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Monday, May 27, 2024

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- Children under 16 must be accompanied by a guardian
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Trail ride will begin at 9 AM

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CALENDAR

SATURDAY, MAY 25

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

CITY LANDFILL OPEN, Garrison, 8 a.m.- 12 p.m., 1-5 p.m.

SKYFEST KITE FESTIVAL, Fort Stevenson State Park, 10 a.m.- 4 p.m.

S'MORES GUINNESS RECORD ATTEMPT, Fort Stevenson State Park, event begins 1:30 p.m., official count 3 p.m.

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.

E.M.S. KIDS EVENT, Fort Stevenson State Park, 4- 7 p.m.

SATURDAY, MAY 26

SKYFEST KITE FESTIVAL, Fort Stevenson State Park, 10 a.m.- 4 p.m.

MONDAY, MAY 27

MEMORIAL DAY PROGRAM, Ryder Community, American Legion LC Denson Post 99. Senior Citizens will serve lunch starting at 11 a.m. @ Ryder Gym.

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

LAWRENCE E. MIDL LEGION POST 270 MEMORIAL DAY EVENT, begins at Kongsberg, 8 a.m.

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

Skyfest Kite Festival, Fort Stevenson State Park, 10 a.m.- 4 p.m.

HUGH P. MINNEHAN POST 49 MEMORIAL DAY PROGRAM, Garrison Auditorium, 10 a.m.

MAKOTI MEMORIAL DAY PROGRAM, Makoti Senior Center, 11 a.m.

DOUGLAS MEMORIAL DAY PROGRAM, MEMORIAL WALL, 3 p.m.

MAX FOOD PANTRY, MAX CIVIC CENTER, 12 p.m.- 3:30 p.m., 5:30 p.m.- 7 p.m.

DOUGLAS SPORTSMEN'S CLUB MEMORIAL DAY EVENT, Cemetery north of Douglas at the Memorial Wall, 3 p.m.

GARRISON AMERICAN LEGION POST 49 MONTHLY MEETING, American Legion Hall, 7 p.m.

TUESDAY, MAY 28

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

WEDNESDAY, MAY 29

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

THE THRIFT STORE, Garrison Area Resource Center, 11 - 5 p.m.

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

CITY LANDFILL OPEN, Garrison, 1-5 p.m.

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

THURSDAY, MAY 30

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.

COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 4 p.m. to 6 p.m. McLean County Residents in need are welcome to food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

FRIDAY, MAY 31

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

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.

PRAIRIE FARE

By Amanda Kriens, CCHW

Potatoes pack a nutrition punch

"Wow, look at these!" the children said.

"They're purple!" another said. "Here's a red one!" someone else added.

Their enthusiasm nearly rivaled an archeological dig for dinosaur bones. They were digging potatoes and harvesting other vegetables at a garden plot for kids. They sorted and piled the colorful tubers.

Potatoes are available in a variety of colors, shapes and sizes. They have been part of the human diet for at least 7,000 years and made their way to America with Spanish explorers according to some accounts.

In early times, potatoes were used to treat scurvy because they are rich in vitamin C.

Potatoes are rich in potassium, which plays an important role in our heart health and in regulation of blood pressure. Potassium is among the latest additions to the Nutrition Facts label because of its role in health.

A reader recently asked me to comment on the 2024 "Dirty Dozen." She was concerned because potatoes were included in the overall list, but not in the top 12. She loves potatoes.

If you have caught any of the latest social media posts on this topic, 46 foods were ranked by an environmental group according to the level of pesticide residues. This year's top five list includes 1) strawberries, 2) spinach, 3) kale, collard and mustard greens, 4) grapes, and 5) peaches as having the most pesticide residues. Potatoes came in at No. 22.

All the foods on the list are foods that we in nutrition regularly promote for their nutritional value. Since I am neither a pesticide specialist nor a potato breeder, I asked the experts at NDSU to comment on potatoes and pesticides. They sent resources and excellent comments.

Were any of the "dirty" foods dangerous according to the level of pesticide residues? No. In fact, even organic fruits and vegetables can have some level of allowable organic pesticides from natural sources.

Pesticides are regulated by the Environmental Protection Agency. Exposure to pesticides from all sources must represent a "reasonable certainty of no harm."

The Food and Drug Administration enforces pesticide tolerances. Even when detectable levels of pesticides are found, the levels must be within safe levels for human health.

After reading the information, I do not plan to change my recommendations to promote eating more fruits and vegetables. About 90% of adults fall short of the fruit and vegetable recommendations.

The health benefits of eating more fruits and vegetables outweigh the risks of any pesticide exposure.

What can a savvy consumer do? The FDA recommends rinsing fresh produce thoroughly

under running water. That is true whether the fruits and vegetables are organically or conventionally grown. Rinse fruits and vegetables whether you buy them in a grocery store, farmers market or pick them in your backyard.

One exception: the prebagged, triple-rinsed salads are ready serve.

Contamination of produce with germs from unwashed hands and other sources is a greater risk than contamination with pesticides.

Running water and a vegetable brush are effective in removing soil, germs and, potentially, pesticide residues. You can skip the fruit and veggie washes. Place soft fruits such as strawberries and grapes in a colander and run water over them.

Remove the outer leaves of lettuce, and peel peaches. If you peel vegetables, do so thinly because many nutrients are directly under the peeling.

If you apply pesticides in your garden or yard, do it safely. Follow the directions on the container and wear appropriate protective gear. Farmers participate in pesticide application certification programs. Learn more at the National Pesticide Information Center at <http://npic.orst.edu/health/index.html>.

