

2023 FALL FAN GUIDE

FEATURING:
Central McLean
Garrison
Garrison - Velva
Max-South Prairie
Southern McLean
Underwood
Washburn
White Shield
Wilton-Wing



SUPPLEMENT TO:
*McLean County Independent,
Central McLean News-Journal and Leader-News*



TROOPERS



Garrison



Front, left to right: Sophia Everett, Tanille Kallberg, Addyson Iglehart, Anna Holte, Mara Krzmarzick. Back, Sadie Majeres, Lucy Taylor, Emily Schlehr, Cara Schlehr, Abi Heinzen, Isabelle Rime.

SCHEDULE

Sept. 7	Standing Rock	7 p.m.
Sept. 9	Tourney at Center-Stanton	TBA
Sept. 14	at Wilton-Wing	7 p.m.
Sept. 16	at Tioga	2 p.m.
Sept. 21	at Center-Stanton	7 p.m.
Sept. 23	Tourney at New England	TBD
Sept. 26	Central McLean	7 p.m.
Sept. 28	Shiloh Christian	7 p.m.
Sept. 30	Tourney at Washburn	TBA
Oct. 3	Grant County at Elgin	7 p.m.
Oct. 9	L&C North Shore-Plaza	7 p.m.
Oct. 10	at Nedrose	7 p.m.
Oct. 14	South Heart	3 p.m.
Oct. 17	New Salem-Almont	7 p.m.
Oct. 23	Surrey	7 p.m.
Oct. 24	at Washburn	7 p.m.
Oct. 30	Flasher	7 p.m.

Work hard, play hard

By Tyson Matthews

After an amazing last year with the team playing in the state tournament, these girls are ready to go, even with only three returners to the varsity team.

There are three new coaches, co-head coach Kerri Hemberger, and assistant coaches Carrie Magandy and Charli Lies this season that will join current co-head coach Brooke Walter.

“Yes, we lost a huge group of seniors for our little town, but we are coming to practice and working hard every day putting our best players out there to compete,” Walter said. “We will continue to grow, and we

will continue to be competitive. These girls know we lost a big group but are very determined to keep on trucking and building success.”

Hence, they are not calling it rebuilding, it’s just going out and playing hard and con-

tinuing the successful legacy of Garrison Volleyball.

“We are going to look at Emily Schlehr, Cara Schlehr and Anna Holte,” Walter said. “We are expecting big things from them being our three returners.”

ROSTER

#	Name	GR	#	Name	GR
1	Cara Schlehr	10	8	Tanille Kallberg	9
2	Addyson Iglehart	8	10	Abi Heinzen	10
4	Sophia Everett	9	11	Mara Krzmarzick	12
5	Lucy Taylor	11	12	Isabelle Rime	10
6	Sadie Majeres	10	13	Emily Schlehr	12
12	Anna Holte	12			

Have a great season!

Good Luck Troopers!



DR. TOM DEIS DR. LESLIE HELLEBUSH

SCHINDLER & DEIS OPTOMETRY

204 WEST CENTURY AVENUE

151 N MAIN + GARRISON
TEL: 701.463.2224

BISMARCK, ND 58503

TEL.: 701.255.0186

Dakota West
CREDIT UNION

**PROUD TO SUPPORT
McLEAN COUNTY
TEAMS, TEACHERS,
COACHES, BOOSTERS,
STUDENTS, AND FANS
DURING THE 2023-24
SCHOOL YEAR!**

Grow
WEST

NCUA FEDERALLY INSURED BY NCUA **TURTLE LAKE & WASHBURN** 800.411.7590 + dakotawestcu.com

Good Luck All Area Teams!

We support you in your upcoming season.

CHS GARRISON

(701) 463-2251

Good Luck Team!



We are so proud of you!!!!!!

Robi's Repair INC.
Wilton, ND 701-734-6011

Diesel repair • Exhaust • Tires Alignments • Transmissions

Self-service Car & Dog Wash

Full Service Auto Repair
615 Burleigh Rd, Wilton • 734-6011 • robisrepair.com

“North Dakota’s Family of Family Newspapers”
Printers and Publishers

For All Your Printing Needs!

Have a great season!



NORDAK NORTH PUBLICATIONS

Main Street,
Garrison, ND
463-2201

GOOD LUCK TO ALL TEAMS!



Steve's PLUMBING Service LLC

OWNER Steve Zacharias
PO Box 1174 • Garrison, ND 58540
Master Plumbing License #0012

701-460-7471
(Steve)
szach@restel.net

Good Luck Troopers!

Stop in after the games!



CENEX Farmers Union Oil
Hwy 37 • Garrison • 463-2256
www.cenexofgarrison.com

HOT STUFF PIZZA | Smash Hit | Cinnamon Street BAKERY






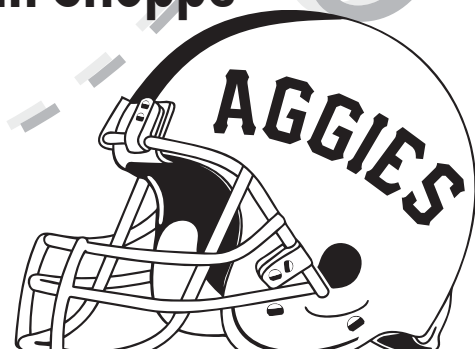
West Inkster Realty

MIKE MATTESON
BROKER/OWNER
"We are proud to stake out this property!"
- Rocco the Realty Dog

GARRISON INSURANCE
Coverage options for your "buried bones" ☠️

Get the **HOME FIELD** advantage with Hometown Agents!

Follow your nose to [BeagleBuds.com!](http://BeagleBuds.com)
(701) 463-2099 OFFICE • (701) 337-6433 MIKE CELL
11 CENTRAL AVE E • GARRISON, ND

“Victory is in having done your best. If you’ve done your best, you’ve won.”
— Billy Bowerman

GOOD LUCK ON A SUCCESSFUL SEASON

TROOPERS

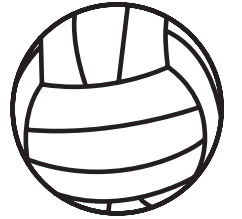
Brought to you by these Garrison area merchants:

Benedictine Living Center	McLean Electric Cooperative
BNC National Bank	NorDak North Publications
Chase Pharmacy	RTC Networks
Garrison School District	Ye Olde Malt Shoppe
Garrison Veterinary Service	
Hwy 83 Lawn & Leisure	
Jaeger Insurance Agency	
Krause’s Market	



COUGARS

Central McLean



(Back row L to R:) Lydia Fylling, Vivian Schlafmann, Charlie Sparrow, Sadie O’Shea, Reagan Kjelstrup, Leah Jacobson, Adlyn Eng, Emry Hunt, Ava Blotske, Lindsey Abrahamson, Sally Heger, Harpyr Abrahamson, Colbi Holtan. (Front row L to R:) Morgan Snyder, Zella Anderson, Emma Fischer, Arick Fischer, Anna Skachenko, Gracie Fuentes, Daphne Lauer, Tegan Fox, Lindsey Perez, Ally Salhus, Gracie Orth

A season of new beginnings and fresh faces

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

As the Central McLean Cougars prepare for the 2023-24 volleyball season, the team is stepping onto the court with fresh faces, new roles, and ambitious goals.

With a mix of new and returning players, Head Coach Whitney Jangula emphasizes the importance of teamwork, leadership, and never settling for less.

The roster has undergone a significant transformation with the graduation of seven seniors from last year’s squad.

“This year we are going to see many different players stepping into varsity roles that have little experience at the varsity level,” Coach Jangula commented.

Moreover, returning varsity players are adapting to different positions, making flexibility a key theme of the upcoming season.

“Every year we come into the pre-season with the mindset of a clean slate. As a team, we know we have to take on whatever role is best for the team.” Coach Jangula added.

While challenges are inevitable, the team’s focus is clear. One primary goal is fostering unity.

“At the beginning of the pre-season, we always set a goal of coming together like a family,” Jangula shared.

This emphasis on cohesion is essential, especially as players step up into new roles.

“Another goal for us going into the season is girls stepping up into different roles. We need to see girls early on in the season fulfill different leadership roles.”

Coach Jangula’s expectations don’t just stop at teamwork and leadership. She has set her sights on the bigger picture, aiming for strong performances during tournament time.

“Our big goal for us this year is to be playing our best volleyball at tournament time and make a run in regionals.” She added, “I always tell the girls we need to peak at the right time which is why we can never get satisfied in the gym. We don’t want to see ourselves hit the middle of the season and plateau.”

Personal aspirations for the

season lean heavily on players embracing new roles, particularly the younger athletes.

“This season I am hoping to see multiple girls stepping up into new roles. We only have 2 seniors, so I need to see younger girls stepping into leadership roles.”

Recognizing the influx of freshmen, Coach Jangula is also eager to foster a deep-seated team mentality, where every member feels included and valued.

As the season commences, early signs of leadership are evident among the returning players. “My 5 returning varsity players have really been stepping up these first few days of practice. They have all been finding different ways to step into different leadership roles,” Coach Jangula mentioned.

It’s evident that the Central McLean Cougars Volleyball team is gearing up for an exciting season.

With a combination of tenacity, adaptability, and unity, the Cougars are ready to face every challenge, spike every obstacle, and serve up a season to remember.

SCHEDULE

Sept. 7	Grant County at Underwood	7:00 p.m.
Sept. 9	at Center-Stanton Wildcat Invitational	8:00 p.m.
Sept. 12	at Standing Rock	7:00 p.m.
Sept. 14	at Nedrose.....	7:00 p.m.
Sep 19	at Flasher	7:00 p.m.
Sept. 26	at Garrison	7:00 p.m.
Sept. 30	at Washburn	TBD
Oct. 3	at New Salem-Almont	7:00 p.m.
Oct. 5	at McClusky	7:15 p.m.
Oct. 9	at Drake.....	7:00 p.m.
Oct. 10	at Wilton-Wing	7:00 p.m.
Oct. 12	Shiloh Christian.....	7:00 p.m.
Oct. 16	Center-Stanton.....	7:00 p.m.
Oct. 17	at Glenburn	6:00 p.m.
Oct. 26	Harvey at Turtle Lake	4:00 p.m.
Oct. 30	Washburn.....	7:00 p.m.
Nov. 6-7	Regionals.....	TBD
Nov. 9	Class B, Region 5 Tourney at Washburn	10:00 a.m.
Nov 18	Class B State Tourney at Fargodome.....	10:00 p.m.

