

Xtra

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Postal Patron

Vol. 40, No. 30
Monday, November 20, 2023

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Due to the thanksgiving holiday, Our deadlines for **The Leader-News**, **Central McLean News-Journal**, and **The Xtra** will be one day earlier. The **Lead-er-News** and the **Central McLean News-Journal's** deadlines will be **Friday at 3 p.m.** and the **Xtra** deadline is **Tuesday at 3 p.m.**

Thank you!

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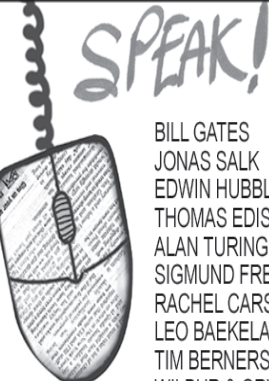
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CALENDAR

SATURDAY, NOVEMBER 18

COMMUNITY CUPBOARD OF UNDERWOOD will distribute Thanksgiving Baskets on Saturday November 18th, !0 am until noon. To make the process easier,:Please stay in your vehicles and line up in front of the Pantry. We will come to you to sign in. The food will be brought to your vehicle. Please drive forward as the vehicle in front is served. Pre-Registration is not required. Only McLean County residents in need are welcome. 208 Lincoln Avenue, Underwood.

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.

SCANDANAVIAN SUPPER, Camp of the Cross, 5:30 p.m. (Doors open at 4:45 p.m.)

BAZAAR, Homemade arts, crafts, baked goods at Ryder Community Center (The Ryde gym), 10 a.m. to 3 p.m.

MONDAY, NOVEMBER 20

THE MISSOURI RIVER BASIN RETIRED TEACHERS ASSOCIATION will meet at 11 a.m. (10 a.m. MT) in the home of Charlotte Rohde, 331 2nd Ave SW, Halliday. Following a business meeting, Christmas bingo and lunch will be served.

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

BONE BUILDERS, Garrison Senior Center, 10 a.m

TUESDAY, NOVEMBER 21

ADULT BOOK CLUB, Garrison Public Library, 7:30 p.m

WEDNESDAY, NOVEMBER 22

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

THE THRIFT STORE, Garrison Area Resource Center, 10 - 6 p.m.

STORY TIME, Garrison Public Library, 11:15 a.m.

THURSDAY, NOVEMBER 23.

COMMUNITY CLOTHING SHARE-EXCHANGE at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

MISSION FREE CHURCH in Wilton is having a free Thanksgiving day meal at 1 p.m. All are welcome to join.

THE WASHBURN FIRST LUTHERAN CHURCH will be a hosting a Thanksgiving day meal from 1-3 p.m. Call: Judy at 701-220-4410 by Monday November 20th for Meal Delivery or takeout. (ready by 12 noon)

BONE BUILDERS, Garrison Senior Center, 10 a.m.

ALCOHOLICS ANONYMOUS, Garrison Hospital cafeteria (enter through ER), 8 p.m

FRIDAY, NOVEMBER 24

TURTLE LAKE SENIOR CENTER 1:30 p.m. at Turtle Lake City Hall

SATURDAY, NOVEMBER 25

LORD'S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from **10 a.m -12 p.m.** No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

LIBRARY HOURS:

WASHBURN PUBLIC LIBRARY - Monday-Thursday 10 a.m. to 6 p.m., Saturday 10 a.m. to 1 p.m.
UNDERWOOD PUBLIC LIBRARY - Monday, Wednesday and Friday 10 a.m. to 2 p.m. -Tuesday and Thursday 2 p.m. to 6 p.m.
TURTLE LAKE PUBLIC LIBRARY - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.
MCLEAN-MERCER REGIONAL LIBRARY - Riverdale Open Mon-Fri 8:00 – 12:00 & 1:00 – 5:00
GARRISON LIBRARY - open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.



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NorDak North Publishing is looking for the cover photo for the 2024 Sakakawea Country magazine -- and it just might be yours! Priority will be given to photos featuring walleye fishing on Lake Sakakawea!

