

Xtra

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Vol. 40, No. 40
Monday, January 29, 2024

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The Boys in the Boat, PG-13

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin. 2h 4m, Sport/Drama 2023

Feb. 2 & 3..... 7:30 pm

Mean Girls, PG

New student Cady Heron gets welcomed into the top of the social food chain by an elite group of popular girls called the Plastics, ruled by the conniving queen bee Regina George. However, when Cady makes the major misstep of falling for Regina's ex-boyfriend, she soon finds herself caught in their crosshairs. , 1h 52m, Comedy/Musical 2024

Feb. 16 & 17..... 7:30 pm

Producer Education

02.08.2024 11am-1pm CST

Lewis & Clark Interpretive Center
2576 8th St SW
Washburn, ND 58577

Speakers

Rhonda Kelsch with Dakota Legacy Initiative
Conservation opportunities and the value of conservation

Troy Ness with Farm Credit Services of Mandan
Spring Update

RSVP to the Washburn office by calling 701-462-3514



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CALENDAR

SATURDAY, JANUARY 27

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

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

THE THRIFT STORE, 181 Ellsworth St., Makoti, 10 a.m. to 1 p.m.

QUILT GUILD MEETING, SACA Lodge, 9 a.m.

SUNDAY, JANUARY 28

CANCEL OPEN DOOR COMMUNITY DINNER @ City Hall 11:30 am to 1:00 pm Due to Supporting Volunteer Firefighters Breakfast same date/time.

MONDAY, JANUARY 29

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

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

THE WASHBURN PUBLIC LIBRARY invites you to join us Monday Mornings at 10:30 a.m. for our weekly children's story time Puppy Tales with Ichabod.

TUESDAY, JANUARY 30

THE THRIFT STORE, 181 Ellsworth St., Makoti, 3-6 p.m.

WEDNESDAY, JANUARY 31

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

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

ALCOHOLICS ANONYMOUS, First Congregational Church-UCC, 7 p.m.

BIBLE TALKS, Washburn Memorial hall , 7 p.m. all are welcome.

THURSDAY, FEBRUARY 1

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

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

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.

FRIDAY, FEBRUARY 1

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

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

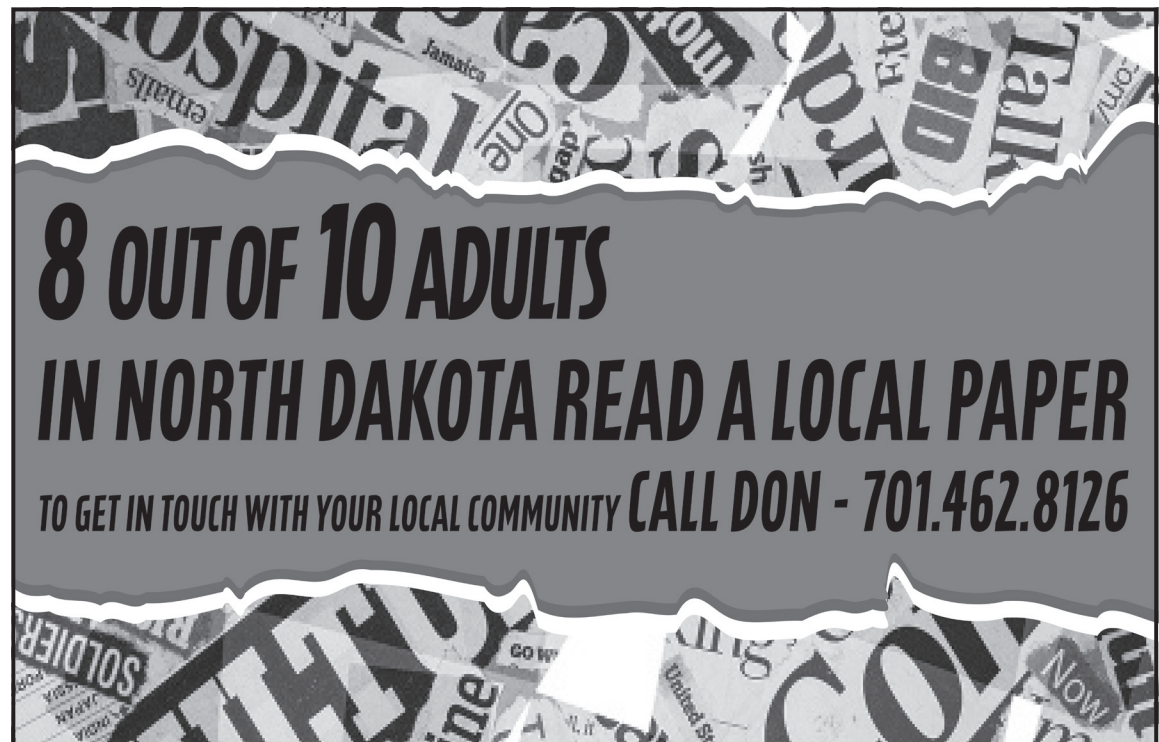
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ATTENTION DRY PEA & LENTIL GROWERS