Here's an interesting twist on a fudgy treat, with a not-so-secret ingredient: mashed potatoes. When NDSU potato breeder Susie Thompson mentioned potato brownies in a Field to Fork webinar, several people asked for the recipe. We made them, and we all agreed: they were very delicious. Visit www.ag.ndsu.edu/fieldtofork to view the 2024 webinars, including one about potatoes.

Potato Brownies
1 cups sugar
¼ teaspoon salt
1 cup flour
1 cup mashed potatoes (without butter and salt)
1 ½ cups semisweet chocolate chips
¾ cup butter or margarine
1 teaspoon vanilla extract
4 eggs
½ teaspoon baking powder
Powdered sugar
Melt chocolate and butter/margarine in a saucepan on top of the stove (or in a glass dish in the microwave). Cool slightly. Cream sugar, vanilla, salt and eggs. Mix well. Add chocolate mixture and potatoes, flour and baking powder. Beat until creamy. Pour into a greased and floured 9 x13 oblong cake pan. Bake at 350 degrees for around 30 minutes. Let cool. Sprinkle powdered sugar on top.

Makes 24 brownies. Each brownie has 200 calories, 10 grams (g) fat, 26 g carbohydrate, 2 g protein, 1 g fiber, and 170 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.)

PRAIRIE DOC

By Amanda Kriens, CCHW

Grief: There is No Prescription

As unique is our loss is as unique is our grief. What do we do when one day we can smile, laugh, and look back at memories with fondness and thankfulness for the life we shared with our loved one; the next day we feel paralyzed by our pain and sadness? We feel broken and feel as though we may never be our "old self" again? We may not like the answer...we feel what we feel. There is no twelve steps, timeline or prescription for our grief. New research supports that as unique as we are as humans, as unique as our relationships are, as unique as our brains, is as unique as how we will process our grief.

By allowing ourselves to feel what we feel and becoming curious about those feelings we can, with time, heal. We may not ever be our "old self" again but we can become a new self. A new self that has become more resilient, more self-aware and has more compassion for ourselves and likely for others. We do not have to become bitter but we can feel angry. Anger is a common feeling to have when we are experiencing grief but so is laughter and sadness. By allowing ourselves to release our anger through healthy means such as exercising, journaling, writing a letter we can move through this feeling. By laughing when we feel like it we can release endorphins and increase our serotonin which in turn helps us feel good. By crying when we feel sad we can

release stress through the actual tears coming from our eyes. Those tears chemical makeup are different than the tears our eyes naturally produce for moisture. By allowing our sad tears to flow we can help release that sadness out of our body. We may feel exhausted after this release but then while listening to our bodies, we rest.

Suppressing our feelings is not only not good for our mental health it is also not good for our physical health. We are more likely to suffer from chronic illness if we are not processing our thoughts and feelings in a healthy manner. Some tips for caring for yourself while experiencing grief are:

Get adequate rest: 7-9 hours of sleep per night

Drink water: Half your body weight in ounces

Eat healthy meals and snacks: Eat the rainbow fruit, vegetables, protein and healthy carbs

Talk to someone: Find a therapist and/or a grief support group

Build a support system: It is okay to need others during this time and allow them to support you

Say no when needed: Do not overwhelm yourself with too many stressful tasks or events

Don't isolate: Do things you enjoy and with others who bring you joy

Move your body: Go on walks

or to the gym

Get in touch with nature: Spend time outside and in the sunshine

Journal: Write down how you feel

Give yourself time: Don't shame yourself when you have a hard time

Plan things ahead: Put things on the calendar that you can look forward to

Honor their memory: Think of how you would like to memorialize your loved one

Read a book on grief: Understanding your Grief by Alan D. Wolfelt, Ph.D.

Amanda Kriens, CCHW is a community health worker at Avera Behavioral Health in Brookings, SD. Amanda provides outpatient community health worker services to children, adolescents, families and adults. Her services are personalized to help those dealing with anxiety, depression, abuse, stress, cultural diversity, interpersonal issues and trauma related to sexual violence.

Her practice includes cognitive behavioral therapy, mindfulness and solution-focused therapy, and helping patients find additional community resources. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook and Instagram featuring On Call with the Prairie Doc®, a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

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OUR OUTDOORS

BY Nick Simonson

Grief: There is No Prescription

Variety is the spice of life, and like lemon pepper on a walleye fillet, or blackened Cajun seasoning on crappies, it's also the spice of angling. With so many fish to catch and so many fun ways to catch them, the North Dakota Game & Fish Department (NDG&F) is offering up a third Fish Challenge this open water season to help anglers find the fun in all species, even if this year's targets are some of the more underappreciated ones in the state's waters, according to the Cayla Bendel, R3 coordinator for the agency.

"We just thought it would be fun to add some value to species that people are otherwise sometimes disappointed to see when they catch," Bendel advises, adding, "this year is the Rough Fish Challenge, if you've already completed the other two, you have to catch a bullhead of any species, a carp of any species, and a sucker of any species, to complete the Rough Fish Challenge."

In addition to the original Classic Challenge from 2022 and the Sportfish Challenge of 2023, and this summer's Rough Fish Challenge gears anglers to go out and find new species and figure out ways to catch them. While rough fish – like the bullheads, carp, and suckers in this year's challenge – are often seen as a nuisance

by anglers fishing for gamefish or panfish, they all can provide consistent action, and in the cases of big carp, incredible fights, and for that they can be appreciated.