ROSTER

#	Name	POS	GR
1	Morgan Snyder	OH	9
2	Daphne Lauer	Setter	11
3	Lindsey Abrahamson	DS	11
4	Anna Skachenko	DS	12
5	Leah Jacobson	DS/L	12
6	Ava Blotske	OH	11
7	Adlyn Eng	MB	11
11	Sadie O’Shea	RH	11
12	Sally Heger	RH	10
14	Reagan Kjelstrup	MB	11
15	Emry Hunt	OH	11

TEAM STAFF

Head Coach: Whitney Jangula
Assistant Coach: Taylor Eichhorst
Assistant Coach: Amanda Von Eschen

Good Luck to all area teams



WHOLESALE AG PRODUCTS WEST

67 Hwy. 83 • Underwood, ND 58576
Chad Olson, Owner
 Office: 701-442-3610 • Cell: 701-527-4301
 wholesaleag@westriv.com

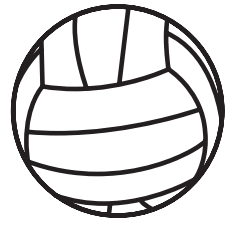
Seed • Chemical • Fertilizer • YES, WE WILL DELIVER!

Good Luck this season!



ROYALS

South Prairie-Max



Royals Volleyball set their sights high

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

The anticipation in the air is palpable as the South Prairie-Max Volleyball team sets its sights high for the 2023-24 season, backed by a veteran lineup and the fervent leadership of Head Coach Keturah Schwarzrock.

Composition of this season's roster is largely reminiscent of the previous year.

"Thankfully we have mostly all returning players this year," Schwarzrock said.

The coach went on to express her excitement about this dynamic, noting, "This is an exciting thing as these girls have another year to continue the great chemistry they have made from the last few years."

There's an ambitious vision for the team this season. Schwarzrock declared, "Going to state" as the primary goal for her talented group.

"We have the talent, the height, and the ball control to be able to qualify for state this year. It's a lofty goal, but one I think is well within reach for this team," she elaborated.

From a coaching perspective, Schwarzrock's expectations extend beyond just wins.

She emphasizes the value of strategic gameplay, "I would like to see them continue to make smarter decisions as a team. The big kills are not always going to win games, but the smart moves always change the tide."

"Decisions like that come with experience and we are another year older and another year smarter. It will be fun to see them continue to learn and make smart decisions mid-game that benefit the team," she added.

Within the robust lineup, two names emerge as the stalwarts of the team: Brenna Eberle and Azjiah Trader.

Coach Schwarzrock lauds Eberle, who has been the varsity setter for four years, for her "confidence and control of the speed of the game on offense." She emphasized, "She runs our offense and makes major determining calls, and the girls really look to her as a leader."

Azjiah is the team's other starting middle blocker and has been noted as a powerhouse, consistently delivering kills.

"She brings an added energy that fires up the girls more than anyone else on the team. She is fun to watch and definitely a leader on and off the court," Schwarzrock said.

With a clear vision, seasoned players, and unwavering leadership, the South Prairie-Max Volleyball team looks poised to serve up an exhilarating season.

SCHEDULE

Sept. 5	at Newburg.....	7 p.m.
Sept. 7	Kenmare	7 p.m.
Sept. 9	Tourney at Center-Stanton	TBD
Sept. 12	at TGU-Towner	7 p.m.
Sept. 14	at Glenburn	7 p.m.
Sept. 19	Berthold at Max	7 p.m.
Sept. 21	at Des Lacs-Burlington	7 p.m.
Sept. 26	Bishop Ryan.....	7 p.m.
Sept. 30	Tourney at Washburn.....	TBD
Oct. 3	at Our Redeemers	7 a.m.
Oct. 5	Mohall	7 p.m.
Oct. 9	at Parshall.....	7 p.m.
Oct. 10	Surrey	7 p.m.
Oct. 16	Velva.....	7 p.m.
Oct. 17	Drake at Max	7 p.m.
Oct. 23	at Stanley.....	7 p.m.
Oct. 26-27 & 30	Tourney at Minot.....	TBD
Nov. 6-7 & 9	Regionals at Minot	TBD
Nov. 16-18	Regionals at Fargo	TBD

ROSTER

#	Name	POS	GR
2	Taya Bearman	OH	12th
3	Azjiah Trader	MB	11th
4	Amy Mikkelson	L	11th
5	Hattie Heer	MB	10th
9	Skylar Beck	RH	11th
13	Amber Braasch	DS	11th
14	Brenna Eberle	S	12th
16	Izabela Hoffman	OH	12th
17	Gracie Rauschenberger	S	11th
18	Delaney Hankel	DS	11th
21	Skotti Beck	OH	10th
23	Abby Mikkelson	MB	10th



Bringing **HIGH SPEED** Excitement
& **100% Wi-Fi** to You!
+ **CO-OP CASH** too!

WRT
www.westriv.com 748.2211

THE TITLE TEAM
FORMERLY NORTH DAKOTA GUARANTY & TITLE

Wishing all area teams best of luck!

PO Box 370 | 615 Main Ave.,
Washburn, ND 58577
701-462-3244

Roughriders, & Cardinals

HOOAH!

Scott's Hardware
Washburn • 462-3364



CARDINALS



Washburn



Back row: Ashlyn Schmitz, Coach Amanda Obering, Head Coach Allison Bertolotto, Coach Meagan Sharp, Monica Goven. Middle row: Emma Vander Wal, Harley Ternes, Dara Beck, Morgan Olson, Shelby Verke, Maggie Jennings. Front row: Mya Nelson, Sydney Ternes, Claire Fischer, Alex Seidler, Kya Kulzer

SCHEDULE

Sept. 5	at Wilton-Wing	7 p.m.
Sept. 7	New Salem	7 p.m.
Sept. 9	Tournament at Center-Stanton	
Sept. 12	at Flasher	7 p.m.
Sept. 14	at Center-Stanton	7 p.m.
Sept. 19	Harvey	7 p.m.
Sept. 21	Grant County	7 p.m.
Sept. 28	at Hazen	7 p.m.
Sept. 30	Tournament at Washburn	
Oct. 2	Nedrose	7 p.m.
Oct. 5	at Drake Anamoose	7 p.m.
Oct. 7	Standing Rock	7 p.m.
Oct. 12	Wilton-Wing	7 p.m.
Oct. 16	Kidder County	7 p.m.
Oct. 17	at Shiloh-Christian	7 p.m.
Oct. 24	Garrison	7 p.m.
Oct. 30	at Underwood	7 p.m.
Nov. 6, 7, 9	Regions at Underwood	
Nov. 16-18	State at Fargo	

Cardinals bring experience to the court

Upperclassmen-heavy team for Washburn varsity

BY ALYSSA MEIER
alyssa@nordaknorth.com

Washburn Cardinal volleyball will look to build on last year's season and get closer to the regional championship this season.

The Cardinal girls varsity team returns a lineup of upperclassmen set to make a splash on the court.

This year's team is made up of six seniors, with four juniors and two sophomores, a roster boasting some healthy levels of experience.

Seniors on the team include Monica Goven, who returns as a middle hitter for the Cardinals.

Dara Beck, No. 4, is a senior outside hitter for Washburn.

Senior Shelby Verke is a designated setter for the team.

Ashlyn Schmitz and Morgan Olson are both outside

hitters and seniors.

Harley Ternes, No. 15, serves as the team's senior defensive specialist.

Junior Alex Seidler is a setter for Washburn.

Sydney Ternes is also a junior, and plays as an outside hitter.

Junior Kya Kulzer is this year's Libero.

Mya Nelson is a junior setter for the Cardinals.

Sophomores on the team are middle hitter Maggie Jennings and defensive specialist Claire Fischer.

The Cardinals made it to the Region 5 tournament quarterfinals in 2022 before losing to eventual region champion Garrison.

The Cardinals are coached by Allison Bertolotto and assistant coaches Meagan Sharp and Amanda Obering.

ROSTER

#	NAME	GR	POS
1	Monica Goven	12	Middle Hitter
2	Alex Seidler	11	Setter
3	Maggie Jennings	10	Middle Hitter
4	Dara Beck	12	Outside Hitter
5	Sydney Ternes	11	Outside Hitter
6	Claire Fischer	10	Defensive Specialist
9	Shelby Verke	12	Setter
10	Ashlyn Schmitz	12	Outside Hitter
12	Morgan Olson	12	Outside Hitter
13	Kya Kulzer	11	Libero
14	Mya Nelson	11	Setter
15	Harley Ternes	12	Defensive Specialist

Farmers Union
INSURANCE
Mike Nelson
611 Main Ave, Washburn, ND 58577 • 701-462-3848
Best of luck to all Athletes!

CHEERING ON OUR AREA TEAMS!
Farm Credit Services of Mandan
Washburn office - 701.462.3514 • farmcreditmandan.com

Wishing all area teams a great season!

KRAUSE'S Market

Hazen 748-2444 Washburn 462-8561 Garrison 463-2215

GO TEAM!

Good Luck Trojans & Cougars!
TODAY'S STYLES HAIR SALON
Turtle Lake • 448-2481



BEST OF LUCK TO THE CARDINALS & ROUGHRIDERS!

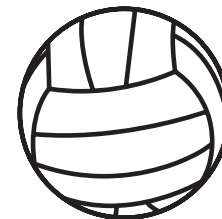
Proudly supported by..

- Café 77
- Chase Drug
- CHI-Washburn Family Clinic
- DML Custom Building and Remodeling
- Farm Credit Services of Mandan
- Farmers Union Insurance: Mike Nelson Agent
- Goetz Funeral Homes
- Grimsley's Fuels
- Hetletved CPA
- IBEW
- Jet Car Wash and Storage
- Leader-News
- Lindell Law Offices
- Lewis and Clark Center and Fort Mandan
- Krause's Market
- McLean McHenry Mutual Insurance
- Scott's Hardware
- Sheldon Crop Insurance
- SRS Commodities
- The Title Team
- TruCommunity Bank
- Washburn Auto Body
- Washburn Chiropractic
- Washburn Tae Kwon Do
- Washburn/Underwood Clinics
- West River Telecom
- Western Frontier Insurance

GO, FIGHT, WIN!



MINERS



Wilton-Wing



Front row from left: Makennah Fischer, Gretchen Racine, Macey Filipek, Moana Tooke, Avarie Greff, Tessa Miller, Kiara Frederick. Back row from left: Emmalee Greff, Skyler Folmer, Claire Leidy, Sophia Krush, Tayler Cleveland, Ali Arnold.

