco</p> <p>4"X16" w/elect motor</p> <p>14" & 20" drill fills</p> <p>VEHICLES</p> <p>'09 Freightliner-Cat, auto, 870K</p> <p>'06 Volvo-780 Volvo-465hp13 spd tires, brakes & drums</p> <p>'89 White-Volvo-9 spd,cummins single axle, 91,500 mi</p> <p>'87 Ford F-150-4X4-98K act mi</p> <p>'83 Ford Econoline-460,117K</p> <p>'84 F-350-4X4,5 spd, w/60' Summers, Honda mtr, foam mtrk</p> <p>'82 GMC-2X4,2 1/2T,service truck</p> <p>400 gal fuel, fiberglass utility bx</p> <p>350 camper special eng, auto, 400 gal fuel, fiberglass utility bx</p> <p>'78 Ford F-800 tandem truck-477 gal, 18' box, roll tarp,4 spd Browning w/5 spd, air brakes, twin screw</p> <p>'78 Ford F700-16' box,hoist,r.trp</p> <p>'**77 Ford van-75K, seats 8</p> <p>'73 IH 1600Loadstar-gas, 4spd, box, hoist, silage endgate</p> <p>'68 Chevrolet C50- 6 cyl, 4 spd w/2 spd 14'6" box, roll tarp, 9.20 radials on rears</p> <p>'68 F600-330,4+2 spd, 16' box, hoist, roll tarp, 42K</p> <p>'58 GMC-350 4 s-pd, 14'box, hoist, 2 pc endgate</p> <p>www.midwestauctions.com/gandg</p> <p>www.globalauctionguide.com</p> <p>www.ndauctioneers.com</p> <p>www.auctionzip.com</p>	<p>TRAILERS</p> <p>'99 Wilson 53' cattle pot 3 axle (single/dual/single)3/4 dog house</p> <p>'97 Featherlite 53' groundload</p> <p>'89 Wilson 48' hopper, roll tarp</p> <p>'81 Wilson 40' hopper, roll tarp</p> <p>'78 Wilson 40' alm hopper, roll tarp</p> <p>Combine trailer</p> <p>'09 PJ 6'x20' bumper trailer w/fold up ramps</p> <p>'75 Southwest 7'X16' GN stock-new floor</p> <p>HAY / LIVESTOCK RELATED</p> <p>CIH round baler-540-self contain</p> <p>Hesston hay stacker</p> <p>9 wheel rake, 6 wheel rake</p> <p>450 JD manure spreader-1 axle, 1 beater, hydro push, 540</p> <p>675 NH manure spreader-tandem axle, chain drive, 540</p> <p>425A Arts-Way grinder mixer portable livestock scale-new floor</p> <p>Rollin' Mfg calf catcher for ATV</p> <p>3 pt wire winder</p> <p>(20) 24' Free standing panels</p> <p>(5) 24' Free standing windbreak</p> <p>ATV/UTV fence crossing</p> <p>(40+) 2 7/8" pipe</p> <p>(50+) 7/8" sucker rod</p> <p>(50) 4" X10' pipe</p> <p>(75+) 5/2" T posts used rippled & colored tin used wood posts</p> <p>MISC</p> <p>8' utility pickup box</p> <p>500 gal propane tank</p> <p>(3)300 gal fuel tanks</p> <p>150 gal service tank-no pump</p> <p>1500 gal liq storage tank</p> <p>1000 gal fiber glass liq storage tank</p> <p>Gustafson stainless stl seed treater</p> <p>acetylene torch, misc shop grain treating tank</p> <p>ATVs / YARD GARDEN</p> <p>600 Grizzly ATV-needs work</p> <p>(2) '85 Suzuki 3 wheelers</p> <p>'60" Toro zero turn com. mower</p> <p>ANTIQUE / COLLECTIBLE</p> <p>5 cream cans, traps</p> <p>claw foot cast iron bath tubs</p> <p>Mobil, Texaco, Phillip 66-oil cans</p>
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Executive Director Jenell Olson stands in the food pantry of the McLean Family Resource Center in Washburn. ASHLEY THORPE | LEADER-NEWS