"A lot of them are bottom feeders, so I think some live bait on the bottom could get you a good chance at several, if not all of them. Many of them inhabit our larger waters and rivers, especially the suckers. I think you'll find bullhead and carp in a lot of our smaller lakes and community fisheries too, but now might even be the time here early for the suckers as they're up smaller creeks or rivers to spawn," Bendel hints for anglers looking to check the Rough Fish Challenge off their list.

With more than 460 lakes to choose from and an easy way to search them online for their desired quarry, accessing statistics such as stocking reports and netting survey results, anglers are able more now than ever to know just where the species they are looking for reside in the state via the NDG&F "Where to Fish" tab. There anglers can set a radius from the town they're in and narrow lakes down to those containing certain species by entering the type of fish in the search bar. With a fishing rod and a bit of tackle, it's easy to get out this spring and summer and chase down each

one needed for every challenge available.

"It will give you a list of lakes or water bodies that have those species. Then you can also click on the individual water bodies to get stocking reports or sampling reports if we've netted it, to see what's in there so you can get some starting points or places to try. It's definitely a really great resource," Bendel advises.

If anglers complete the Rough Fish Challenge, or simply want to complete one of the previous versions of the seasonal event, they can do any one or all three of them available at gf.nd.gov/fish-challenge. The Classic Challenge requires anglers to catch a northern pike, a yellow perch, a smallmouth bass and a channel catfish. The Sportfish Challenge entails anglers landing a bluegill, a walleye, a bass of any species and a trout of any species. By signing up and then inputting information and photos of their catches online which satisfy the requirements of each challenge, anglers earn a certificate and decal evidencing their success at connecting with the variety of each species in these events which run through August 15.

Simonson is the lead writer and editor of Dakota Edge Outdoors.

OPEN RANGE

BY GARY EMINETH

I've often wondered over the years if Cleo Nordquist realized the impact she had on me (and many of her other students in her fifth and sixth grade classes) with her tireless work as an American Legion Auxiliary member during the annual poppy drive and poster contest.

Through her commitment to the memory of those who served in WWI, WWII, and Korea, she taught me the significance and importance of acts of commemoration in the service of memory.

Let's face it.

We humans have short memories that need reminding.

One historian quotes a famous poet, and asks: "What power will preserve what once was, if memory does not last?" He goes on to say, "The past does not vanish all at once; it dies slowly. But the dead, if remembered, maintain their ground, and live among us." In that case, memory is a beautiful gift of what a person or event in our lives meant to us.

In many countries, the memory of those who served in the defense of that country is thrown away in unmarked mass graves and never spoken of again. I have taken to interviewing Veterans for Open Range, my TV show on BEK, as my way of remembering their sacrifice and contribution to the preservation of the freedoms I enjoy.

A common theme I've heard from older veterans is the concern that younger vets (from Desert storm on down) are not participating in organizations like the American Legion, VFW and AmVets in solidarity with those who consider this sacred ground.

They believe that history, if not remembered and studied, is bound to repeat itself. A case in point is the recent failure of the USSR a socialist Republic. It failed economically and did not provide safety, security or justice for its people. The atrocities committed by her leaders should raise huge doubts about socialism (which is a precursor to communism) yet somehow the left influence in America is flirting with it as an alternative to the system we have in place.

These are not just different approaches to reach the same end.

Our founding fathers were champions of individual rights with liberty and justice for all.

For younger generations it is easy to forget people and events that happen to be far from our personal experience. They become old news and even end up in the irrelevant status in our databases.

We simply cannot risk this becoming a national trend.

As I thought of the origin of the poppy as a symbol of the cost of freedom in the two Great Wars of the last century, I remembered that the poppies that grew in Europe were redder because of the effect of all the decomposed rubble and human decay.

I thought of the poem "In Flanders Field" and the image it conjures up and how re-introducing it in creative ways could be a start in capturing the hearts and imaginations of our time.

Just a few things to reflect on this Memorial Day in America—land of the free and Home of the brave.

P.S. Thanks for the inspiration, Cleo!

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- July 28-31 Mystery Tour
- August 6-9 Winnipeg "Folklorama"
- August 14-17 Black Hills/Medora
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VEHICLES / TRAILERS / UTV

- '14 Buick LaCrosse-75,657 mi, leather
- '94 Chevy-ext cab, 4x4, 350, auto, 120K
- '91 Chevy-reg cab, 4x4, manual
- 19' skidsteer trailer
- 4'x8' shop built enclosed trailer
- 6½'x12' trailer w/sides
- dually truck frame trailer
- '16 Polaris General 1000-radio,speakers,Wi-Fi,tires 80-90%1485 mi,runs great! No Title

SHOP / MISC

- DieHard battery charger, metal shelving
- 8 gal wet/dry vac, socket set, tool chest
- circ saws, jig saws, angle grinders, drills
- 2T floor jack, trailer balls, come-alongs
- toolboxes, shop stool , tie downs, tire irons
- wire brushes, hammers, log chains
- Proto toolbox, wrenches, air compressor
- jumper cables, metal shelving, tarp straps
- alum ext ladders, receiver hitches
- push bumpers, running boards, tow rope
- table w/benches, ratchet binders, hi lift jack
- Reflectix insulation-new, funnels, ext cords
- 32x79 door w/window, dolly cart
- diamond plate pickup toolbox, chain binders

YARD / GARDEN / ATV

- Craftsman push mower w/bagger
- Grill Pro gas grill w/side burner, coolers
- CharBroil BigEasy smoker/roaster/grill
- Michelob Ultra/Vtech/other golf bags/clubs
- zero gravity chair, NDSU camp chair
- elect chainsaw, hedge trimmer, wheel barrel
- Goldenrod fence stretcher, mini tramp
- fishing rods, tackle boxes, park bench
- 10'x2' galv round water tank