Putting the 'volley' in volleyball

Wilton-Wing focusing on digs, keeping the ball alive

BY ALYSSA MEIER
alyssa@nordaknorth.com

The Miners are aiming to hit the floor before the ball does this season.

Wilton-Wing varsity volleyball head coach Heidi Weisgarber said her team is aiming to capitalize on any opportunity to keep the ball in play.

"We have really been working on strategies to help us learn the best ways to dive and get those difficult balls back up into play," Weisgarber said.

Weisgarber said she wants the girls to be willing to hit the floor when needed, and to work on precision when getting the ball to the net.

"Passing is a really important skill, so we've spent a lot of time focusing on what a good pass looks like and how we can move to make sure our passes are getting up to our setters," Weisgarber said.

The Miners are great at working as a team, Weisgarber said, noting that the connection between the players is one of the greatest strengths for Wilton-Wing.

The Miners' roster is dominated by seniors, but also in-

cludes some up-and-coming athletes.

"We have a good mixture of upper and underclassmen this year that will be playing varsity, but a majority of the roster is upperclassmen.

Weisgarber said that she is excited to see her eighth-grade and freshman athletes improve throughout the year.

"There will be a learning curve, but I feel like we have some talented athletes coming up and we will be preparing for the future," Weisgarber said.

Helping lead the team this season are a junior and freshman on the team.

"Claire Leidy is a returning starter. She started as an 8th grader last year and

has stepped into a leadership role with girls both older and younger than herself," Weisgarber said. "Moana Tooke is also back as our libero after a nasty knee injury last year that had her out most of the season. We are looking forward to having her back in the rotation."

Wilton-Wing is looking forward to facing neighboring Washburn and continuously improving over the course of the season.

"We always look forward to playing Washburn because of the long-time rivalry, but also because the girls know each other from other co-op sports and it's fun to push each other on the court," Weisgarber said.

SCHEDULE

Sept. 5	Washburn.....	7:30 p.m.
Sept. 7	Kidder County	7:30 p.m.
Sept. 9	Tourney at Center-Stanton	TBD
Sept. 12	at Shiloh.....	7:30 p.m.
Sept. 14	Garrison	7:30 p.m.
Sept. 19	New Salem-Almont	7:30 p.m.
Sept. 21	at Pingree	7:30 p.m.
Sept. 23	Tournament at Shiloh	TBD
Sept. 26	at Center-Stanton.....	7:30 p.m.
Sept. 28	at Flasher	7:30 p.m.
Sept. 30	Tourney at Wilton	TBA
Oct. 3	South Border.....	7:30 p.m.
Oct. 5	at Napoleon.....	7:30 p.m.
Oct. 10	Central McLean	7:30 p.m.
Oct. 12	at Washburn	7:30 p.m.
Oct. 17	at Grant County	7:30 p.m.
Oct. 23	Standing Rock	7:30 p.m.
Nov. 2	Region 5 Play-in Games	TBA
Nov. 6, 7, 9	Region 5 Tourney at Underwood	
Nov. 16-18	State at Fargo	

ROSTER

#	NAME	GR	POS
1	Moana Tooke	11	Libero
2	Claire Leidy	9	Middle Hitter
3	Alexandria Arnold	10	Outside Hitter/Middle Hitter
4	Tessa Miller	8	Setter
5	Avarie Greff	12	Defensive Specialist
6	Tayler Cleveland	12	Setter
7	Gretchen Racine	12	Defensive Specialist
8	Sophia Krush	8	Middle Hitter
9	Kiara Frederick	10	Outside Hitter
10	Makennah Fischer	12	Outside Hitter
11	Macey Filipek	12	Setter
12	Emmalee Greff	12	Outside Hitter
13	Skyler Folmer	12	Setter

Good Luck to all area teams!

from your supporters at



WESTERN FRONTIER INSURANCE AGENCY

Wilton

Washburn

110 Dakota Ave Ste B
701.734.6318

1304 Northgate Rd
701.462.8404

GOOD LUCK ALL AREA SPORTS TEAMS THIS SEASON

THE UNION BANK



1700 Hwy N
Beulah
873-2900

110 Dakota Ave.
Wilton
734-6316

222 7th St. NW
Hazen
748-2900

13 East Main St. 106 South Ave. W
Halliday
938-4311
Glen Ullin
348-3613

Offering a full menu!

So stop in and fuel up before the games.

Sportsmen's Bar & Grill
Wilton, ND

21 Dakota Ave. 734-6465



WARRIORS



White Shield



Warriors hope for some more points, wins

By James C. Falcon

While it is her first year as head coach for the White Shield Lady Warriors' volleyball team, Carrie Otto is far from a stranger to the sport.

"I started volleyball when I was in fifth grade (in Minot) and I played up until my second year in college (at Williston State College)," Otto said. Plus, she served as assistant coach last year with head coach Kaitlynn Fettig.

Practice for the Lady Warriors started on Aug. 14 and so far, things are "pretty good," Otto said on Aug. 16.

The team enumerates 10 players and along with familiar faces from last year's team, Otto said that the Lady Warriors "have one, for sure, new face," plus a potential player who will be working through the ranks once she is fully transferred to White Shield School.

Strengthwise, when compared to last year, the team's defense and offense are "get-

ting better (and are) more consistent," Otto said. "This year, we're starting learning rotations so that way, we'll be able to have more hitting than we have in the previous years."

As a paraprofessional at the White Shield School, Otto has additional, off-court time with her players, which helps to build familiarity.

"This year, because we're finally starting to learn rotations, we're trying to have everyone have set positions," Otto said. "Before the first game, our practices are going to be about rotations and learning new plays."

In addition to the New Town Lady Eagles, whom the Lady Warriors will play against in their first game Aug. 29, the Lady Warriors will face off against fellow District 15 teams from Alexander, North Shore-Plaza, Mandaree, Parshall, Trenton and Williston Trinity Christian, as well as two teams to the south: Region 5's Standing Rock Warriors, as well as and McLaughlin Mustangs from just across the border in South Dakota.

"My expectation is to get a few more extra points on the scoreboard and maybe a few extra wins," Otto said.

SCHEDULE

Sept. 5	at New Town.....	7 p.m.
Sept. 7	vs. Standing Rock	5 p.m. (JH only)
Sept. 12	vs. Trenton.....	6 p.m.
Sept. 18	vs. Alexander.....	6 p.m.
Sept. 19	vs. Parshall.....	7 p.m.
Sept. 23	at Mandaree.....	2 p.m.
Sept. 26	at North Shore-Plaza.....	6 p.m.
Oct. 5	at Standing Rock	5 p.m. (JH only)
Oct. 10	vs. Mandaree.....	6 p.m.
Oct. 14	at McLaughlin.....	2 p.m.
Oct. 16	vs. Williston Trinity Christian.....	6 p.m.
Oct. 26-30	District 15 Tourney at Williston State College.....	TBA
Nov. 6-9	Region 8 Tourney at Williston State College.....	TBA
Nov. 16-18	State Tourney at Fargodome.....	TBA

ROSTER

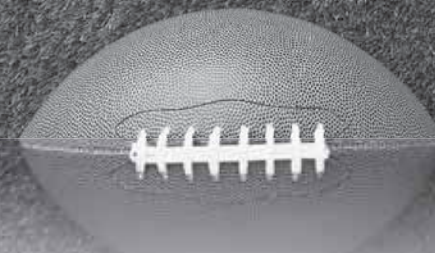
Promise Andrade	12	Vanessa Price	10
Chloe Bearstail-Fox	11	Precious Rich	10
Latoya Clark	11	Xiomara Romer	9
Aubree Everett	11	Savannah Stranger Horse	10
Leilani Fox	9	Amelia Wilkinson	8
Keira LaCroix	9		

**Best of luck from:
Koski Land & Cattle**

Richard, Arliss, MaKayla, Lauren, Jade, Trey
24951 353rd St. NE • Wing, ND 58494
701-943-2647 • koski@bektel.com

**GOOD
LUCK**

to all area athletes this season!



PROUDLY SERVING THE SURROUNDING COMMUNITIES!



**IBEW LOCAL
1593**

44 WEST MAIN ST., HAZEN, ND
(701) 748-6710 | www.ibew1593.com

Wishing
players &
fans a great
season!

LINDELL LAW OFFICE

David A. Lindell
Attorney at Law - CPA
709 Main Avenue, Washburn

THREE GENERATIONS OF LEGAL SERVICE IN
McLEAN COUNTY

WISHING OUR
ATHLETES A
SUCCESSFUL
SEASON!

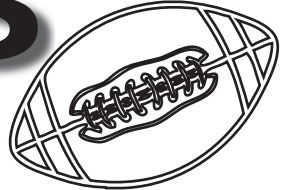


Main Ave., Washburn • 701-462-8210



ROUGHRIDERS

Southern McLean



Back Row: Coach Alex Horner, Coach Travis Stevens, Coach Heath Patterson, Reece Franklund, Alex Retterath, Desmond Pflieger, Carter Knutson, Gavin Willett, Coach Alex Quintane, Head Coach Beau Eriksson Third Row: Stat Aaron Blumhagen, Charlie Sannes, Kole Kirchmeier, Jonah Miller, Kade Kassian, Marcus Toineeta, Jack Retterath, DonTaye Fetzer, Stat Maddie Jaeger Second Row: Tyler McGregor, Hunter Flinn, Tanner Fiedler, Kaleb Benning, Sidney Montgomery, Ethan Retterath, Memphis Roehrich, Dakota Brady, Isaiah Acevedo, Mason Nielsen Front Row: Brady Vollmuth, DJ Winter, Berandt Olafson, Gage Wolf, Parker Hruby, Brady Nelson, Griffin Bauer, Rashad Reindl, Joshua Laning, Grant Wagner, Carter Geiger Not pictured: Isaiah Johnson, Filmer Matthew Olsen

Roughriders seek to tackle Region 4

Southern McLean seasoned for the season

BY ALYSSA MEIER
alyssa@nordaknorth.com

Southern McLean football is packing in the experience this year.

Head coach for the Roughriders Beau Eriksson said the team is well-stocked with some veteran players this season.

“We are heavy loaded with seniors and freshmen,” Eriksson said. “But we have a lot of experience. Most of our starters saw significant playing time last year.”

Southern McLean’s team includes 10 seniors, five juniors, five sophomores and 13 fresh-

men this year, a solid spread that Eriksson said fuels the connection between players.