McLEAN FAMILY RESOURCE CENTER SMALL BUT MIGHTY

BY ASHLEY THORPE
BHG NEWS

Feeding the hungry is one of the many services the McLean Family Resource Center takes on to serve its community. The McLean Family Resource Center was founded over 40 years ago, with its main purpose being to serve victims of domestic violence, sexual assault or property crimes. The center works with the criminal justice system, state attorney's office, clerk's court, and social services, and collaborates with them to provide the best services possible for the clients served. Executive Director Jenell Olson, who has been at the center for 27 years, said the food pantry that's run through the center is only one part of the assistance it provides. "Assisting victims of violence is our main focus, but at the same time, a lot of the victims we serve need food," Olson said. "So therefore, the food pantry was developed many years ago as ways to not only help our clients, but to help the general public in McLean County." The pantry, run out of the local resource center, can only be accessed by appointment, though no one is turned away. Evie Bardwell, who started off as a tech support in 2008 and is now the client services advocate for the center, stressed the importance of

privacy when working with those who benefit from the food pantry. "Some people don't want others to know they went to pick up a food basket," Bardwell said. "You want to respect people's privacy. It's hard to go and ask for help. If you have to feed your family, we want the people in McLean County to know that they can come and we'll treat them with respect and they can come back and we'll help with whatever." Most other food pantries will allow people to come in and take food off the shelves. Because of the smaller scale and more sensitive operation at the resource center, Olson and Bardwell prepare food baskets for those who make appointments. "When someone calls for a food basket, I have a form and I go through a series of questions," Bardwell said. "I ask if they have any abundance of food, if they have any food allergies, if they have any children in the house and what are the ages, because that makes a difference in how I create that food basket." Bardwell said the pantry also carries a variety of household products like cleaning supplies and personal care items. Donations are always very welcome, the staff said. Shelf stable items, such as boxed items or canned food, paper

"The clothing outlet is open to anybody, anywhere. You got relatives coming to visit for the summer and they forgot a rain jacket or whatever it is. They can come down here to the clothing outlet and get things there. We don't charge for anything; it's all free will donation."

Jenell Olson

products, personal products, and anything that one would use in the home are always needed. "It isn't just the food," Olson said. The McLean County Resource Center's food pantry helped 61 families last year, sending out 3,400 pounds of product, though this was a lower number due to the center being closed for three months last year for construction. However, the resource center is so much more than just a food pantry. "That's not our main purpose. Ours is so different in structure. It's not really comparing apples to apples here," Olson said of the center, which prioritizes serving clients in need. Both Olson and Bardwell praised the Great Plains food bank for their initiative in creating food pantries in numerous small towns in



Calendar

Saturday, March 30

Gardening Saturday, 8 a.m. to 4:15 p.m., North Central Research Extension Center, 5400 Hwy 83 South, Minot. Call 701-624-5252 to register.

Texas Hold-em Poker Tournament, Garrison Golf Course, register at noon, play begins at 1p.m.

GHS Prom Grand March, Garrison High School Gym, 7:30 p.m.

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 food and household goods at no cost.

A pinochle tournament being run by the American Legion will begin at 11 a.m. with signup at Rusted Rail, Underwood.

A baby shower honoring Jennifer Hennessy is set for 1:30 to 3:30 p.m. at Washburn United Methodist Church.

Grand March for the 2019 Underwood Prom is set for 7:30 p.m. at the Vonderheide Gymnasium in Underwood.

Sunday, March 31

The Washburn Volunteer Ambulance Service will hold its annual pancake breakfast from 9 a.m. to 1 p.m. at the ambulance bay at 917 Main Avenue, Washburn. Serving pancakes, scrambled eggs, sausage, coffee and juice.

Monday, April 1

McClusky Job Development Authority meeting, 7 p.m.

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.

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

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

Presser Red Angus Bull Sale, 1:30 p.m., at the ranch 9 miles north and 2.5 miles west of Mercer. See ad for full details.

Tuesday, April 2

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.

Hazen Concert Association is presenting Holy Rocka Rollaz at 7 p.m. at Hazen HS Theater.

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

Wednesday, April 3

“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

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

Women's practice shooting, Garrison Indoor Range, 6:30 p.m.

Underwood Civic Club will meet at noon at city hall.

