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Postal Patron

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#### CALENDAR -

#### **MONDAY, JULY 15**

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

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

BLOOD DRIVe, Mobile Unit at Max Farm Services, 11 a.m.- 5 p.m. Call 701- 679-2685 for appointments.

MAX FOOD PANTRY, Max Civic Center, 12-3:30 p.m. and 5:30-7 p.m.

#### **TUESDAY, JULY 16**

GARRISON SENIOR CITIZENS CLUB MEETING, Garrison Senior Center, 2 p.m.

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

TUESDAYS ON MAIn, Garrison City Park, 5 p.m.

ADULT BOOK CLUB, Garrison Library, 7 p.m.

GARRISON AMERICAN LEGION HUGH P. MINNEHAN POST #49 MEETING, Legion Hall in Garrison, 7 p.m.

#### **WEDNESDAY, JULY 17**

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

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

**STORY TIME**, Garrison Library, 11:15 a.m. CITY LANDFILL OPEN, Garrison, 1-5 p.m.

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

#### **THURSDAY, JULY 18**

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

SUMMER READING PROGRAM BINGO, Garrison Library, 2:30-3:30 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.

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.

ND GOVERNOR'S WALLEYE CUP RULES MEETING, Garrison Auditorium, 7 p.m. ALCOHOLICS ANONYMOUS, Garrison Hospital cafeteria (enter through ER), 8 p.m.

#### **FRIDAY, JULY 19**

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

**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.

# DAKOTA GARDENER

BY TOM KALB, Horticulture, NDSU Extension

The biggest threat to our gardens

What's the biggest threat to gardens today in the Dakotas?

It is herbicide misuse. Nothing else comes close.

Gardeners send me over 1,000 photos of sick plants every summer. The most common photos are of tomato and potato vines that are mysteriously twisted and curled. In many cases, nearby tree leaves are stretched and

cupped. These symptoms are caused by herbicide injury. Today's herbicides are much more powerful and persistent than ever.

Lawn clippings may be toxic o garden plants. In the past, we could use lawn clippings as mulch in our gardens three mowings after the last herbicide application. This may no longer be the case. Read the label of your dandelion killer. In many cases, it will recommend not using lawn clippings as mulch in your garden - ever. That's because today's herbicides are more persistent in the environment.

Compost may be toxic to garden plants. Twelve years ago, I went to my city landfill and received truckloads of compost that were free of herbicides. This is no longer the case. People are dropping off lawn clippings treated with long-lasting and sometimes restricted-use herbicides that can persist for several years after composting. It is risky to use the compost from a city landfill in a garden today.

Manure may be toxic to garden

plants. If a cow eats herbicidetreated hay, the herbicide does not decompose while the hay is digested inside the cow. The manure from this cow contains herbicide and may be toxic to garden plants for years.

Herbicide drift may be toxic to garden plants. Herbicides used on fields can drift to our landscapes and cause damage. I see trees with cupped leaves every

The misuse of herbicides by gardeners is another concern. Sometimes homeowners spray at rates higher than what is recommended on the label. The mentality that more herbicide works better than recommended rates is false. Excessive herbicide rates will kill weeds, but they will also damage our lawns, gardens and

Some homeowners have access to restricted-use herbicides designed for use in crop and hav production. These agricultural herbicides will kill weeds in home lawns, but they may also damage the lawn and surrounding plants and trees.

More than ever, it is critical that we read and follow the directions on the label. I implore you: Just do it! Follow the recommended rates. Use only herbicides that are registered for use

Be careful where you get your manure or compost. Contact me your manure or compost is safe

Spray judiciously. The most effective time to kill lawn weeds is in mid-September. Most lawns are healthy and attractive with a single application of herbicide per year.

Whenever you spray, and it should not be often, reduce the risk of spray drift. The wind should be less than 5 mph. Avoid foggy and perfectly calm times where pesticide spray can persist in the air. Use a heavy droplet, not a fine mist while spraying. Avoid temperatures in the upper 80s or warmer Spray only when necessary.