“It is great to have experience as players are not trying to learn the game as much as they maybe are when they first play. Players build chemistry with each other with more reps they get,” Eriksson said.

To further give them a boost, the team attended a camp this summer at Valley City State University and hosted their own this fall.

“We hold a local camp a week and a half prior to the beginning of the season to review and get most of the team

together so we can set expectations for the upcoming season,” Eriksson said.

Key players for this year’s team are DonTaye Fetzer, Jack Retterath, Alex Retterath, Carter Knutson, Reece Franklund and Kade Kassian, Eriksson said.

The coach said that he’s hoping to see drive and resilience from the players in order to take on Region 4 and beyond.

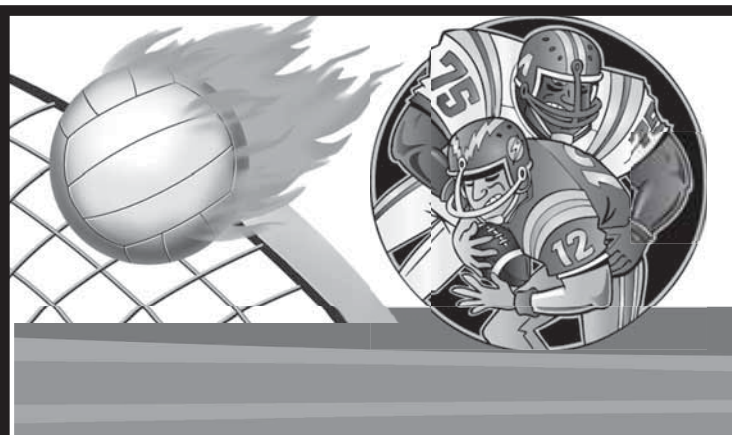
“I am hoping we can not only be competitive in arguably the toughest region in Class A football, but win games as well,” Eriksson said.

SCHEDULE

Sept. 1	Heart River at Wilton	7 p.m.
Sept. 8	at Hazen	7 p.m.
Sept. 15	at Beulah	7 p.m.
Sept. 22	Killdeer @ Washburn	7 p.m.
Sept. 29	at Shiloh Christian	7 p.m.
Oct. 6	Bowman County at Washburn	7 p.m.
Oct. 12	at Dickinson Trinity	
Oct. 21-Nov. 10	Playoffs	

ROSTER

#	NAME	GR	POS
1	Mason Nielsen	10	RB/DB
2	Alex Retterath	12	QB/LB
5	Jonah Miller	11	TE/LB
7	Joshua Laning	9	QB/DB
8	Grant Wagner	9	RB/LB
10	Jack Retterath	11	WR/DB
11	Dakota Brady	11	WR/LB
18	Charles Sannes	11	WR/LB
20	Dontaye Fetzer	11	RB/DB
21	Hunter Flinn	11	WR/DB
22	Kaleb Benning	9	RB/LB
23	Parker Hruby	9	WR/DB
25	Ethan Retterath	9	TE/LB
28	Brady Vollmuth	9	RB/DB
30	Brady Nelson	9	WR/DB
32	Tanner Fiedler	9	TE/LB
50	Tyler McGregor	10	OL/LB
52	Reece Franklund	12	OL/LB
55	Isaiah Johnson	12	OL/DL
58	Sidney Montgomery	10	OL/DL
60	Gage Wolf	9	OL/DL
62	Isaiah Acevedo	10	OL/DL
63	Memphis Roehrich	10	OL/DL
65	Carter Knutson	12	OL/DL
66	Rashad Reindi	9	OL/DL
68	Desmond Pflieger	12	OL/DL
70	Berandt Olafson	9	OL/LB
71	Kade Kassian	12	OL/DL
72	Carter Geiger	9	OL/LB
74	Griffin Bauer	9	OL/DL
75	Donald Winter	9	OL/DL
80	Marcus Toineeta	12	WR/DB
84	Gavin Willett	12	WR/DB
86	Kole Kirchmeier	12	WR/DB



LET US TACKLE YOUR INSURANCE NEEDS!



McLean McHenry Mutual Insurance Company

Turtle Lake • 448-2255

See your local agent in Washburn, Wilton, Underwood, Garrison, Turtle Lake, Butte, Bismarck, Max, Anamoose, Tower & Steele

GO TEAM!



H
HETLETVED
 CPA
 Washburn • 462-3376

We support all the area sports teams!

Washburn Chiropractic
 Washburn
 462-3531

Have a great season
 all area teams!

Turtle Lake & McClusky
 Rexall Drug
 Sodas & Things
 448-2542 • 363-2210 • 442-5277

Wishing all teams a safe & fun season!

Kaitlyn Wirtz,
PAC

Amanda Schmidt,
FNP

Sue Wardner,
FNP

CHI St. Alexius Health
Imagine better health.™
Washburn Family Clinic
 1177 Border Lane • Washburn • 701-462-3396 • 1-877-769-5847

Good Luck
Luck
ALL AREA TEAMS!

NORTH
Dakota | Lewis & Clark
 Be Legendary.™ INTERPRETIVE CENTER
 US HWY 83 WASHBURN

RIVER AG
 Seed & livestock supply

MID STATE AG
 Your Professional Ag Partners

2584 Industrial Dr.
 Washburn, ND 58577
 701.462.7333

910 4th St. E
 McClusky, ND
 701.363.2286

Good Luck
Team!

Good Luck Wilton-Wing Miners & Southern McLean Roughriders

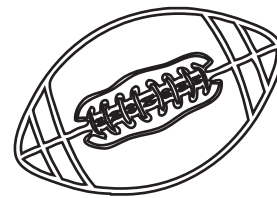
Proudly supported by...

- BEK Communications**
- Farmers Union Insurance: Chad Oswald Agent**
- Grimsley's Fuels**
- IBEW**
- Leader-News**
- Koski Land and Cattle**
- McLean McHenry Mutual Insurance**
- Robi's Repair**
- Sheldon Crop Insurance**
- Sportsman's Bar**
- SRS Commodities**
- Union Bank**
- Washburn Chiropractic**
- Washburn Tae Kwon Do**
- Western Frontier Insurance**
- Wilton Farmers Union Oil/Cenex**



ROYALS

South Prairie-Max



Royals prepare for co-op year three

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

The South Prairie-Max Royals are kicking off the third year of their athletic co-op, and the excitement in the community is palpable.

A joint venture, which began with the aim of offering young athletes a greater range of opportunities, has since blossomed into a growing program with plenty to be excited about.

Under the leadership of Head Coach Justin Wieseler, the team has experienced a re-

naissance of sorts.

In the two years since the inception of the co-op, the Royals have not only increased their roster size but have also witnessed notable improvements in their game strategies, physical conditioning, and teamwork.

For the athletes, the co-op has been a transformative experience. Combining the talents of South Prairie and Max has led to more competitive gameplay, as players can now specialize in positions that align with their strengths.

The camaraderie between the two schools has also built a robust team spirit, with players from different backgrounds coming together for a common goal.

As the Royals prepare to hit the gridiron this year, fans from both South Prairie and Max are gearing up to cheer them on. With the momentum of the last two years behind them and Coach Wieseler at the helm, the South Prairie-Max Royals football program looks poised for yet another thrilling season.

SCHEDULE

Sept. 1	Ray-Powers Lake.....	7 p.m.
Sept. 8	at Bishop Ryan.....	7 p.m.
Sept. 15	at Velva.....	7 p.m.
Sept. 22	Des Lacs - Burlington.....	7 p.m.
Sept. 29	at Nedrose.....	7 p.m.
Oct. 6	at Stanley.....	7 p.m.
Oct. 13	Kenmare.....	7 p.m.

ROSTER

#	NAME	POS	HT.	WT	YR
3	WESTON SAUBY	WR/DB	5'10"	140	9
4	HAYDEN BOHL	QB/RB/LB	5'10"	170	11
5	JAYDEN HUESERS	WR/CB	5'8"	165	10
7	JAXIN ANDERSON	WR/S	6'4"	180	11
8	LAYNE KORGEL	WR/DB	5'9"	130	11
10	GABRIEL SPOKELY	RB/LB	5'10"	165	11
11	BURKE RAUSCHENBERGER	QB/DB	6'0"	160	9
12	CAYLEB WHANGER	WR/DB	5'8"	150	11
21	BRADY JOHNSON	RB/LB	5'9"	145	9
22	CARTER SYS	QB/RB/DB	6'1"	160	9
23	RYDER MAGANDY	RB/LB	5'9"	130	10
25	WYATT VOVILLA	WR/DB	5'11"	130	11
28	RYLAN GREENE	RB/DB	5'8"	165	12
30	MITCHELL BOHL	RB/LB	5'10"	165	11
42	LANDEN JANSEN	RB/LB	5'9"	155	10
44	ZACH KORGEL	RB/LB	5'8"	165	10
50	LANDON ROSATI	TE/LB	5'10"	155	10
52	LUKE ANDERSON	OL/DL	5'9"	160	10
53	DOMINIC WESTMAN	OL/DL	6'1"	205	12
54	RILEY JOHNSON	OL/LB	6'0"	195	12
55	KADYNN TALLMAN	OL/LB	6'0"	180	11
56	TUCKER LANG	OL/DL	6'2"	175	11
59	KARL BEHM	OL/LB	6'0"	210	11
61	LUKE PERSAD	OL/DL	5'7"	160	9
62	TATE HEER	OL/DL	6'2"	180	10
65	DALEN RUHLAND	OL/DL	5'8"	200	11
66	BRENDEN VOVILLA	OL/DL	5'10"	170	10
72	JUNIOR NICOLAS	OL/DL	6'2"	220	11
75	MALACHI SCHNEEKLOTH	OL/DL	5'11"	160	9
77	JAMESON BEHM	OL/LB	5'9"	160	9
78	ACE GRAY	OL/DL	5'7"	170	9
	AIDAN HAWKINS	TE/DL	6'2"	180	12

Tru COMMUNITY BANK
Community Banking at Its Best
Garrison | Max | Turtle Lake | Washburn

Good luck to all athletes this season! Aim high and score big!

www.trucommunity.bank


Good Luck Team!

Good Luck this season!

Have a **GREAT** Season!



Goetz Funeral Homes
 goetzfuneralhomes.com
 • Washburn • Underwood
 • Turtle Lake
 462-3666



RUD Oil & Gas
 Center, ND
 Stanton - Turtle Lake - Sterling
 Bismarck - Mandan
 607-6000

RUD Oil & Gas
 GAS • DIESEL • PROPANE • OIL
 Center, ND | 794-3169

GOOD LUCK AREA TEAMS!