The North Dakota Dry Pea and Lentil Council election for McLean County will take place on Wednesday, February 7, 2024, at 3:00 PM (CT) at the Garrison High School, 51 5th Ave NE, in Garrison, ND. The commodity elections will be held at the same time as the McLean County Crop Improvement Association Annual meeting.

ELECTION

Any person who has not applied for a refund for at least three years, plants or causes to be planted a Dry Pea or Lentil crop in which the person has ownership interest with the intent that upon maturity the crop will be harvested is entitled to vote or can be a candidate.

For more information contact the North Dakota Dry Pea and Lentil Council at 701-222-6338.

ATTENTION CANOLA GROWERS

The North Dakota Oilseed Council - Canola Election for McLean County will take place on Wednesday, February 7, 2024, at 3:00 PM (CT) at the Garrison High School, 51 5th Ave NE, in Garrison, ND. The commodity elections will be held at the same time as the McLean County Crop Improvement Association Annual meeting.

ELECTION

Anyone who has planted Canola in 2023 or intends to plant in 2024 and is a participating producer who resides in McLean County is eligible and encouraged to vote.

For more information contact the North Dakota Oilseed Council at 701-328-5107.

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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-TFNCCI 58540

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.
15-TFNPI 58540

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21-TFNCCG 58540

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39-2TXXCHG 58540

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WE HAVE THE FOLLOWING SHIP DATES SCHEDULED to ship cows and bulls, Monday January 22nd, and Monday February 5th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions, also follow us on Facebook.

NOTICES

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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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REAL ESTATE FOR SALE

McLean County Land for Sale

Tract 1: **NE1/4 Section 28-150-88**
Total Acres: 157 acres – more or less

Minerals: Sellers to reserve all oil, coal, gas and all other minerals the sellers may now own of record.

Terms: Cash, with 10% down as earnest money upon completion of bids and balance payable within 45 days. **Property is being sold subject to a lease through the 2024 crop year. The annual rent is \$8,500.**

Bids: Written bids, must be accompanied by a cashier's check or certified check for \$5,000 payable to Haugen Farm Realty, Inc. They will be accepted until 5:00 pm on Tuesday, January 30th, 2024. The top 5 bidders will have the right to orally raise their bids at 3:00 p.m. on Friday, February 2nd, 2024. Sellers will furnish an updated abstract. Sellers will pay the 2023 Real Estate Taxes and all prior years. Sellers and buyer will split the fee for the actual closing 50/50. The seller reserves the right to accept, reject or modify any and all bids and to modify the oral bidding requirements.

Information: Bids may be submitted to and further information, along with bid forms, may be obtained from: **Ryan Haugen, Haugen Farm Realty, Inc., 3108 S. Broadway, Ste. I, Minot, ND 58701, (701) 839-1451, or from our website at www.haugenfarmrealty.com**



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Ward County Land for Sale

Tract 1: **Govt. Lots 1, 2, S1/2NE1/4 Section 2-155-87**
Total Acres: 160 acres – more or less

Minerals: Sellers to reserve all oil, coal, gas and all other minerals the sellers may now own of record.

Terms: Cash, with 10% down as earnest money upon completion of bids and balance payable within 45 days.

Bids: Written bids, must be accompanied by a cashier's check or certified check for \$5,000 payable to Haugen Farm Realty, Inc. They will be accepted until 5:00 pm on Tuesday, January 30th, 2024. The top 5 bidders will have the right to orally raise their bids at 10:00 a.m. on Friday, February 2nd, 2024. Sellers will furnish an updated abstract. Sellers will pay the 2023 Real Estate Taxes and all prior years. Sellers and buyer will split the fee for the actual closing 50/50. The seller reserves the right to accept, reject or modify any and all bids and to modify the oral bidding requirements.