GUNS / RELATED

- Remington 12 ga semi auto, gun rack
- Winchester M1300 12 ga pump
- Winchester M70 .243 bolt (stock broke)
- Marlin Goose gun "The Original"
- gun rack w/clock picture, 3-9x40 Leupold scope

HOUSEHOLD / MISC

- Cozzia CZ-711 massage chair Qi SE-NWT
- Kenmore upright freezer, reclining end sofa
- Admiral refrigerator/freezer, Pelonis heater
- GE refrigerator/freezer, chair & ottoman sets
- Kenmore washer, Kenmore dryer, mirror
- Cuisinart elect meat grinder, floor lamps
- Cosori air fryer toaster oven, folding chairs
- Foodsaver Game Saver Deluxe Plus & bags
- chest of drawers/night stand set, game table
- 2 office chairs computer desk, card tables
- 2 qn & 1 full bed, chests of drawers
- GE dehumidifier, Sanyo DVD/VHS player
- rustic cabinet w/2 drawers & shelves-like new
- dresser w/mirror & chest of drawers set
- Bissell Pro Heat 2X, Hoover Wind Tunnel vac
- puzzles, board games,
- Minocqua elect stove heater-NIB
- stereo-tum table, cassette, radio, speakers
- Health Rider Total aerobic ex machine
- Dr Ho's pain therapy, Holmes radiant heater
- briefcases, luggage, box fan, bar stools

ANTIQUE / COLLECTIBLE

- kitchen table w/1 lf & 6 chairs
- '12 NDSU Bison football poster
- Dale Earnhardt picture
- '98-99 Creighton Blue Jays poster signed by Doug Swenson
- '92 USA men's basketball poster
- Barsottini dueling pistol decanters
- vintage bird feather pictures, records
- custom ND w/counties wood picture
- horse tapestry, push grass mower
- implement seats, metal milk crates
- Griswold/other cast iron skillets
- hubcaps, metal wheels, Chevy tail gate
- signs-STOP,No Parking, 4 Way, Handicap
- NO Glass, Full Serve & more
- 1000's of SPORTS TRADING CARDS
- '80s-'90s Baseball-Hockey-Basketball-
- gun rack w/clock picture, 3-9x40 Leupold scope
- Football-More-large Collection

*TERMS: Cash/Bankable Check *Lunch Served *More items too numerous *Not Responsible for accidents *Statements day of sale take precedence. *Owner reserves the right to reject any all bids. *Sold as is, where is with no guarantees or warranties implied.



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Memorial Day Services

American Legion - Lawrence Stephenson Post #133
Monday, May 27th, 2024

— Mercer —

9:00 a.m. Gather at Mercer Cemetery
(in event of rainy weather, will gather at the Mercer Community Center)

— Turtle Lake —

10:30 a.m. Program at the
TURTLE LAKE AMERICAN LEGION HALL
outside ceremony to follow.

11:30 a.m. (approx.) Legion Auxiliary will serve lunch at
the American Legion Hall.
Cost: Free will offering

ALL ARE WELCOME TO ATTEND!!

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FRIDAY, JUNE 7, 2024

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520 1st Ave NE, Hazen, ND

11:00am Lunch & Registration
1:00pm Membership Meeting

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MCLEAN COUNTY CALLS FOR SERVICE MARCH 31 - APRIL 16

March 31

Deputies were dispatched at about 1 a.m. to assist with another agency in the 4000 block of Highway 37 northwest in Garrison. According to the calls of service, North Dakota Highway Patrol needed assistance in locating a local resident involved in a crash.

Deputies performed a traffic stop at about 12:30 p.m. near mile marker 129 on N.D. Highway 83 in Washburn for having expired tags. A Jose Manuel Gomez-Villegas, 38, of Bismarck, was arrested for driving on a suspended license.

Deputies performed a traffic stop at about 9 p.m. near mile marker 150 in Coleharbor for a taillight that was out. Randy Ihli, 27, of Minot, was arrested for driving under a revoked license.

Deputies performed a traffic stop at about 9:15 p.m. at the intersection of 14TH and Main streets in Washburn for speeding. It was reported a white chevy diesel was driving fast and reckless near the intersection and the caller stated they thought they heard the vehicle hit something. Upon arrival, deputies stated it appeared a mailbox was hit and "a tree was it pretty good." Deputies detained two individuals in a garage and a taser was deployed. Joshua Atwell, 38, of Washburn, and Charles Springfield, 38, of Phoenix, Arizona, were arrested for disorderly conduct and "other charges pending."

April 1

Deputies responded at about 3:30 p.m. to N.D. Highway 83 near mile marker 92 to a report of a

reckless driver. However, deputies were unable to locate the vehicle.

Deputies responded at about 3 p.m. to N.D. highway 83 southbound near mile marker 159 to a report of a reckless driver. It was reported an "older woman (was) falling asleep behind the wheel." Deputies made contact with the driver who had a suspended license. The driver said she did not know about the suspension, and the deputies followed her back to her residence and gave her a verbal warning.

April 2

Deputies responded at about 2 p.m. after it was reported a .40 Smith and Wesson was reported missing from a person. Deputies are investigating.

April 3

Deputies responded at about 4 p.m. to Wilton Cenex on a report of a gas drive off. Deputies were able to locate the vehicle and they paid over the phone.