Northland HealthCenters

Turtle Lake Medical & Dental
 Hours: Mon 8-6:30, Tue-Thurs 8-5, Fri - 8-3:30
 416 Kundert St.
 Turtle Lake, ND 58575
701-448-9225
 www.northlandchc.org
 Join us on social media!






Stop in after the game!

Harbor Bar
 Just off Hwy 83
 Coleharbor, ND
 442-3129

Go team!
 Big City Service...Small Town Care.

MECHANICS 

(701) 363-AUTO (2886)
McClusky



Shop addition project with porch roofs and partial living area.

Good luck to the area teams!

CUSTOM HOMES • GENERAL CONTRACTING • HOUSE ADDITIONS • INSURANCE CLAIM WORK • GARAGES • WINDOW & DOOR REPLACEMENT

<p>Siding</p> <ul style="list-style-type: none"> • Steel • Vinyl • Stone siding • Fiber cement • Smart Side • Aluminum soffit & steel fascia • Trim coil bending & installation 	<p>Metal roofs</p> <ul style="list-style-type: none"> • Corrugated steel • Steel standing seam • Steel shake 	<p>Finish carpentry</p> <ul style="list-style-type: none"> • Baseboard & casing • Extension jamba • Interior doors • Staining & lacquering
<p>Shingling</p> <ul style="list-style-type: none"> • Asphalt architectural shingles 	<p>Decks</p> <ul style="list-style-type: none"> • Green treated • Cedar • Composite • Metal railing 	 <p>DML CUSTOM BUILDING & REMODELING Washburn, ND Darren Lester (701) 460-0001</p>





Have a great season
Max Athletes!
Cossacks & Royals

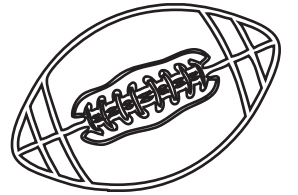
This message is sponsored by Max Community Club Members:

Ackerman/Estvold Engineering Chase Pharmacy Finken Farms & Seeds, LLP First Western Bank Insurance- Stacy Tomlinson Full Flavor Farms Garrison/Max Ambulance Krause's Super Valu Max Café & Southside Lounge Max Farm Services Max Public School Max Rodeo Association McElwain Construction McLean Electric Cooperative Nordak North Publications Otter Tail Power Rocky Top Ranch Rolling Hills Lumber RTC Networks	S & J Hardware Samson Cattle Hauling Scheresky Ag Semchenko Electric Thompson Funeral Home TriGen Ag Partners TruCommunity Bank Fannik, Lavonne Gullickson, Terry & Nancy Halvorson, Terry & Susan Hennings, Bob & Robin Lies, Pete & Joy Plesuk, Robbin & Susan Scheresky, Gertrude Turcotte, Catherine/Paul Fowler Immaculate Conception Catholic Church Our Savior Lutheran Church St. Matthew Lutheran Church
--	--



COUGARS

Central McLean



Central McLean Cougars gear up for the 2023-24 season

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

Under the leadership of Head Coach Grant Singer, the Central McLean Cougars are gearing up for a promising football season in 2023-24.

The roster has seen some significant changes, with the team graduating five seniors from last season.

However, Coach Singer is optimistic about the talent pool, “We have 33 kids that came out this year, which is a good number to have.”

While the Cougars are focused on improvement, the ultimate goal remains clear.

“We want to improve in each game throughout the season and by the end have a shot at continuing to play in the playoffs,” shared Singer.

The team will lean on experienced players returning as starters, but there’s also excitement surrounding the new faces.

Coach Singer mentioned, “We have some kids coming back as starters from last year and also a nice group of kids

who will be first-time starters for us that should be able to contribute.”

As for his personal aspirations for the team, Coach Singer simply hopes for dedication and effort. “I want to see the kids go out there and compete and give it their all in each game.”

Fans can undoubtedly anticipate a season filled with passion, growth, and tenacity from the Central McLean Cougars.

SCHEDULE

Sept. 8	MLS (Turtle Lake)	7:00 pm
Sept. 15	at Alexander	7:00 pm
Sept. 22	at Surrey	7:00 pm
Sept. 29	Tioga (Underwood)	7:00 pm
Oct. 6	Divide County (Turtle Lake)	7:00 pm
Oct. 13	at TGU (Towner)	7:00 pm

ROSTER

#.	Name	POS	WT	GR
1	Braxtten Wanner	WR/LB	155	10
3	Tyson Foley	WR/DB	145	12
4	Maddox Snyder	WR/DB	145	12
5	Cole Abrahamson	RB/LB	145	10
6	Jase Utley	WR/DB	135	9
7	Max Corcoran	WR/DB	165	12
8	Mason Skchenko	QB/DB	130	9
10	Darick Jones	RB/LB	135	9
12	Aiden Hanson	QB/LB	160	10
18	Von Irwin	WR/LB	180	12
22	Wyatt Wagner	RB/LB	180	11
24	Andrew Eichhorst	TE/DE	200	11
28	Gavin Haraseth	WR/LB	170	10
30	Lucas Sims	RB/LB	170	12
32	Cole Makeeff	TE/LB	185	11
34	Brayden Lauer	WR/DB	135	11
36	Morgan Maxwell	WR/LB	165	11
41	Carter Salhus	OL/DE	180	12
44	Bjorn Anderson	OL/DE	180	11
39	Chris Heger	RB/LB	145	10
50	Jonas Christensen	OL/DE	170	9
51	Malakye Galvin	OL/DT	230	11
52	Sam Heger	OL/DE	190	11
58	Jacob Wolf	OL/DE	190	10
60	Trevor Haux	OL/DT	210	11
65	Tyson Anderson	OL/LB	140	9
70	Brayton Fuentes	OL/DL	210	9
75	Brody Dockter	WR/DB	125	10
78	Karson Rust	OL/DT	210	11
80	Dane Hansen	OL/DE	200	10
81	William Brunelle	WR/DB	135	10
85	Kannon Hunt	TE/DE	185	9
90	Hayden Lauer	OL/DT	275	12

TEAM STAFF

Head Coach: Grant Singer
Assistant Coaches: John Jangula, Logan Staigle, Devontae Riley
Supt: John Gruenberg(Underwood), Sheila Schlafmann(TLM), Kara Munro (McClusky)
Principals: Kyle Hunt (Underwood) Kurt Ziebarth (TLM) D'Aulan Bussman (McClusky)
AD: D'Aulan Bussman
Cheer Coach: Cailey Ferber
School Song: Go Northwestern Go'
School Colors: Orange & Blue

Proud to support the Cougars!

Equity Elevator
Turtle Lake • 448-2461

HARDWARE HANK

GOOD LUCK, TROJANS & COUGARS FROM RUST'S HARDWARE

216 Main St.,
Turtle Lake • 448-2817

GO TEAM

Main Street Market
Turtle Lake

208 Main St. • Turtle Lake
701-448-2280

HAVE A GREAT SEASON, ATHLETES AND FANS!

Good Luck Team!

GOOD LUCK CENTRAL MCLEAN COUGARS!



*These fans encourage you to
cheer for our students athletes*

Bentz Supply Store
Central McLean News-Journal
CHI-Turtle Lake Hospital and Clinic
Co-op Elevator of McClusky
Cottingham Insurance
Dakota West Credit Union
Equity Elevator
Farmers Union Insurance: Logan Staigle Agent
Grimsley's Fuels
Harbor Bar
IBEW
Main Street Market
McLean McHenry Mutual Insurance
Mechanics Plus
Northland Health Center
Rud Oil and Gas
Rust's Hardware Hank
Scott's Bait & Tackle/Teresa's Grocery
Sheldon Crop Insurance
SRS Commodities
Today's Styles
**Turtle Lake/McClusky Rexall Drug/Soda's and
Things**
Underwood/Washburn Clinics
Washburn Tae Kwon Do
West River Telecom
Wholesale Ag Products West



WARRIORS

White Shield



(Back row L-R): Dylan Youngbird-Basurto, Marques White Bear, Love Hopkins, Delancey Wilkinson, Shawn Stranger Horse, Red Star Fox, Stetson Albers, Leilani Sitting Dog, Troy Hake, Mark Youngbird-Basurto, Brenden Pelter (Front row L-R) Trisen Ward, Sequoia Stranger Horse, Cannon Blacksmith, Cameron Feather, Weston Bird, Owen Hosie, Sebastian Blacksmith, Madden Everette, Keethon Demarce, Daceton Demarce

Year two for Warriors Football

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

Entering the 2023-24 school year, the White Shield Warriors Six-man Football program kicks off their second season under the guidance of Head Coach Ed Basurto and Assistant Coaches PJ Demarce, Mark Nolan, Jordan Yellow Bird and Matt Achtenberg.

White Shield's newest coach has big goals for his group entering this season.

"Our goal this season is simple," he said, "Work hard, practice hard, play hard but most importantly - be good student athletes."

"We finished third in six-man last year, so of course we want that state championship," he added.

A new coach isn't the only noticeable change to White Shield's football team this year, the group was hit hard with graduations last year and will be without their previous starting QB Jace Dickens.

"I've noticed this year that

we have a lot more younger kids that are coming out to play." Coach Basurto said, "Which is really exciting."

The loss of several seniors however has created an opportunity for the group to band together and overcome the hurdle.

"We have a great team of young men who motivate each other and hold each other accountable so far," Basurto said, "While it's early we do have a young guy, Blue, he works his tail off and kinda is our motivator right now."

Hoping to hit the ground running in the early portions of the season White Shield's team has ramped up the intensity of practices in the pre-

season.

"We are really pushing their limits every practice whether it's with conditioning, or high intensity drills we are putting them through," he said, "Last year it seemed like our biggest issue was getting into those high pressure situations, we would crack because of our lack of mental toughness."

Coach Basurto has things looking up for White Shield Football and fans will get their first look at the group shortly.

White Shield's football team will have finished two of their six regular season contests by printing of this publication, an Aug. 19 contest against Drayton at home and an Aug 25 contest in New Town.