Visit Northland Health Centers in Turtle Lake from 1:30 to 3:30 p.m. at 416 Kundert St. 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

Wilton City Commission meeting is set for 7 p.m.

Lenten worship service is set for 7 p.m. at both Augustana Lutheran Church, Underwood and First Lutheran Church, Washburn. Everyone welcome.

The Washburn American Legion Post 12 monthly meeting begins with a social at 7 p.m. and meeting to follow at 7:30 p.m.

Holen's Super Valu ninth anniversary party, 9 a.m. to 6 p.m., McClusky. Free doughnuts and coffee.

Thursday, April 4

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

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

Garrison Sportsman range open, indoor range, 7 p.m.

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 food and household goods at no cost.

Max Farm Services annual meeting is set for a noon lunch with meeting to follow at the Max Civic Center.

Underwood School K-3 spring concert, 7 p.m.

Friday, April 5

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

Fire Department Fish Fry, Fire Hall, 4:30-6:30 p.m.

Ryder Community Club Bingo, 7 p.m., Ryder Community Center.

Saturday, April 6

Father Daughter Dance, 6-8 p.m., Garrison City Auditorium. Tickets available at the door.

Cocoa crawl fundraiser for GHS Close-Up students to visit Washington D.C., 9 a.m. to noon. Purchase a ticket and shop till you drop, enjoy cocoa and treats and in-store special with ticket. Tickets available at area businesses, Close-Up students or Garrison CVB office.

Sunday, April 7

District 14 Republicans Lincoln Day Dinner, social 5:30 p.m., dinner 6 p.m. at Harvey Eagles Club. Tickets available at the door.

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

Death By Chocolate scholarship fundraiser. Dinner starts at 5:30 p.m. with show set for 6:30 p.m. Doors open and silent auction begin at 5 p.m. Tickets available from Underwood School juniors and seniors, NEAC members, Cottingham Insurance and Underwood City Hall.

Early bird rummage sale and spaghetti dinner, 10 a.m. to 4 p.m., Ryder Community Center.

Prairie Fare

Exploring the Germans From Russia Foodways

BY JULIE GARDEN-ROBINSON

FOOD AND NUTRITION SPECIALIST
NDSU EXTENSION

“I’m more German than you are Norwegian!” my husband exclaimed, grinning at me.

He sounded a little too triumphant, I thought to myself.

We were reviewing the results of our DNA testing. I looked at his ethnicity pie charts, and he was correct. He was 82 percent German to my 72 percent Norwegian. He was zero percent Scandinavian, poor guy.

How had we survived more than 25 years of marriage?

I could understand why he likes sauerkraut and sausages, I thought to myself.

However, I was more English and Irish than he was, despite his English-sounding last name. The DNA service explained that Viking sailors exploring the coasts were probably the reason for my English and Irish heritage.

My appreciation of corned beef and cabbage on St. Patrick’s Day might be genetic.

I began connecting with long-lost and never-met cousins. My husband thought it was a scam and didn’t pay a lot of attention until one day. I had written a note to a person with a name that sounded familiar. She wrote back a story with very specific information about my childhood hobby.

“This is real!” he said with astonishment as he read the message over my shoulder. “No one would know that!”

I had chosen the kit that helped us connect ourselves to our heritage. However, many testing kits are available, and some can provide hints about future health. However, keep in mind that lifestyle, including eating, physical activity and smoking habits, significantly influences our health.

Lately, I have stepped out of my Scandinavian heritage to work on a North Dakota Germans from Russia project.

Here’s a little history I have gleaned from the Germans from Russia collection at the NDSU library, available at <http://www.ndsu.edu/grhc>. In 1763, Russian Czarina Catherine the Great, a former German princess, invited German colonists to Russia with the



This knoepla soup recipe has been modified to make it more healthful. (NDSU photo)

promise of farmland and more privileges. Many accepted the invitation and colonized the Volga region first. Then in 1803, Alexander I, grandson of Catherine, issued another invitation and Germans settled southern Ukraine near the Black Sea.

In 1871, Czar Alexander II revoked the preferential rights and privileges given to the colonist settlers by the manifestos of Catherine II and Alexander I. In 1874, universal military conscription was instituted. The Germans began emigrating to North America and settled everywhere from Canada to Texas. By 1910, about 60,000 Germans from Russia resided in North Dakota.