April 4

Deputies responded at about 8 p.m. to N.D. Highway 83 southbound near mile marker 161 on a report of a reckless driver. Deputies located the vehicle going 88 mph and attempted to stop the vehicle, but the vehicle was "attempting to pull away" before it pulled over. Consent was given to search the vehicle. A 38-year-old male of Bismarck was cited for speeding. The passenger, Summer Twinn, 22, of Mandan, was arrested for an outstanding warrant.

April 7

Deputies responded at about 11:30 a.m. to the Wilton Cenex

after it was reported a theft occurred from the building. A 37-year-old woman of Bismarck was dropped off at the Cenex by the Burleigh County Sheriff's Office and then proceeded to take a slice of pizza from the store while reportedly stating, "I'm just gonna take this, call the police if you have to." Deputies found her walking on the highway "with a pizza in her hand" in which she was cited for disposition and given a letter of criminal trespass.

Deputies responded at about 9:30 p.m. to N.D. Highway 83 northbound near mile marker 120 on a report of a wrong-way driver. The vehicle was located, and the driver said the GPS got "her mixed up." She was given a verbal warning.

April 8

Deputies responded at about 2:30 p.m. to the 6000 block of 15th St. northwest in White Shield on a report of a health or safety issue. The reporting party stated a man was driving recklessly with her and her children in the vehicle and that he had a gun. The individuals were left at a residence and the driver continued east bound from the home. Upon arrival, the female was found with bruising.

Other deputies located the vehicle where a "bean bag" was deployed to the windshield. After approaching the vehicle, there was no contact with the male suspect. Later, Bismarck Police Department found the individual at the airport where he was detained.

April 9

Deputies responded at about 3:05 p.m. to the Super Pumper in

Washburn for a reckless driver. It was reported someone almost hit their building. Deputies deemed the driver was not fit to drive and given a retesting form after being taken to his son.

April 10

Deputies responded at about 8:45 a.m. to the 200 block of South Avenue in Turtle Lake on a report of a dog at large. The reporting party stated she another dog attacked her dog at her residence and that it was injured. Deputies were working to determine who the dog belonged to and would be issuing a citation along with impoundment once it was determined which dog did the attacking.

April 11

Deputies responded at about 6:30 p.m. to the Main Street Market in Turtle Lake on a report of a health or safety concern after it was reported an unruly subject came into the business and started yelling at them. The subject was located and given a notice of trespass.

Deputies responded at about 8 p.m. to the 500 block of Arikara Drive in White Shield on a report of a motor vehicle theft after the reporting party stated her son may have stolen her vehicle. After hanging on dispatch a couple of times and stating "a bunch of jackasses" it was determined the care was not her name to report it stolen. Because of this, she was also advised against calling 911 until the title had been transferred into her name.

April 12

Deputies responded at about

2 p.m. to the 1000 block of East Fourth Avenue in Washburn on a report of criminal trespass after an individual showed up to a house. The individual left the residence.

Deputies responded at about 2:45 p.m. to the 2000 block of 70th Avenue northwest in Parshall on a report of a traffic hazard as the reporting party wanted to file a complaint "against farmers driving too fast with farm equipment."

Deputies responded at about 9:30 p.m. north of a golf course on a report of a fire call. It was assumed it as a grass fire after a vehicle got stuck. The Washburn fire department took over the scene.

April 13

Deputies responded at about 10:30 a.m. to N.D. Highway 83 southbound near mile marker 122 in Washburn on a report of a traffic violation after a reckless driver was reported. The driver was located and given a warning for failing to maintain lane.

April 14

Deputies responded at about 4 a.m. to N.D. Highway 83 near mile marker 120 on a report of the driver going the wrong way. The vehicle was found and it was determined the driver "had his face buried in his phone." A 25-year-old male of Port Orange, Florida, was given a citation.

Deputies responded at about 10:30 a.m. to County 4 west about 1 mile from Highway 37 on a report of a fire. The Parshall fire department took over the call.

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Garrison Rural Water District Annual Meeting

Thursday, June 6th, 2024
at The Cubby Hole
41 South Main Street, Garrison, ND
Meal at 5 p.m. with Meeting to Follow

RHUBARB FESTIVAL

RHUBARB BAKE SALE/RUMMAGE SALE

Saturday, June 1, 2024
9 a.m. to 2 p.m.
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SHE SAID

By Tyson Matthews

Schools out for Summer

Whew, we made it. Another year of school is done. This was a rough one. The roughest one. I have three children in the Garrison School District, all in different places in their school careers.

My kiddos couldn't be more different from each other, so parenting these three is like trying to herd cats.

One is in high school. He's rolling into his senior slide... since his freshman year. He's "chill, dude."

Have you seen the movie, "The Big Lebowski?"

He's "the Dude." Not a care in the world, even though he must be a functioning adult in just over a year. He's super cute and very funny, but the commonsense may be lacking, just a tiny bit. (Sorry bud.)

But on the other hand, he's creative, quick-witted, and super engaging. We... he... have just a short time to figure out his next step in life. When asking him about his plans and trying to give him advice, just like the quote from the movie, "Yeah, well, you know,

that's just, like, your opinion, man." Or in today's speak, "Bruh." He... we... will figure it out.

Then there's my middle child who refuses to fall into "Middle Child" syndrome. She is NOT the forgotten one. She is a spitfire. She is an "A" student, she's an athlete beyond her years, and she's a best friend. She is just getting out of sixth grade, and she has her life planned out to adulthood. Watch out LPGA, she is coming for you.