SCHEDULE

Sept. 1	at Parshall V	7:00 pm
Sept. 15	at Center-Stanton V	7:00 pm
Sept. 23	Warwick V	3:00 pm
Sept. 29	at Trenton V	7:00 pm
Oct. 6-7	Semifinals	TBA
Oct. 14	Championship at Minot	TBA

ROSTER

#	Name	GR	POS	HT	WT
	Landen Felix	9	WR/Middle LB	6'3"	195lbs
4	Troy Hale	9	QB/CB	5'10"	185lbs
10	Sincere Red Fox	12	RB/Middle LB	5'9"	175lbs
11	Madden Everett	10	SB/SS	5'8"	155lbs
14	Cameron Feather	10	QB/Outside LB	6'0"	170lbs
20	Weston Bird	10	Tackle/Inside LB	6'1"	195lbs
24	Sebastian Blacksmith	11	RB/CB	5'9"	145lbs
45	Sequoia Stranger Horse	9	DE/TE	6'2"	205lbs
55	Shawn Stranger Horse	11	DL/OL	5'10"	235lbs
58	Stetson Albers	9	DL/TE	6'2"	200lbs
77	Delancy Wilkinson	11	RB/DE	5'10"	195lbs
88	Braiden Marsette	10	TE/DL	6'7"	210lbs

SCI
Sheldon Crop Insurance

Joe - 460-0054 • Brad - 460-1114

Sheldon Crop Insurance wishes all area teams a safe and successful season!

GO TEAM!



COTTINGHAM INSURANCE
Trusted Since 1990

BISMARCK 701.323.9419 | UNDERWOOD 701.442.3473

cottinghaminsurance.com

LET'S GO TEAM!

Know what's below.
Call before you dig.

811

MONTANA-DAKOTA UTILITIES CO.
A Subsidiary of MDU Resources Group, Inc.
In the Community to Serve®

Good Luck this season!

WE SUPPORT OUR LOCAL TEAMS

**Teresa's
GROCERY**

- Grocery Items
- Gift Items
- Phone Accessories
- Greeting Cards

(701) 487-3000 • Main Rd, Pick City

SCOTT'S

FISHERMAN'S PARADISE
"For all your fishing & hunting needs"

Convenience Store, Bait
& Tackle, Gas & Propane,
ATM Machine

OPEN 7 DAYS A WEEK
for your convenience

Bait & tackle

(701) 487-3343 • Pick City, ND

Proudly serving the area's
dry bean growers.

Looking forward to the
great season ahead!



Tyge Sheldon
tyge@srscommodities.com
(cell) 701-460-0321
Falkirk, ND • 701-462-8111

**SRS
COMMODITIES**

SRS NORTH DAKOTA

Have a Great Season!

Be strong when you are

WEAK,

brave when you are

SCARED,

and humble when you are

VICTORIOUS



Good Luck from all of us at the

White Shield School



AGGIES



Velva-Drake/Anamoose-Garrison



Aggies eye another State Championship

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

As the whistle blows signaling the start of the 2023-24 season, the Velva-Garrison-Drake/Anamoose Aggies are back on the gridiron, gearing up to defend their Class B State Title.

With the weight of the championship on their shoulders and a target on their backs, the Aggies are ready for the challenge.

Speaking on the team dynamics, Head Coach Matt Weidler noted the substantial loss of 10 seniors from last year's roster.

Yet, the core of the team remains intact, with Weidler asserting that, aside from the seniors' departure, "the roster looks like last year."

A winning mentality drives the Aggies. When asked about the team's aspirations for this year, Weidler didn't mince words.

"The overall goal for this program is a state championship. That hasn't changed."

But, he's also a realist, emphasizing the journey and hard work it takes to get there. He further elaborated, "The players understand that in order for us to be successful, we have to take everything day by day and work to get better each day. The results we receive on Friday nights is a by-product of the work we put in each and every day."

For Coach Weidler, the game is as much about passion as it is about results.

"Friday nights are the best, but football can be a grind," he said, underlining the importance of enjoying the process.

"I personally want to see the kids enjoy coming to practice every day. We have great kids in our program, and I want them to be successful and have fun while playing football."

Leadership is an essential

ingredient for a defending champion. Even though the season is still young, Coach Weidler has already seen promising signs of leadership, especially among the upperclassmen.

He highlighted the enthusiasm and dedication of the junior and senior players, stating, "As a whole, our Junior and Senior classes have been great thus far through our first two weeks of camp. They are a hungry group

who work really hard and are great teammates to each other and our younger players. I'm excited to see them lead this team throughout the year."

The Velva-Garrison-Drake/Anamoose Aggies are poised for another thrilling season in 2023.

With a blend of experience, leadership, and the spirit of champions, they are more than ready to defend their title.

SCHEDULE

Sept. 1	at Des Lacs-Burlington	7 p.m.
Sept. 8	at Nedrose	7 p.m.
Sept. 15	South Prairie/Max at Garrison	7 p.m.
Sept. 22	at Kenmare	6 p.m.
Sept. 29	Stanley at Velva	7 p.m.
Oct. 6	Bishop Ryan at MSU	7 p.m.
Oct. 13	Ray-Powers Lake at Velva	7 p.m.
Oct. 21 & 28, Nov. 4	Regionals	TBA
Nov. 10	Championship at Fargo	TBA

TEAM STAFF

Head Coach: Matt Weidler
Assitant Coaches: Casey Kvamme, Chris Holte, Bobby Bartz, Brock Nagel, Chad Barstad, Jerry Jespersion
Student Managers: Payton Weidler, Taiten Kvamme
Superintendents: Monty Mayer, Nick Klemisch, Steve Heim
Principals: Kelly Mogen, Steve Dangel
Athletic Directors: Larry Sandy, Malynda Iglehart, Bobby Bartz
Athletic Trainer: Darren Armstrong

ROSTER

#	Name	GR	POS	HT	WT
1	Mason Kraft		10	QB-DB	5'11" 160
2	Matt Jochim		11	RB-DB	5'10" 160
3	Kelson Mascol		12	TE-LB	5'11" 185
4	Alex Leier		9	WR-DB	5'7" 115
5	Logan Vincent		9	RB-LB	5'11" 175
6	Brady Hauff		9	WR-DB	5'8" 130
7	Layne Anderson		9	WR-DB	5'7" 103
8	Kyle Volson		11	TE-LB	6'3" 185
9	Slade Nordstrom		9	WR-DB	5'7" 126
10	Ben Schepp		11	QB-DB	6'1" 195
11	Cooper Kittelson		10	QB-DB	5'11" 144
12	Treyson Iglehart		11	WR-DB	6'1" 180
13	Grady Crawford		10	WR-DB	5'8" 130
14	Tay Martinez		10	TE-LB	6'1" 170
15	Anthony Belzar		10	WR-DB	5'8" 144
16	Wyatt Kaliokowski		11	TE-DL	6'2" 195
18	Reese Steffen		10	WR-DB	6'0" 140
20	Hank Bodine		11	RB-LB	6'0" 215
21	Bradyn Bossert		11	RB-LB	5'10" 190
22	Emmit Lagge		9	RB-LB	5'8" 157
23	Lucas Holte		10	WR-DB	5'8" 153
24	Reggie Bruner		11	TE-DB	6'1" 195
28	Alonzo Davis		10	WR-DB	6'1" 147
32	Violette Sola		10	WR-DB	5'4" 130
33	Madden Barstad		9	RB-LB	5'11" 165
34	Noah Werner		10	RB-LB	5'10" 165
40	Brody Seidler		10	RB-LB	6'0" 150
52	Luke Selzler		10	OL-LB	6'2" 190
55	Erik Ulland		9	OL-DL	5'8" 210
58	Patrick Effertz		12	OL-DL	6'0" 270
60	Gage Roberts		10	OL-DL	5'11" 260
62	Evan Rensch		11	OL-DL	5'11" 185
65	Zack Volson		11	OL-DL	5'11" 241
66	Alexander Sola		10	OL-DL	5'10" 200
68	Jamison Rime		12	OL-DL	6'2" 277
70	Carter Hurt		9	OL-DL	5'9" 170
71	Jayden Foss		10	OL-DL	5'11" 185
73	Anthony Biddinger		12	OL-DL	6'1" 185
74	AJ Fuller		9	OL-DL	6'5" 215
75	Tyler Meckle		12	OL-DL	6'3" 290
77	Matt Bryant		10	OL-DL	6'4" 200
78	Jayden Frounfelter		9	OL-DL	5'9" 280
84	Darian Limestrand		10	WR-DB	5'9" 138

Good Luck to all teams!



NORDAK NORTH PUBLICATIONS

Main Street, Garrison, ND
463-2201



TROOPERS

Garrison



Back row: Joe Kolden, Noah Kolden, Conner Andrews, Aidan Ermer. Front Row: Gavin Ruud, Gavin Schmidt, August Majeres, Eli Ruud, Anthony Everett.

ROSTER

Gavin Ruud	12
August Majeres	11
Joe Kolden	11
Anthony Everett	11
Aidan Ermer	11
Noah Kolden	10
Conner Andrews	9
Eli Ruud	8
Gavin Schmidt	6

Most returning to Garrison Cross Country

BY TYSON MATTHEWS

Cross country has nine returners this season, and it's all boys.

"Our main goal throughout the season is to improve the times of each race and just have fun," head coach Darlene Ruud said.

Since the team is comprised

of all boys this year, there is a better chance of scoring points during meets.

"One thing we stress and talk about is perseverance. Pushing yourself to improve and maintain composure through adversity each race," Ruud said.

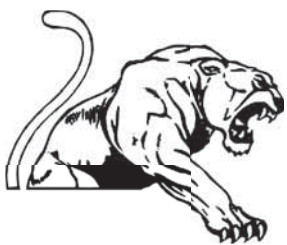
There are ten races on the schedule as far away as Rug-

by.

"One of my favorite things about cross country is the comradery amongst all the runners," Ruud said. "It really is an individual sport but feels like one big family as everyone supports one another." We really look forward to a great season of Trooper Cross Country."

SCHEDULE

Sept. 5	at West Ridge Golf Course-Underwood	
Sept. 7	Mandan Kiwanas Meet at Mandan GC.....	11 am
Sept. 12	NW Conference (JV & Varsity) at Stanley.....	Noon
Sept. 16	Anderson/Stavn Meet at McDowell	1 pm
Sept. 18	DLB Lakers Meet at Wildwood Golf Course	4 pm
Sept. 30	Skyhawk Invite at McDowell	1 pm
Oct. 7	Rugby Meet at Rugby Golf Course.....	11 am
Oct. 14	Class B Western Regionals at Standing Rock.....	1 pm
Oct. 19	Fall Classic at McDowell	4:30 pm
Oct. 27	State Class B at Jamestown	Girls at 3, Boys at 3:45



COUGARS

Central McLean



SCHEDULE

Sept. 1	Rusty Bucket at McDowell Dam	
Sept. 5	Central McLean Invite at Underwood	
Sept. 15	Buelah-Hazen Invitational	
Sept. 18	Burlington Des Lacs	
Sept. 26	Kenmare Country Club Invitational	
Oct. 7	Rugby Booster Club Invitational	
Oct. 14	Regions at Standing Rock	
Oct. 27	State XC at Jamestown	

Cougars XC ready to run

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

A new era is dawning for Central McLean's Cross Country program as they welcome their new Head Coach, Reganne Heger, into the fold.