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FROM A CERTAIN POINT OF VIEW

By Hunter Kamrath

Bear With Me

During the NBC pregame broadcast of Super Bowl III, sports announcer Curt Gowdy said that: “The name of the game is defense, offense sells the tickets, but defense wins the ball game.”

As a fan of the professional football team known as the Chicago Bears for over 20 years, I’ve seen a lot of wins and a lot of losses. The Bears’ 40-20 victory over the Washington Commanders on Oct. 5 will be one not soon forgotten. It’s significant for several reasons, but for me, it will be remembered as a game the Chicago Bears won on the day that we lost one of the teams most famous veterans, Dick Butkus.

Is it possible for just one football player to completely define what it means to be a Chicago Bear? There isn’t a doubt in my mind that Dick Butkus, the middle linebacker who wore #51 for the Bears from 1965 to 1973, is a resounding yes to that question.

If you ask a football fan what you think of when you say Chicago Bears, it will be extremely likely that they will answer something that has to do with defense. The main reason I am a Bears fan is because of their reputation for having great defenses. When I was only a toddler, I asked my father what NFL team had a great defense. He told me that Brian Urlacher and the Chicago Bears had a great defense. And just like that, I became a fan and have been ever since. I’m sure many Bear fans have a similar story to this. Their reputation of great defenses is appealing to many football fans, and I believe the standard that Dick Butkus set had a lot to do with this.

Dick Butkus wasn’t just a great player because of the statistics he earned, but because he was as an intimidator and tackled players so hard that it put fear into every player who was stuck having to play against the man. Football fans can agree that Butkus is one of, if not the most feared player in the history of the National Football League.

The saddest part when looking at Butkus’ career is the fact that the Bears teams he was on were usually not good teams. Not once did Butkus play in a postseason game. There were times the team was close, but for the most part, they were usually near last place in the standings. The worst year was 1969 when the Bears managed to win only one game that season. Despite that, Butkus still played his best, even earning the NFL defensive player of the year award that year despite being on such a bad team.

The cool thing about Butkus is that he always stayed loyal to his former team. He frequently attended games at the Bears home venue, Soldier Field, and remained their biggest fan until the day he passed away, really proving how much Chicago Bears football meant to him. Even after his passing, he will be remembered as the face of the Chicago Bears franchise and will continue to serve as the face of the Bears for the rest of time.

My love for great defensive football is why there will always be a special place in my heart for Chicago Bears football and will be for the rest of my life and a lot of that is owed to the gold standard that Butkus set as a middle Linebacker for the Bears.

“There’s only one thing I’ve ever wanted to do: Play pro football. Everyone seems to be made for something, and I’ve always felt that playing football was the thing I was supposed to do. I love the game.” – Dick Butkus (1942-2023).

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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

NEW IN the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.

36-TFNNCI 58540

HOLIDAY CRAFT, craft and vendor sale, 10 a.m. to 2 p.m., Saturday, Dec. 2, Underwood City Hall. \$20 per space. To reserve table space, call Janel, 442-5265.

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680- 0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6544.

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12-TFN-CH,XT

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The McLean County Independent is seeking a **FREELANCE WRITER** for the Max area. Duties include covering events in that area that are happening. Would also research stories and obtain facts, interviewing individuals, providing photographs, investigating newsworthy stories, covering sporting events. If interested, please call 463-2201 or email resume or application to: darla@nordaknorth.com



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PRAIRIE FARE

By Julie Garden-Robinson, Ph.D., R.D., L.R.D

Are you “souped up” for winter?