And then there's my "baby" who is nine years old. He's probably the one who's most excited for summer to come. He has had a rough year and is experiencing a tough time in life. And we as parents, get to go along for the ride. He and I lay in his bed and talk before bed about his daily experiences, a lot of which start or end in tears. He asks me every night "What's wrong with him?" It's heartbreaking. He's the sweetest, most inquisitive little guy, but has big emotions.

I know I'm ready for the break.

I know all my kids are ready for the break.

Does it seem like the days are long, but the years are short?

Maybe it's just me, but is it getting harder each year?

I know Finn will be good in his senior year.

Pip will be fine moving into junior high.

And that leaves Ollie in the elementary. He's already told me he's done with school and is he's ready to get on with it. He thinks he's ready to get an apartment. And he has already asked for a job application at the newspaper, and not from me, all on his own!

How do I keep a nine-year-old who's very smart but with social-emotional issues interested in school?

I guess we will see next fall. But for now, we will enjoy the summer, as short as it is in North Dakota.

We will hope for better days ahead and make every moment count.

You are only a mama once to your children, so you need to love each of them as much as possible while they are young. Hug and smooch those kiddos.

No if, ands, or buts.

Everything else will fall as it may.

ARTISTS NAMED FOR 2024 ND STATE PARKS RESIDENCY PROGRAM

Bismarck – The North Dakota Parks and Recreation Department, along with North Dakota Council on the Arts, announced the selection of three artists for the 2024 Artist in Residency Program. This program aims to support North Dakota artists in creating art inspired by the beauty of the state parks.

The Artist in Residency Program is a partnership between the two agencies where artists are selected to spend 7 or 10 days in a North Dakota state park. The residency also provides opportunities for visitors to develop artistic skills and a deeper appreciation of the park-inspired artwork based on their experience in the parks. This round of the residency program received 16 applications.

The following artists were selected to complete their residencies in these state parks:

· Painter Lynae Hanson of Bismarck – Turtle River State Park Aug. 12-19, 2024

· Sculptor/Painter Kim Eslinger of Bismarck – Fort Stevenson State Park Oct. 10-20, 2024

· Painter Korina Spratta of Hettinger – Cross Ranch State

Park Feb. 10-17, 2025

"This year's Artist in Residency Program drew a remarkable pool of applicants," said Cody Schulz, ND Parks & Recreation Director. "We're excited to see how the creativity, talent and thoughtful workshop concepts will continue to ignite a passion for art among our park visitors."

Each artist will offer two presentations or thematic workshops during the weekend of their residency; the public is invited and encouraged to attend these activities. These offerings will showcase artwork inspired by the state parks and will provide various opportunities for park visitors of all ages and skill levels to discover or further develop their artistic skills.

"We are excited to witness the creativity that will emerge from this ongoing partnership between North Dakota Parks & Recreation and North Dakota Council on the Arts," said Jess Christy, Council on the Arts Executive Director. "It is our hope that the interaction between the artists and visitors will result in an enriching experience for all who venture into these state parks."

Details surrounding these opportunities at Turtle River State Park, Fort Stevenson State Park and Cross Ranch State Park will be posted on their respective Facebook pages via event listings as soon as they become available.

Artworks generated from this program portray North Dakota's beauty through the eyes and ears of contributing artists to enrich generations of park visitors. The ND Parks and Recreation Department has highlighted several artists' work with video interviews which can be viewed at <https://www.parkrec.nd.gov/art-parks>.

This project is supported in part by a grant from North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts. These events within the ND state parks are free of charge; however, normal daily park vehicle entrance fees apply (or an annual state park pass is required).

The mission of the North Dakota Parks and Recreation Department is to enrich generations through experiences that connect people and places.



Garrison Rural Water District

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Garrison Rural Water District is seeking individuals interested in serving on the Board of Directors. Directors must be a member of the GRWD system.

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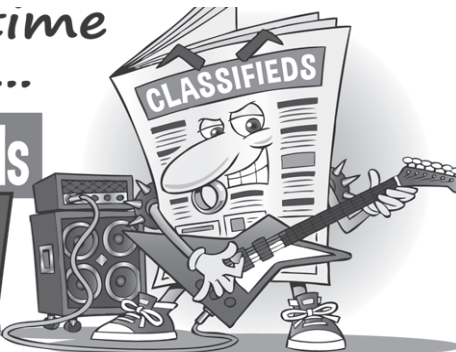


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SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, 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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Any questions please contact the business office at 701-743-2201.

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday May 27th, and Monday, June 10th. As always, have them there by 11 am. Call Darin @701-315-0144 with any questions, also follow us on Facebook.

HORSE BUYER at Stockmen's Livestock (east barn) Dickinson, Wednesday, May 29; Rugby Livestock, Rugby, Thursday, May 30, 8 a.m.-4 p.m. Buying all horses, good, bad, pretty or ugly. Top dollar paid on the spot. Licensed and bonded buyer. 612-839-9568

NOTICES

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.
1-e-tfn-nc 58577

RUMMAGE SALE

MULTI PARTY RUMMAGE SALE: Steinwand's house, 203 1st Ave NE, Garrison. Saturday, June 1st, from 9 am to 3 pm. Uniforms, tablets, clothes in various sizes, snow blower, motorcycle and many more items.
5-1 TGRPD5-2TXTRAPD

SEED FOR SALE

SEED FOR SALE

Yellow Peas: CDC Inca
HRSW:
LCS Buster, MS Charger, MS Barracuda, MS Nova, MS Ranchero, ND Heron
Oats: CS Camden
Flax: AAC Marvelous
Soybeans:
Legacy
LS-0239N RR2X,
LS024-023XF,
LS044-023XF
ND21008GT20
(Keep your own seed)
Custom conditioning, treating, inoculating.
DISCOUNTS FOR EARLY ORDER/PAY

Chris 651-792-5920
Dylan 701-500-7227
Bob 701-720-1808
finkenfarmsandseeds.com

HELP WANTED



SECURITY OFFICERS
GENERAL SECURITY SERVICES CORPORATION™
Washburn & Center, ND
Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BILL@GSSC.net) for more information.
EOE/AA/Disability/Veterans/M/F Employer
Immediate full-time & part-time openings!