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PRAIRIE FARE

BY MAJOR ANDERSON, RN

Genetics or lifestyle - What makes the greatest difference in health?

"Look at my great-great grandfather with a mustache like mine," my son said.

Someone had uploaded a picture to the online platform about our ancestors.

I gave my son a DNA test kit and he is waiting for the results. We have been bonding over our exploration of our mutual ancestry prior to getting his results. I won't be able to convince him to shave after viewing his family tree, though.

We found a distant grandfather from more than 250 years ago with my son's first name who died on my son's birth-date. That gave me and him a bit of a shiver.

I have reached the 1600s in my exploration of our family tree. The Norwegians and Swedes kept very good records that have been painstakingly translated.

We have made some interesting discoveries. Like many earlier generations, having a large family was common.

My great-grandmother had 13 children and 49 grandchildren. She lived to be quite old. In fact, quite a few of our relatives lived into their mid-70s to 90s, which was quite elderly back in the day. Unfortunately, we discovered that several infant relatives died early.

In their wildest imaginations, these ancestors could not have predicted that their distant granddaughter and grandson would be adding their birth, marriage and death certificates, and military cards to a digital family tree using a cell phone. I can hardly believe it.

If any of these relatives had died enroute from Europe, or while traveling in wagons across the country, or in the many wars that have occurred, neither of us would exist.

Our health and longevity are shaped by our genes, our lifestyle and our environments. We have better medical care available, including ways to

treat heart disease, cancer and diabetes. We have more food choices in our food supply, but not all the foods are healthful choices.

Back then, they raised their food, including meat, dairy, vegetables and grains. Life was simpler, they worked hard, and their main entertainment probably was socializing with family and friends.

According to published research, for the first 70 or 80 years of life, lifestyle plays a greater role than genetics. If you have a history of longevity, you might live longer if you also have a healthy lifestyle.

What are the main considerations in a healthy lifestyle? If you answer "yes" to any of these, you are taking positive steps toward a healthful lifestyle.

Do you refrain from smoking or the use of any tobacco products??

Do you limit or refrain from drinking alcohol?

Do you eat a healthful diet and meet the recommendations for fruits, vegetables, whole grains, lean protein sources and have a good calcium source such as dairy? Visit choosemyplate.gov for a recommended amount of these foods for you.

Do you get regular physical activity? The current recommendation is 30 minutes on most days of the week.

Do you know your family health history so you can answer your provider's questions?

Do have the regular screenings recommended by your provider? See the Centers for Disease Control and Prevention at cdc.gov/chronicdisease/about/preventive-care/index.html for more information.

Most adults shortchange themselves on vegetables. In fact, some researchers estimate that just 10% of adults meet the recommendation about 4 1/2 cups of vegetables and fruits daily. Here's a comfort-

ing, old-fashioned soup that's a good source of colorful vegetables and fiber. Pair it with fresh bread or corn muffins for a warm meal on a cold day.

Country-style Split Pea Soup

- 1 cup onion, diced
- 1 leek, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon canola oil
- 1 1/4 cups green or yellow split peas, rinsed
- 1 cup celery, diced
- 2 medium carrots, peeled and sliced
- 2 medium potatoes, peeled and diced
- 3 cups water
- 3 cups chicken broth
- 1 bay leaf
- 1/4 cup fresh parsley, chopped, or 2 teaspoons dried
- 1 tablespoon seasoned salt
- 1/2 teaspoon ground pepper
- 1 cup cooked ham, diced (optional)
- 1 cup plain nonfat/low-fat yogurt (optional)

In a large, heavy saucepan, sauté onion, leek, celery and garlic until they are tender, about five minutes. Add peas, broth, water, bay leaf, parsley, seasoned salt and pepper. Bring to a boil. Reduce heat, cover and simmer, stirring occasionally, for about 40 minutes, or until peas are tender. Add the carrots, potatoes and ham (optional) to the soup. Cover and simmer about 15 to 20 minutes, or until vegetables are tender but retain their shape. Add water, if necessary, to thin soup.

Reduce heat. Optional: Add plain yogurt and cook for five minutes. Do not boil.

Makes 12 servings. Each serving has 120 calories, 1 gram (g) fat, 6 g protein, 20 g carbohydrate, 6 g fiber and 500 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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