With the 2023 season fast approaching, Heger is poised to bring a fresh perspective and youthful enthusiasm to the team.

A former cross country athlete with 9 years of experience on the tracks, Coach Heger will be embarking on her inaugural year of coaching.

Despite this being her first

stint holding the reins, she carries the advantage of understanding the mindset of an athlete, having been on the other side for almost a decade.

Her athletic background will certainly lend itself to an empathetic coaching style, understanding the highs and lows that come with the territory.

Heger is clear about what she hopes to achieve in the coming season.

"My goal this year is to help my athletes reach their goals, help them learn to love this sport, and to help the team and program grow." she re-

marked.

This statement paints a picture of a coach deeply invested in her athletes' personal growth and the success of the Central McLean program at large.

With a clear vision and a heart filled with passion for the sport, Coach Heger's debut season promises to be an exciting chapter for Central McLean Cross Country.

The journey of a thousand miles begins with a single step, and under Coach Reganne Heger, Central McLean's athletes are sure to put their best foot forward in 2023.

ROSTER

Levi Repnow	10	Lukas Leppell	7
Carter Johnson	8	Kensley Ruffo	8
Gage Ellis	7		

WISHING ALL TEAMS A GREAT SEASON!

Falkirk Mine
Underwood • 442-5751

NORTH AMERICAN COAL CORPORATION



ROYALS

Max - South Prairie



Lainey Rockwell, Alysa Rice, Maycie Talbott, and Gracie Hauf not pictured Kierra Boedicker



Nathan Samson, Zeke Schneekloth, Derek Bailey, Ryder Erickson, and Gabriel Magellan not pictured Derek Bailey

Cossacks squad eyes improvement

By Ethyn Williams-Calvert
ethyn@nordaknorth.com

As the leaves turn and the fall season approaches, the Max-South Prairie Cross Country team prepares to put their best foot forward under the leadership of Head Coach Olsen Zerr.

For the 2023-24 season, Coach Zerr's team sees only minor changes.

"This upcoming year I lost two seniors to graduation. Other than that, a majority of my roster is coming back from last year," Zerr commented.

The retention of experienced team members promises to offer a stable foundation

upon which they can build.

When asked about the team's goals for the season, Coach Zerr emphasizes progression and self-betterment.

"Just continue to improve with each race as the season goes on," he remarked. This sentiment echoes Zerr's personal aspirations for the team, where he desires consistent improvement from race to race.

"My goals are the same as the team. I want to see improvement throughout the year," he added.

But as with any team, leadership is pivotal.

Two athletes in particular, Nathan Samson and Maycie

Talbott, stand out to Coach Zerr as the linchpins for this season.

"My leaders that I will be relying on this year are Nathan and Maycie. Both have years of experience racing at the Varsity level and are great motivators to the other runners," Zerr said.

With the season on the horizon, the Max-South Prairie Cross Country team, fortified by the wisdom of Coach Zerr and anchored by the leadership of Samson and Talbott, looks poised to make strides and show consistent improvement with each race.

SCHEDULE

- Sept. 5 Underwood
- Sept. 7 Mandan
- Sept. 12 Stanley
- Sept. 15 Beulah
- Sept. 18 DLB
- Sept. 23 Standing Rock
- Sept. 26 Kenmare
- Sept. 30 Bismarck
- Oct. 7 Washburn
- Oct. 13 Regionals – Standing Rock
- Oct. 27 State – Jamestown

ROSTER

Boys:

- Nathan Samson
- Zeke Schneekloth
- Derek Bailey
- Ryder Erickson
- Gabriel Magellan
- Derek Bailey

Girls:

- Lainey Rockwell
- Alysa Rice
- Maycie Talbott
- Gracie Hauf
- Kierra Boedicker

Have a great season!

JOIN US FOR TAE KWON DO

Open House & start dates for Washburn will be Monday, September 11th starting at 6:30 p.m. at the Washburn Memorial Building.



Open House & start dates for Wilton will be Tuesday, September 5th starting at 6:00 p.m. at Wilton Memorial Hall.

All past and current students and any interested children and adults are invited. For more information, please call (701) 391-6553. Will follow all Covid 19 guidelines.

Have a great season, Cardinals!



101 Main Ave.
462-3374
We come highly

Wreck-a-MENDED

Farmers Union
INSURANCE
Chad Oswald Agency
502 Minnie Ave, Wilton
734-6550



ROUGHRIDERS



South McLean



Back (L to R): Coach Laura Tweeten, Liza Telkaemper, Kesia Boeshans, Kari Patterson, Coach Nathan Stamstad. Front (L to R): Briella Hruby, Erin Conoly, Aubrey Steinert, Aubrey Gardner, Natalie Sweeney



Back (L to R): Coach Laura Tweeten, Jaime Hernandez, Beckett Kadrmas, Cody Landseidel, Quinton Conoly, Ty Mehlhoff, Coach Nathan Stamstad. Front (L to R): Bryce Mehlhoff, Easton Kugler, Brayden Sharp, Caiden Cleveland, Ethan Swanson, Valerio Hernandez

Roughriders lacing up to learn Southern McLean XC sets sights on growth

BY ALYSSA MEIER
alyssa@nordaknorth.com

Southern McLean cross country will be adding on the miles and the experience this year.

Roughrider cross country coach Nathan Stamstad, who leads the team alongside Laura Tweeten, said the girls and boys teams are both relatively young this season.

“Eleven of our 19 athletes are competing in XC for either the first or second time,” Stamstad said. “Although we lack experience, we have a lot of drive and potential.”

Stamstad said the athletes may be young, but they’re determined, commending the team on its commitment to the sport.

“The kids we have are all great - they all want to work hard and get better. What’s more, they want each other to get better because it makes our team better,” Stamstad said.

That growth comes with care and caution though, and Stamstad said the team is mindful of overworking any of the athletes, especially those newer to cross country.

“We want the kids to get miles in this season, but in a smart and scientifically effective way. You don’t want to have kids run 10 miles on their first day of practice,” Stamstad said. “But at the same time, if we can get them to be able to do that -- and do it consistently -- we feel like they can have some really big success.”

While the Roughriders don’t return many members of last year’s All-Region team, the boys have some promising bright spots in the

lineup.

“Ty Mehlhoff is our only returning All-Region athlete, but there are several others who will be looking to join him at that level this season. His brother, Bryce, is returning to cross country after a two-year hiatus,” Stamstad said. “Quinton Conoly and Beckett Kadrmas have good varsity experience. Newbies Jaime Hernandez and Cody Landseidel have great potential after having some success last spring in track. Caiden Cleveland was our No. 6 last year.”

Overall, the boys varsity crew is looking promising from the start.

“Our boys’ team ... has depth unlike anything we’ve seen in the past 12 years,” Stamstad said.

On the girls’ side, Southern McLean lost some depth coming into this season.

“Although we have finished 6th in the State each of the last two seasons, we have lost four of our top six girls

from those teams to graduation and injury,” Stamstad said.

The team will be looking to a few more seasoned runners to set the pace.

“We will be led by Kari Patterson, who was All-Region and a co-MVP for our team last year,” Stamstad said. “Erin Conoly and Aubrey Steinert are the only other two girls who have varsity experience, so we’ll be asking them to continue to step up as we bring along the younger girls.”

Stamstad said the boys and girls teams will focus on individual growth early in the season and gradually develop the team as a whole.

“We want all our athletes to improve -- not just get faster but become stronger mentally and physically,” Stamstad said.

The Roughriders are aiming to be among the top three teams in the region and top 5 in the state.

SCHEDULE

Sept. 1	Bowman
Sept. 5	Central McLean
Sept. 7	Mandan
Sept. 11	Medina
Sept. 15	Beulah
Sept. 18	Des-Lacs Burlington
Sept. 25	Home
Oct. 7	Rugby
Oct. 14	West Region Championships at Standing Rock
Oct. 27	State Championships at Jamestown

ROSTER

Boys:		Girls:	
Ty Mehlhoff	12	Kari Patterson	11
Quinton Conoly	11	Liza Telkamper	11
Cody Landsiedel	11	Aubrey Steinert	10
Bryce Mehlhoff	11	Aubrey Gardner	10
Beckett Kadrmas	10	Kesia Boeshans	8
Jaime Hernandez	10	Erin Conoly	8
Caiden Cleveland	9	Briella Hruby	7
Ethan Swanson	9	Natalie Sweeney	7
Easton Kugler	8		
Valerio Hernandez	7		

Wishing the Cardinals and the Roughriders a great year!

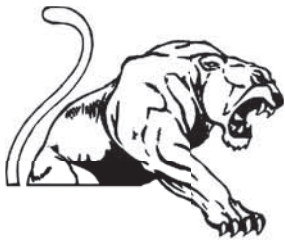
Joe - 460-0054 • Brad - 460-1114

SCI
Sheldon Crop Insurance



WILTON FARMERS UNION ELEVATOR

Wilton • 734-6780
Wing • 943-6312



COUGARS

Central McLean



SCHEDULE

- Sept 1 Varsity at MAFB
- Sept 7 JH/JV at MAFB
- Sept 8 Varsity at Rugby
- Sept 11- Regionals at Souris Valley
- Sept 14 JH/JV at Velva
- Sept 25-26 State Golf Tournament at Mapleton

Cougars golf tees off

By Ethyn Williams-Calvert
ethyn@nordaknorth.com

The greens and fairways are abuzz with activity as the Central McLean Girls Golf team, under the leadership of Head Coach Heather Kramer, embarks on their 2023-24 season.

Despite the departure of their most seasoned golfers last year, Coach Kramer remains optimistic about the promise her new varsity lineup holds.

“This year we lost our most experienced golfers to graduation last year, so our Varsity is pretty much all new,” she shared.

The current varsity lineup features juniors Mya Kittler, McKenna Faulkner, Remi Laib, and a sophomore, Sally Hager.