Focus is expanding and looking to fill the following positions:


Occupational Therapist
Wanted an Occupational Therapist for Washburn and Underwood area. Tired of long drives? Would you like to work in the community you live? Or are you tired of the busyness in the city and want a quiet drive to work. Focus clinic in Washburn is looking to add OT for Washburn clinic along with Underwood location. Competitive compensation and benefit package. Flexible work and life environment. Learn more about this opportunity by calling the Bismarck office for details 701-258-5058 speak to Kristy the office manager.

Physical Therapist - Underwood
Focus Physical Therapy Clinic is seeking a motivated physical therapist to join our team in the Underwood area. Take advantage of this rare opportunity to advance your career while making a difference in your community by providing exceptional care to patients with diverse conditions including post surgery rehabilitation. We're searching for a dedicated and motivated therapist to join our team in the Underwood area. Offering competitive pay and benefits, ability to optionally invest into ownership along with a supportive work environment, we're committed to helping you succeed. To apply or learn more all call Kristy, clinic manager, at Bismarck clinic 701-258-5058

Physical Therapist - Washburn
Join our dynamic physical therapy team in the Washburn area! Focus Physical Therapy Clinic is seeking a passionate and skilled therapist to join our current physical therapist in our expanding location. Enjoy our new prime location with therapists, nurse practitioners, in house and community referrals creating a waiting list. We provide flexible scheduling, competitive compensation, and a supportive work environment in a close knit community. With multiple locations and a range of available hours you can find the perfect fit for your lifestyle and career goals. Contact Kristy (clinic manager) at Bismarck office 701-258-5058

License Massage Therapist
Looking for an LMT to work in a clinic in Washburn and Underwood. You choose your availability we fill your schedule. Amazing compensation package. Feel like you're your own boss but have all the benefits of working with a group, including in-house referrals, working at a prime location in same office as physical therapist and nurse practitioners. Call Focus for more details ask for Kristy, clinic manager, 701-258-5058.

EMPLOYMENT OPPORTUNITIES



Long Term Sub, Full Time, 2024-2025
The Washburn School District is seeking applicants for **TWO** positions of Long Term Sub to cover a maternity leave for spring semester (one from December to March and one from January to April).
Salary will be competitive and is negotiable, depending on experience.

TRANSIT DRIVER WANTED

Transit driver wanted for Garrison area.
No CDL required,
hours expected to be 6 – 8 hours a day.
Call 701-224-1876 or 888-682-5826 or email at westriver.bisman@midconetwork.com.



DONUT BE NUTS.
PLACE A SWEET AD IN THE PAPER TODAY!

HELP WANTED

PART TIME ROUTE DRIVER
to deliver newspapers. Clean driving record required. No weekends. Please email your resume to darla@nordaknorth.com or stop in and apply at 91 N. Main Street in Garrison
 **NORDAK NORTH PUBLICATIONS**

STATEWIDES

HELP WANTED

MCLEAN COUNTY IS FILLING one or more full-time Equipment Operator III positions in Underwood – great pay, flexible schedule, great work/life balance! For more information, visit <https://www.mcleancountynd.gov/employment/>.

MCLEAN COUNTY IS HIRING an Administrative Assistant in the Auditor's Office. The position is being hired with a clear path for advancement in the department. For more information regarding this position visit <https://www.mcleancountynd.gov/employment/>

YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

SERVICES FOR HIRE

PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 866-892-7677 Have zip code of property ready when calling!

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-548-8176

fer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

HOUSE FOR SALE

TWO STORY HOME overlooking Devils Lake within walking distance to resort, restaurant, marina; 3-BR, 2-1/2B, attached heated garage. Large metal pole barn, 25' lake access lot. 701-662-3333, 701-230-1533.

FARMLAND FOR SALE

FARMLAND FOR SALE: Montpelier Twp. Stutsman Co., 160 Ac w/118 Tillable. \$559,000. Dardis Realty, 701-252-5761, 701-320-3241 (cell).

MISCELLANEOUS FOR SALE

NEED NEW FLOORING? Call today to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-866-892-5868

TOP CASH PAID FOR OLD GUITARS!

1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-844-592-3691 **PAYING TOP CASH FOR MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-877-548-8415

LOOKING FOR THE most complete listing of ND Media? ND Media Guide.

Only \$30! Call 701-223-6397, ND Newspaper Association.

AUTOS

DONATE YOUR VEHICLE to fund the SEARCH FOR MISSING CHILDREN. FAST FREE PICKUP. 24 hour response. Running or not. Maximum Tax Deduction and No Emission Test Required! Call 24/7: 1-844-591-9132

HEALTH/MEDICAL

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 877-727-7420. You will need to have your zip code to connect to the right provider! **VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00! 100% guaranteed.** CALL NOW! 1-866-481-0920

MISCELLANEOUS

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 701-505-8373 **HAVE** a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

HELP WANTED

WANTED: ADMINISTRATIVE ASSISTANT/RECEPTIONIST

Are you ready to build a career in county government? Join the County Auditor's Team!