As I read the history, I became a little worried about getting this new ethnic foodways project correct. I know that people don’t like others “messing with” their

recipes.

My student interns and I began developing content and testing recipes. We learned many new German recipe names along the way. We gathered recipes from published cookbooks and recipe cards, and we ran the nutrition analysis.

Some recipes just needed a little clarification. As with many old cookbooks, sometimes an ingredient amount wasn’t provided, or the ingredient was mentioned in the directions but not in the ingredient list. “Add some vinegar” is a little vague, for example.

Some of the recipes were fairly healthful “as is” with just a couple of tweaks. Other recipes were fairly high in fat and sodium and low in fiber.

In earlier history, people

Prairie Fare page 8

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graduation party

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THE CLASSIFIEDS

• DEADLINE: 9 a.m. Thursday.
• CLASSIFIED WORD ADS: Terms – Cash, Check, Visa or Mastercard.
• COST: \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are FREE one week only.
• CLASSIFIED DISPLAY RATE: \$9.50 per column inch.
• CONTACT INFORMATION: Phone: 462-8126 • Fax: 462-8128
 Email: leadernews@westriv.com • Website: bhgnews.com
 Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
• DELIVERY PROBLEMS: If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

Announcements

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

SUPPORT GROUPS: Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church.
 1-E-TFN-NC 58540

Farm Related

GOOD QUALITY GRASS Alfalfa mix in round bales. Located in Dickinson. Can deliver 38 bales per load. 290-2195
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Help Wanted

be accepted until April 5. Interested individuals should send a letter of application and a resume to: Washburn Park Board, PO Box 551, Washburn, ND 58577.
 47-48-E-X 58577

SPECTRUM HEALTHCARE RESOURCES is seeking Mental Health Techs to work at Minot Air Force Base. Full benefits, competitive salary in unique, non-traditional setting. Contact Crystal at crystal.curry@spectrumhealth.com, 314-744-4110, or visit spectrumhealth.com
 46-P6T GRNTPRLNCRMCCMXT 58540

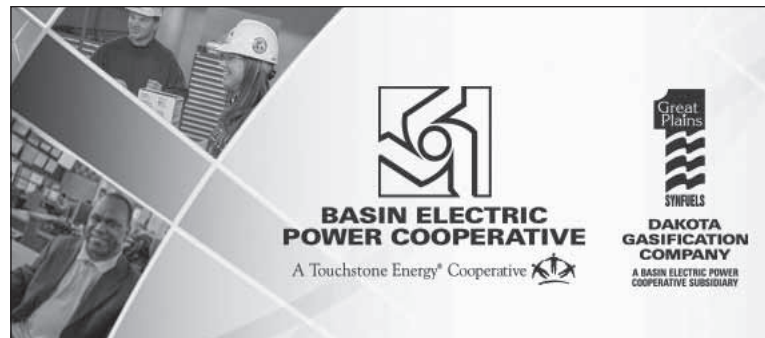
GARRISON PARKS & RECREATION is accepting applications for lifeguards, maintenance personnel and recreation positions. Rainy day incentive offered. Pick up applications at BHG or send resume to PO Box 850, Garrison, ND 58540. Must be postmarked by April 5.
 46-C2T INX 58540

JOB OPENING: The City of Coleharbor is looking for a city auditor. Make your own hours. Job duties include payroll, water bills, financial statements, quarterly and yearly reports. Quickbooks knowledge helpful but not necessary. Some computer and accounting skills helpful. Contact Kim via text message at 661-0185 or leave message at city hall at 442-3454.
 46-47-E-X 58577

Help Wanted

MAX FARMERS ELEVATOR is looking for full-time and seasonal employees. Duties will include, but not limited to, loading and unloading trucks and railcars, maintenance on elevator and equipment. Also would help out with agronomy department operating sprayers, floaters and driving semi-tender trucks. Class A CDL preferred but willing to train the right individual. Competitive wages and benefits. Call Rick at 701-679-2400
 48-C2TGBHCLNCRMCCXTDS 58540