I remember coming home after school on a cold winter day to the sound of a hissing pressure cooker. I could hear that vegetable-beef soup was on the menu. The aroma of freshly baked bread often accompanied the sound of the pressure cooker. I even ate the chunks of rutabagas that showed up in fall vegetable soups. Many years later, when I was first married, I had to convince my husband about the value of soup. “Soup is not a meal,” he said. I think he thought of soup as the opening act for the “real food.” Guess who won this difference of opinion. For decades, we have eaten of all kinds of soup regularly, especially during fall and winter months. Soup is a warming comfort food, and most of us have a favorite. Are you “souped up” for winter? The phrase “souped up” goes back more than 90 years according to the dictionary definition. “Souped up” was applied to vehicles getting optimized for power and performance. Our bodies are somewhat like vehicles. We have an engine in the form of our hard-working heart and muscles to propel us forward, even when we do not feel like shoveling snow. Maybe you have had a seasonal cold. Chicken soup with vegetables may have helped you feel better. Soup provides hydration, and the steam emerging from a bowl of soup might actually help when you have a stuffy nose. The vegetables provide vitamins and minerals, and chicken is a good source of protein. Soup is part of worldwide cuisine. Have you tried cold tomato-based gazpacho soup of Spain during warmer months? How about minestrone soup from Italy, beet-based borscht soup that originated in Russia, clam chowder from New England, egg drop soup that is popular in China, Vietnamese pho that makes use of bone broth, onion and ginger, or lentil soup from the Middle East? These soups with international origins can form

the basis of an exploration of recipes during cold winter months. Soup can help optimize our nutrition and perhaps our health. Soup is high in liquid, so it is hydrating and often lower in calories. Consider these tips to optimize the nutritional properties of soup: Use vegetable, chicken or beef broth with less sodium. Or, make your own stock using leftover chicken or turkey bones, vegetable scraps and water. Add extra vegetables to your soup. We often shortchange ourselves on vegetable consumption. The current recommendation for most adults and kids is 2 S cups per day, on average. Vegetables provide vitamins, minerals and fiber. To stretch your food dollar, you can add leftover vegetables from the previous night’s meal to soup. If you purchase soup as an ingredient, compare the sodium content. Some types of soup provide more than half the day’s recommendation of sodium in one serving. Instead of adding salt, enhance the flavor of soup with the addition of fresh herbs toward the end of cooking. Add some pulse foods (kidney beans, chickpeas, lentils) to your soup, which enhances the protein and fiber content. Add some pearled barley, brown rice or whole-grain pasta. Choose lean meats when making soup. Chill the soup and skim the fat that often congeals on top of the soup. If making a creamy soup, consider using half and half or milk instead of cream to reduce the fat and calories. Here’s one of my all-time favorites, tomato-basil soup. You can substitute drained, canned whole tomatoes for fresh tomatoes if you’d like. Enhance their flavor by roasting the canned tomatoes in the oven. Tomato soup is especially delicious with grilled cheese sandwiches on whole-grain bread. Rustic Tomato Basil Soup 2S pounds fresh, ripe tomatoes, halved (or drained,

canned tomatoes) 4 tablespoons olive oil 5 tablespoon salt 1 teaspoon black pepper, plus more to taste 2 medium onions, chopped 10 garlic cloves, chopped 2 (14S-ounce) cans fire-roasted tomatoes with juices 3 cups fresh basil leaves, lightly packed 2 teaspoons dried oregano 6 cups unsalted vegetable stock 1 teaspoon sugar, depending on sweetness of tomatoes Preheat oven to 400 degrees. In a large rimmed sheet pan, combine the fresh tomatoes, 2 tablespoons olive oil, salt and pepper. Roast in an even layer for 45 to 60 minutes. While tomatoes are roasting, in a large heavy pot saute onions in olive oil for one minute. Add garlic and saute another minute. Add the fire-roasted tomatoes with juices, fresh basil, oregano and vegetable stock. Stir to combine well. Add your oven-roasted tomatoes (and any liquid that may be on baking sheet) and bring to a low boil. Simmer for 30 minutes uncovered. Use an immersion blender or food processor to puree soup until desired texture. Add 1 teaspoon of sugar to taste, if needed. Add additional salt and/or black pepper as needed. Makes six (2-cup) servings. Each serving has 200 calories, 10 grams (g) fat, 4 g protein, 24 g carbohydrate, 2 g fiber and 510 milligrams sodium. (Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)



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