McLean County will accept applications until 4:00 P.M. on Friday, May 31, 2024, filling one position as a full-time

ADMINISTRATIVE ASSISTANT/ RECEPTIONIST

within the McLean County Auditor's office. This position is being filled with a clear path for advancement within the department. The successful candidate should have experience in basic accounting, desktop publishing, forms creation, office supply/equipment procurement, inventory management, records management, and a demonstrated knowledge of Microsoft Office. Experience in payroll processing, human resources, and employee wellness programs would be beneficial.

Competitive starting pay ranging from \$36,478.40 to \$41,945.85 annually; adjustments may be given for applicable experience. The county offers a full benefit package including fully paid health insurance for a family or single plan, fully paid retirement, annual leave and sick leave. For further information on this position or to obtain a McLean County job application form, interested individuals may contact Lori at (701) 462-8818 or lfoss@nd.gov. An application form can be completed at <https://www.mcleancountynd.gov/Employment>. Only official McLean County application forms will be accepted. Resumes may be included with the application but will not be accepted in place of an approved application form.

REAL ESTATE FOR SALE
ND FARM LAND Values surge upward. Are you selling or renting? Pi-



GARRISON PARKS & REC

PT Pool Supervisor

Must be 18+, 2-3 days week with some weekends, on site in mornings on call in evenings, open pay.
Send application/resume to: P.O. Box 850, Garrison, ND 58540 or drop off at NorDak North Publications or BNC Bank or email to: garrisonparksandrec@gmail.com

WE ARE HIRING!

GLEN ULLIN
INSTALLER REPAIR TECHNICIAN:
Skilled & friendly technician to handle internet & telecom repairs, installations, and assistance for our members. Open until filled.

HAZEN & WASHBURN
SEASONAL INSTALLER REPAIR TECHNICIAN:
Installs or maintains equipment and services related to WRT's internet, voice & camera services. Reports to Hazen or Washburn. Open until filled.

FULL JOB DESCRIPTION & APPLICATION ONLINE:
www.westriv.com/careers
Questions? call Lexi @ 701.748.4213



WE ARE HIRING

CONSTRUCTION & ENGINEERING MANAGER

Plant facility management of construction and improvement projects based in Hazen, ND.

Supervisor of:
OSP Clerks,
Construction Techs
& Field Engineers.

APPLY NOW:

westriv.com/careers

QUALIFIED CANDIDATE REVIEW WILL COMMENCE @ NOON MAY 28, 2024 POSITION OPEN UNTIL FILLED




LOOKING FOR A NEW CAREER?
Assistant Press Operator

- Full-time position
- Excellent hourly salary
- No experience needed, we will train
- No weekend work
- Benefit package includes health dental, vision and 401K
- Family orientated business

APPLICATION AVAILABLE AT THE MCLEAN COUNTY INDEPENDENT OFFICE.

Contact Darla Mautz at 463-2201 or email darla@nordaknorth.com for any questions.



NORDAK NORTH PUBLICATIONS
91 N Main St, Garrison, ND
701-463-2201 • www.nordaknorth.com

HEROES AMONG US WASHBURN RIVERBOAT DAYS SCHEDULE

**FRIDAY
MAY 31ST**

- 11:30 AM** TruCommunity Bank Brat Feed
- 4:30 PM** Kiddie Parade Registration at TruCommunity Bank's parking lot
- 4:45 PM** Kiddie Parade begins - Theme is "Heroes Among Us."
- 5:00 - 7:00 PM** Free Tumblin Tooties Kid's Inflatable Games On Main Street by the Memorial Hall
- 5:00 - 7:00 PM** Washburn Firemen's Water Rodeo and Feed - Free will donation - On Main Street by the Fire Hall
- 7:00 PM** Coulee Trail Classic Run; Registration 6:00pm At the School Bus Barn
- 8:30 PM** Tent Dance at The Cabin Bar & Grill Live Music from Fully Loaded

**SATURDAY
JUNE 1ST**

- 10:30 AM** Riverboat Day's Parade - "Heroes Among Us." Along main street from 3rd street to 13th street
- 12:00 - 3:00 PM** Rollin Rebel fashion show following Parade featuring The Bismarck Cancer Center's pink fire truck "Vivian"
- 12:00 PM** Car Show on Main Street
- 12:00 PM** Lions Club Fleishkeuchle Feed At TruCommunity Bank's parking lot
- 12:00 PM** Cornhole Tournament registration \$40 a team Tournament begins at 12:30. Cash prize!!
- 12:00 PM** Touch a Truck on Main Street
- 12:00 - 2:00 PM** Kids Games at the Memorial Hall \$5 per child (Face painting for an additional cost) - 10 years old & younger
- 1:30 - 3:30 PM** Pie and Ice Cream Social at First Lutheran Church Basement
- 4:00 PM** Ranch Rodeo at the 4H Camp
- 9:00 - 1:00 AM** Street Dance with Tripwire - Main Street

**SUNDAY
JUNE 2ND**

- 9:00 - 1:00 PM** Washburn Fire Department Breakfast at Fahlgren Park/Fort Mandan - Free will donation
- 10:30 AM** Outdoor Church Service at Fahlgren Park/Fort Mandan
- 12:00 PM** Old Equipment Demonstrations by Bruce Van Oosting 1395 28th Ave SW Hensler
- TBD** Adult Co-Ed Softball Tournament at softball field next to the water treatment plant