THE WASHBURN PARK BOARD is recruiting for various summer positions: lifeguards, park maintenance and coaches for little league, pee wee and T-ball. Starting pay is \$9 per hour. Applications will



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

- Student Intern - Maintenance (Mechanical) (LOS) (Summer 2019) (4 Positions) - Stanton, ND
- Student Intern - IST (Hardware) (Summer 2019) - Bismarck, ND
- Student Intern - Instrument & Control (LOS) (Summer 2019) (2 Positions) - Stanton, ND
- Student Intern - Financial Services (Financial Operations) - Bismarck, ND
- Student Intern - Engineering (TSM) (Summer 2019) - Menoken, ND
- Student Intern - Engineering (Structural (Summer and Fall 2019) - Bismarck, ND
- Student Intern - Engineering (Performance) (Summer and Fall 2019) - Bismarck, ND
- Student Intern - Electrical (LOS) (Summer 2019) (2 Positions) - Stanton, ND
- Student Intern - Communications (Summer 2019) - Bismarck, ND
- Student Intern - Surveying (Summer 2019) - Bismarck, ND
- Student Intern - Engineering (Transmission Services) (Summer 2019) - Bismarck, ND
- Journeyman Substation Electrician (TSM) - Williston, ND

For job details, go to jobs.basinelectric.com

Questions? Call 701-557-5603

Dakota Gasification Company

- Student Intern - Process Operations (Summer 2019) (8 Postions) - Beulah, ND
- Student Intern - Machine Shop (Summer 2019) - Beulah, ND
- Student Intern - Chem Lab (Summer 2019) - Beulah, ND
- Student Intern - Electrical & Instrumentation Maintenance (Summer 2019) - Beulah, ND
- Student Intern - Engineering (Process) (Summer and Fall 2019) - Beulah, ND
- Student Intern - Engineering (Maintenance) (Summer and Fall 2019) - Beulah, ND
- Electrical, Instrument and Control Systems Engineer I II or III (DOT-PHMSA) - Beulah, ND

For job details, go to jobs.dakotagas.com

Questions? Call 701-557-5603

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West River Telecom (WRT), a growing telecommunications Cooperative in Hazen, North Dakota, is seeking Seasonal Construction Assistants. A complete job description can be found at www.westriv.com

Seasonal Construction Assistant (Multiple)

Assists in the construction, installation, and modification of OSP facilities, network facilities and equipment located at the customer premise. Job requires occasional out of town work with overnight stays. High school diploma or equivalent is required.

Application Deadline: April 15.

Complete application online and submit with resume via www.westriv.com. Questions can be directed to 748-4277 or emailed to michellep@wrtc.com

WRT is an Equal Opportunity Employer

Help Wanted - Full-Time Equipment Operator II

McLean County will accept applications until **4:00 P.M. on Wednesday, April 10, 2019**, filling one or more positions as a full-time **Equipment Operator II**. The successful applicant must reside within 30 minutes travel time of the Garrison 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 prior experience in road construction/ maintenance projects and vehicle/heavy equipment maintenance. High school diploma and class A North Dakota Driver's License with tanker and air brake endorsement is **REQUIRED** on the first day of work. Salary range for the position is \$3,203.97 - \$3,559.92 per month. A full benefit package is offered including fully paid health insurance and retirement.

For further information on position or to obtain a McLean County job application form, individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577; call (701) 462-8541; or visit www.mcleancountynd.gov/employment. **Only official McLean County application forms submitted to the Auditor's office will be accepted.**

Help Wanted - Equipment Operator II/Sign Technician

McLean County will accept applications until **4:00 P.M. on Wednesday, April 10, 2019**, filling one position as a full-time Equipment Operator II/Sign Technician. The successful applicant must reside within 30 minutes travel time of either the Garrison or Washburn Highway Shop. Under supervision, this position performs a variety of skilled and semi-skilled work in the operation of heavy equipment utilized in road construction, snow removal, bridge projects, maintenance, repair projects, and maintains signs throughout the county. Candidate 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. Successful candidate will be able to repair and/or replace damaged signs, markers, and delineators; install new items as needed; and maintain a computerized inventory of all signs.