The team began their 2023 season with enthusiasm on August 1st. “We started our 2023 Girls golf season and have hit the floor running!” Coach Kramer exclaimed, noting the roster of six players ranging from eighth grade to juniors across JV and Varsity.

“Our season is all about growth and experience.”

Kramer added.

With a new lineup, the focus is primarily on improvement, and two players in particular have caught Coach Kramer’s attention.

Mya Kittler’s dedication over the summer has set her up as a significant leader in the program.

“Kittler has put in the work over the summer and is a great leader for our program this year,” Kramer praised.

Sally Hager, on the other hand, has seen remarkable improvement.

“Hager has improved greatly and is doing remarkable this season! We love having Sally as she makes it four for our Varsity roster, allowing us to compete as a team and not just as individuals at our meets,” she remarked.

Golf, as Coach Kramer points out, isn’t just about the swing – it’s about mental resilience.

“Golf is a tough sport. We are working on mentally being able to rebound after a tough shot and focusing on the next one.”

The team’s mental fortitude is an aspect that she’s particu-

larly proud of. “Our mental toughness has come a long way, it isn’t easy to do.”

Though the team is in what Kramer describes as a “re-building stage,” there’s no lack of determination.

“The girls are determined and work hard daily to get better. We continue to work on our short game to shave strokes off our score, which can make a huge difference in our end result.”

“We look to continue to improve and mentally do better at every meet. Our girls have a great attitude and are very coachable. I look forward to seeing how we end the year and prepare for our future.” Coach Kramer said.

Under Kramer’s watchful guidance Central McLean’s girl’s golf program seems to be on their way to big things.

ROSTER

Name	GR
Mya Kittler	11
McKenna Faulkner	11
Remi Laib	11
Sally Hager	10

Proud
to support



our
high
school
athletes!

**Bentz
Supply Store**

McClusky • 363-2288



**Good Luck
to all
area teams!**

**Co-op Elevator
of McClusky**

McClusky • 363-2529



**Farmers Union
INSURANCE**

Logan Staigle

448-9135 • P. O. Box 10, Turtle Lake
McClusky • 363-2209



**Welcome to Underwood, sports fans!
Wishing area teams the best of luck!**

CHI St. Alexius Health
Imagine better health.™

Turtle Lake Hospital & Clinic
Turtle Lake • 448-2331

Available 24/7 to meet
all your healthcare needs!

**Wishing
athletes
& fans a
healthy,
successful
season!**



TROOPERS

Garrison



(L to R) Teagen Rensch, Rylie Klingbeil, Zoey Everett, Piper Ziemann.

SCHEDULE

- Sept 1 Varsity at MAFB
- Sept 7 JH/JV at MAFB
- Sept 8 Varsity at Rugby
- Sept 11- Regionals at Souris Valley
- Sept 14 JH/JV at Velva
- Sept 25-26 State Golf Tournament at Mapleton

Have a great
and fun season

Young team, but willing to learn

By Tyson Matthews

The Garrison Girls Golf team is young; three freshman and a sixth-grader to be exact, but that doesn't mean they don't know the game.

The team has been hitting the links for over a month prior to tournament play.

Head coach Mark Harris

says the girls must remember to take their time at the tee box and not rush it, but also not take the game too seriously at this point.

"I don't want them to feel pressure," Harris said. "I just think if you are having fun, you're going to play your best."

Harris's expectation of the

girls this year is simple; to try and improve from meet to meet.

He followed up with, "This is golf, you can play like you've played for 100 years one day, then next day you can look like you've never picked up a club."

ROSTER

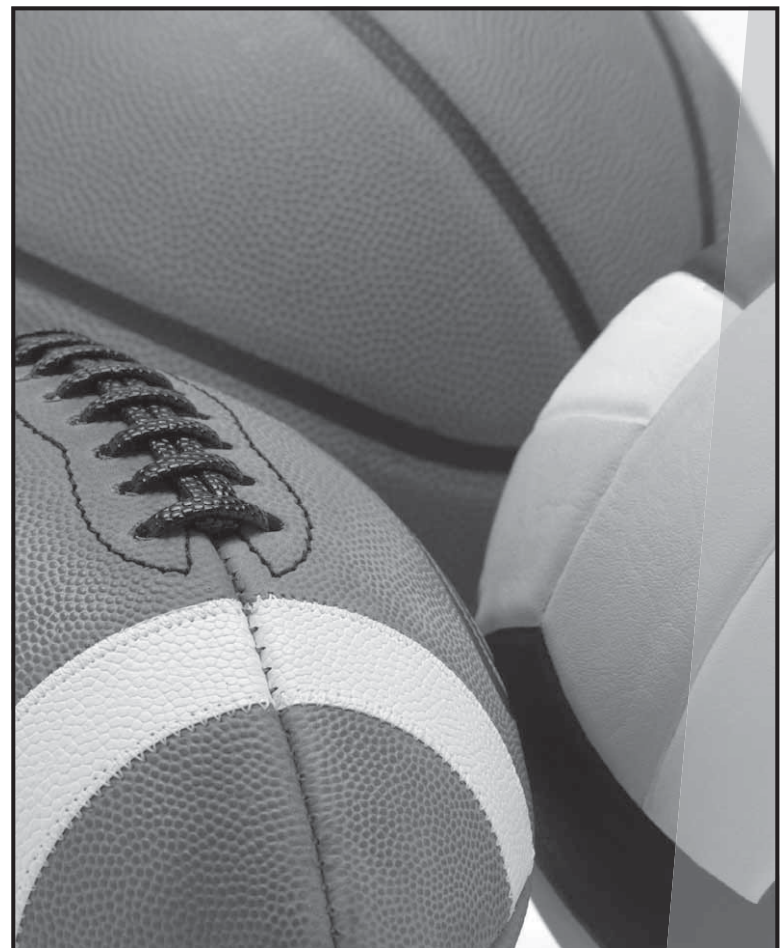
Name	GR
Teagen Rensch	9
Rylie Klingbeil	9
Zoey Everett	9
Piper Ziemann	6

Coach: Mark Harris

Underwood & Washburn Clinics

Michelle Leidholm, FNP
Kellie Weisenburger, FNP
Kerri Benning, FNP
Jill Goven, FNP

1167 Border Lane • Washburn
87 Lincoln Ave. • Underwood
M-T 8:30 a.m. - 5 p.m. • F 8:30 a.m. - Noon
Washburn 462-3389 • Underwood 442-3148



Don't Let a Sports Injury Sideline Your Season

Keeping you in the game is the goal of CHI St. Alexius Health. So if a sport injury has you on the sidelines, our physical therapists are here to help. Call today to make an appointment for your free sports injury screening.

CHI St. Alexius Health

Imagine better health.™

Garrison Hospital

407 3rd Avenue SE
Garrison, ND
701.463.6514

CHI St. Alexius Health

Imagine better health.™

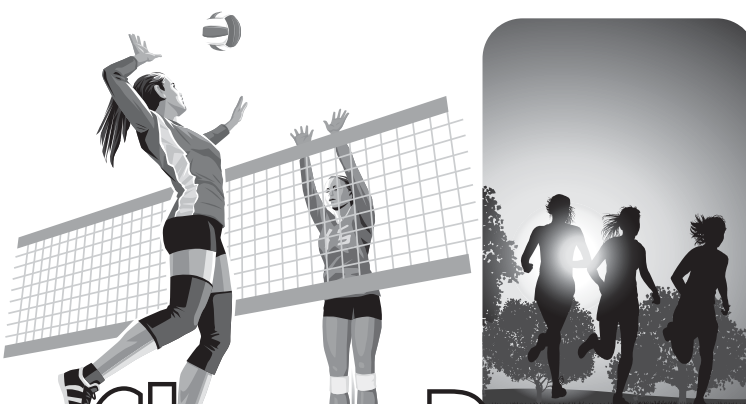
Turtle Lake Hospital

220 5th Avenue
Turtle Lake, ND
701.448.2331 ext. 248

CHISTAlexiusHealth.org

Good Luck

Roughriders & Cardinals!



Chase Drug



Pharmacy • 462-8174 • Store: 462-3527

Downtown Washburn • 703 Main Ave.



Cheering On
All Area
Teams!



"For All Your
Building Needs"

3983 Hwy 37 NW
Garrison, ND
337-5500

**CHEERING ON OUR
CARDINALS & ROUGHRIDERS!**



**Jet Car
Wash &
Storage**

1287 Border Lane

Located right off of Hwy 83,
across from Dakota West Credit Union

**Wishing
all teams
a great
season!**



**NORDAK NORTH
PUBLICATIONS**

Main Street, Garrison, ND
463-2201



Tuition that
GETS YOU THERE.

The right degree. The right price.

Whether you're ready to jumpstart your career with a technical degree or explore pathways with transfer options, we offer hands-on training with connections and affordable tuition that gets you there.



SCHEDULE A TOUR

Plan an on-campus visit at
bismarkstate.edu/Visit



SAVE THOUSANDS

Tuition at about \$5k per year and
over \$1 million in scholarships



#1 COLLEGE
for North Dakota
freshmen*

100+

CAREER PATHWAYS
Bachelor's, associate and
stackable certificate options

*Largest enrollment in North Dakota colleges, including Dual Credit and Early Entry students. bismarkstate.edu/StudentProfile

BSC BISMARCK STATE COLLEGE | North Dakota's
Polytechnic Institution

DONE RIGHT.
bismarkstate.edu

Show Off Your Team PRIDE



Drop off order at
71 N. Main Street, Garrison
or mail to P.O. Box 849,
Garrison, ND 58540

**Other items
are available with
these designs!
Call us!**

Make checks payable to:
**NorDak North
Promotional Products**
for Credit Card orders call
(701) 463-2201

ALLOW 2-3 WEEKS
FOR DELIVERY.
Items can be picked up at one of
our offices or shipped.
Add \$5.00 for shipping & handling.

YOUTH T-Shirt - \$13
XS (2-4) S (6-8) M (10-12) L (14-16) XL (6-8)

\$13 x _____ = _____ Total

ADULT T-Shirt - \$15
S M L XL 2X 3X 4X

\$15 x _____ = _____ Total

Design # _____

Design # _____



Call Tyson today for more information
(701) 463-2201 or 1-800-658-3485

**NORDAK NORTH
PROMOTIONAL PRODUCTS**

tyson@nordaknorth.com

Total Quantity _____
Total \$ _____
(prices include tax)

Shipping \$ _____
Grand Total \$ _____

Name _____

Address _____

City, State, Zip _____

Phone _____