Preference will be given to applicants with prior experience in road construction/ maintenance projects; vehicle/heavy equipment maintenance; and sign maintenance. High school diploma and class A North Dakota Driver's License with tanker and air brake endorsement is **REQUIRED** on the first day of work. Salary range for the position is \$3,384.62 - \$3,760.69 per month. A full benefit package is offered including fully paid health insurance and retirement.

For further information on position or to obtain a McLean County job application form, individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577; call (701) 462-8541; or visit www.mcleancountynd.gov/employment. **Only official McLean County application forms submitted to the Auditor's office will be accepted.**

SEASONAL MAINTENANCE POSITION

The City of Washburn is accepting applications for a seasonal public works position. All applicants must be 18 years of age at the date of beginning employment. The positions will be approximately 40 hours per week. Day to day activities, as directed by the supervisor, to include, but not limited to; mowing, weed control, garbage collection, patching, crack sealing, tree trimming, etc. Candidates must have a valid driver's license and be qualified to operate city equipment, including pickups, mowers, sprayers, trimmers, etc.; as needed.

Applications and a complete job description can be picked up at 907 Main Avenue, Washburn or www.washburnnd.com, or by contacting the City Office at (701) 462-8558. Applications will be accepted through, April 15, 2019.

FRONT OFFICE ASSISTANT

Want a part-time position in a busy, interesting place with great co-workers? The Leader-News is looking for a front office assistant to work with customers and staff. Attention to detail and ability to proofread are helpful. This is your chance to put your talents to work producing a newspaper that makes your community proud. Apply at news@bhgnews.com or by filling out an application at the Leader-News.

THE LEADER-NEWS
607 Main Ave. • Washburn • 701-462-8126

HELP WANTED

Full-Time position for responsible, dependable workers
Hot Stuff & Cooper's Chicken
1804 C-Store in White Shield
Revolving Hours:
7 am - 9 pm Winter
6:30 am - 10 pm Summer
Call for more information:
701-743-4879 or 701-421-8534

McLean Electric Cooperative has an opening for a full-time Accountant at the Cooperative's headquarters in Garrison, N.D.

A qualified candidate will be responsible for a variety of Accounting functions, including but not limited to payroll, fleet management, asset management and depreciation as well as handle federal and state reporting functions. Must be able to multi-task and meet deadlines. Requires a high school diploma, 2-year degree in a related field and/or applicable job related experience. Experience in RUS Accounting preferred but not required. This position offers a competitive salary and a comprehensive benefit package. Qualified applicants should fill out an application which can be obtained at the McLean Electric Cooperative office in Garrison or on our website at www.mcleanelectric.com. The applications with resume should be mailed or emailed to:

*McLean Electric Cooperative,
PO Box 399 Garrison, ND 58540 Attn: Wendy Kinn*

*Or email to wendylk@mcleanelectric.com
or call 701-463-6700 for more information*

The position will remain open until filled.



Your Touchstone Energy® Cooperative
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MEC is an Equal Opportunity employer.

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out April 8. Have them there by 11 a.m. Call Darin, 701-315-0144.
43-TFN-E-X 58577

Misc. for Sale

USED ALUMINUM PRESS Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201.
1-E-TFN-NC 58577

HELP WANTED



is looking for
SALES ASSOCIATES

Full Time or Part Time

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



HELP WANTED

Come join our team!

- **Homemaker - Casual**

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

Full-time custodian position with competitive salary and benefits. Work day consists of approximately eight hours from 12:30 PM to 8:30 PM during the school year and adjusted schedule for summer months. Pre-employment background check required. This position will be open until filled. Please contact the superintendent, Mr. Brandt Dick, at 701-442-3201, or email—brandt.dick@underwoodschool.org if interested in filling out an application.

Help Wanted

FULL-TIME/PART-TIME

Starting at \$9.00/hr.
Scholarship options for students in school.
Come by for an application.



Garrison, ND

HELP WANTED AT



Turtle Lake Hospital

Part-time cook

Contact Margie at 701-448-2331.

Social service designee Full-time nurse aide

Experience preferred but not required.
Contact Jessie 701-448-2331 ext 206.
This institution is an equal opportunity provider and employer.

HELP WANTED



OF GARRISON
is accepting applications for
Bait Shop

Must be able to work nights & weekends.



Stop in for an application.

HELP WANTED

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

Part Time Day Cook / Dietary Aide Evening Dietary Helper

For more information call 701-463-6503
Pick up application in Administration or online at CHISTAlexiusHealth.org



Imagine better health.™

Garrison Hospital
The institution is an equal opportunity provider and employer

HELP WANTED

Scheresky Ag Service is looking to hire **full time custom applicator and seasonal truck drivers.**

- **Overtime pay**
- **Full Benefits**
- **Competitive wages**

Apply online at schereskyagservice.com
or call **Galen or Duran**
701-509-2922



Misc. for Sale

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

Real Estate for Sale

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

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

Services

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 833-2884. U call, I Haul.
44-TFNALL 58540

PRAIRIE CARPET Services, Air duct & ventilation cleaning, carpet shampoo/cleaning, debris removal, janitorial services, upholstery shampoo/cleaning, wall and ceiling cleaning, water damage cleanup.
833-2884/448-2883.
44-TFNALL 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

Vehicle Wanted

WANTED Model A bodies, doors, fenders, hoods, trunk lids, engines and parts. Call 715-645-0595 or write Ray Shimek, N 1143 Pine Grove Rd., Saronca, WI 54870.
47-48-E-PD 58577

Work Wanted

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.
1-E-TFN-NC 58577

AUCTION

April 13, 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

Sat. June 22nd @ 10:00 AM CT - Farm Related Auction Kristi Erdmann and the late Kelly Erdman. Located: From the Garrison, ND exit on Hwy 83; 1 mile North & 1/8 mile West on 17th St North. Equipment, Shop, Tools - Good Clean Auction! 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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HELP WANTED
HERREID (SOUTH DAKOTA) School District is looking to fill a Superintendent/Principal position for the 2019-2020 school year. Emails of inquiry may be directed to lance.vandervorst@k12.sd.us and/or phone calls can be made to 605-437-2263. Cover letters/resumes may be sent to: Herreid School, Att: Mr. Vander Vorst, PO Box 276, Herreid, SD 57632.

SUCCESSFUL PRACTICE SEEKS Associate Dentist because of increase in patient volume. Potential earnings \$300K plus. Includes benefits. Future ownership opportunity. Email drb@friendlysmilesfargo.com

WISHEK LIVING CENTER, 60 bed long-term care facility, Wishek, ND seeking licensed nursing home administrator, starting October 1, 2019. Call Human Resources (701) 452-2333 or www.wisheknursinghome.com

HEALTH INFORMATION INSTRUCTOR and Department Chair. This is FT, 9 month, tenure track instructional position in Wahpeton beginning August 2019. Requires a Bachelor Degree in Health Information or related area, RHIT or RHIA credential, member of AHIMA and CSA, and three years' experience. Salary: DOE Screening begins immediately. Application and full posting are available at: www.ndscs.edu/hr Interested candidates must complete the online application and submit resume, cover letter, three professional references and transcripts. EOE

CULINARY ARTS INSTRUCTOR. We have a FT, 9 month, benefited, tenure-track teaching position in Wahpeton beginning August 2019. Primary instructional responsibilities include culinary arts theory, laboratory instruction and related activities, etc. Screening begins

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Immediately - applications accepted until filled. Benefits include: Health/Life Insurance, Retirement, EAP, Sick Leave, Tuition Waiver, Spouse/Dependent Tuition Discount, etc. Interested candidates must submit the online application. EOE. For more information go to: www.ndscs.edu/hr/

RN/LPN : Strasburg Care Center has an RN Leadership position and RN/LPN direct care positions available (FT/PT/PRN). Health, retirement, & life insurance benefits. Wage varies with experience. Call 701-336-2651 or www.strasburgcarecenter.org for application.

MCLEAN COUNTY IS hiring one or more full-time Equipment Operator II positions and one full-time Equipment Operator II/Sign Technician. 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.

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PRAIRIE FARE

continued from page 5

used what they had available, and they worked very hard physically to produce and prepare foods. We have many labor-saving devices now and burn fewer calories in our labor.

I need to caution people about using old canning recipes from any cookbook, though. Canning recommendations underwent a major re-do during World War II and are updated regularly. Some of the canning recipes we find in heritage cookbooks would not meet today's safety standards. Visit https://www.ag.ndsu.edu/food and check out the current research-tested recipes.

We had taste-testers try our slightly updated recipes. We added less salt, used whole milk or half and half instead of heavy cream, and used half whole-wheat flour for white flour in the buns and dumplings.

We tried several recipes for knoephla soup, and this is the winner. We added some vegetables for color and nutrition, reduced the butter and used half whole-wheat flour in the dumplings. Note that the dumplings will be light gray as a result of the whole-wheat flour.

By the way, this recipe is German-heritage-husband-approved.

Knoephla Soup

- Soup:
1/4 c. butter, unsalted
6 c. baking potatoes (about 3 large), peeled and cubed
1/2 c. onion (about 1 small onion), diced
3/4 c. celery, diced
3/4 c. carrot, diced
1/2 tsp. pepper (or to taste)
3 c. whole milk
6 c. chicken broth

- Knoephla (dumpling) recipe:
3/4 c. whole-wheat flour
3/4 c. white flour



Julie Garden-Robinson

- 7 Tbsp. whole milk, or more as needed
1 egg
2 tsp. dill weed
2 tsp. parsley
1/2 tsp. ground black pepper (or to taste)
1/2 tsp. salt

Melt butter in large skillet over medium heat. Saute potatoes, carrot, celery, onion and pepper until vegetables are tender, about 20 minutes. Stir 3 c. milk into potato mixture and heat until almost boiling, about five minutes. Remove skillet from heat. In separate pot, bring chicken broth to a boil.

To make knoephla (dumplings): Combine whole-wheat and white flour, 7 tablespoons milk, egg, dill, parsley, salt and pepper. Add more milk a tablespoon at a time until dough is stiff. Roll dough into 1/2-inch-thick ropes. Cut ropes into 1/4-inch pieces with a knife or kitchen shears. Drop pieces into boiling broth. Cover pot and reduce heat to simmer until knoephla begin to float, about 10 minutes. Stir potato mixture into broth and knoephla. Simmer until potatoes are tender.

Makes 10 (1-cup) servings. Each serving has 260 calories, 8 grams (g) fat, 9 g protein, 39 g carbohydrate, 3 g fiber and 480 milligrams sodium.

MIGHTY

continued from page 4

various areas. "Great Plains Food Bank of Fargo started a project to create food pantries in numerous small towns in the rural areas," Olson said. "It has been a very successful project. The purpose of that was so people did not have to travel so far to access a food pantry. We are very supportive of those food pantries, because it's better for the residents of McLean County."

Because of the nature of their organization, McLean Family Resource Center is not able to deliver food, which means having several pantries in the county helps to reach those in need.

"That's what's great about the additional food pantries," Bardwell said. "Someone doesn't have to travel all the way down to Washburn because that's a huge amount of money for some people, and I see prices going up, up, up on gas."

Another service of the center is a clothing outlet. It consists of all donated clothing, including some high-quality brands, and is open to the general public.

"The clothing outlet is open to anybody, anywhere," Olson said. "You got relatives coming to visit for the summer and they forgot a rain jacket or whatever it is. They can come down here to the clothing outlet and get things there. We don't charge for anything; it's all free will donation.."

Every part of McLean Family Resource Center is geared to helping those in need. Olson said the most rewarding aspect of the center is seeing victims of violence succeed and be able to break the cycle of violence so they can live in a healthy environment. Supplying their needs through the food pantry and clothing outlet are only two of many ways the center aims to help.

"When someone finds themselves thinking, 'Okay, I'm having a hard time. I had extra medical bills this month, and I don't have enough to make a meal with,' That's what we're here for," Bardwell said. "People just think, 'I can get by.' Well, we're here so you don't have to just get by."

The clothing outlet is located at 205 7th St., Washburn, ND 58577. Contact the McLean Family Resource Center at 701-462-8643.

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GARDENING

continued from page 2

or soak them in a solution of 1 part bleach to 10 parts water for a half an hour before planting anything in them. George says a glug of bleach is about right. Always use new, seed starting mix, never planting mix. An open bag from last year could be contaminated. Dump that one in the garden. Mess up the kitchen with planting stuff. It will be planting time ---soon?

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