A dandelion is not a symbol of failure. To the contrary, it is not natural or healthy to have a weed-free lawn.

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at www.ndsu.edu/agriculture/ extension/county-extension-of-



What can be done? on your lawn and garden.

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#### PRAIRIE DOC PERSPECTIVES

BY JILL KRUSE, D.O.

#### What's in a (Medical Specialty) Name?

Doctors are taught medical terms and jargon in medical school like a secret code. Many medical terms are rooted in Greek and Latin. Over the course of our training, these words become second nature and we become fluent in this medical "language", although we are also expected to talk to our patients using simple terminology. However, most specialties in medicine still use the original Greek and Latin roots for their names. Once you know where these names come from, everything makes sense.

Most names start with a Greek or Latin word followed by "ologist" or "ology" from Greek word "Logos" which means "the study of" or "Science of". Instead of calling themselves a "heart doctor" we call them Cardiologists. Cardiology comes from the Greek word "Kardia" which means "heart." This trend follows for several other specialties. Lung doctors are Pulmonologists from the Latin "Pulmon" which means "lung". Obstetrics is from the Latin term "obstetrix" which means "midwife" or literally, "one who stands opposite". However, Gynecologist comes from the Greek term gyne" meaning "woman".

Liver doctors are called Hepatologists using the Greek terms "Hepar" or "Hepato" meaning "of liver". Hematologists are doctors who study blood and the term comes from the Greek work "haimo" meaning "blood". Your skin specialists, the Dermatologists, get their name from the Greek work "Dermatos" which means "skin" or "hide". The Nephrologists, or kidney doctors, have taken the Greek root for kidney, which is "nephros" to get their name. Neurologists study nerves, and the Greek term "neuro" or "neuron" means "string or nerve".

A Pathologist looks at tissue samples under a microscope in order to diagnose diseases. Their Greek root "Pathos" comes from the terms for "suffering" or "disease". This branch of medicine looks for the cause, development, as well as the natural progression of diseases. The term anesthesia was first used in the 1880's, but it also comes from the Greek prefix "an" which means "without" combined with "aisthesis" which means "feeling" or "perception". That describes their goal for patients during surgery - to go "without feeling" pain during a procedure.

Just when you think you know the rules, there is Endocrinology. Endocrinology studies the endocrine system which are the organs in the body the secrete hormones. "Endo" is the Latinized form of the Greek word "krinein" meaning "secreting internally". The term Rheumatologist is not quite as literal as some of the others. They specialize in diseases like arthritis and the name originates from the Greek word "Rheuma" meaning "that which flows" or "current/stream". This comes from a 17th Century idea that arthritis would flow throughout the body affecting many areas.

Hopefully this helps "crack the code" of why different specialties have such different and unique names. You can impress your friends and family with this newfound knowledge. However your Cardiologist will be just as sweet if you call him/her a "heart doctor", because as Shakespeare's Juliet asked, "What is in a name?"

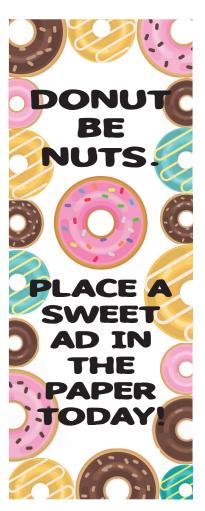
Jill Kruse, D.O. is part of The Prairie Doc® team of physicians and currently practices as a hospitalist in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook and Instagram featuring On Call with the Prairie Doc®, a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.



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# WE THE PEOPLE

BY DAVID ALDER

#### The Declaration of Independence: Celebrating and Redeeming its Solemn Promises

The Declaration of Independence, which Abraham Lincoln referred to as the "sheet anchor of the Republic," set forth the proposition, as he said in the Gettysburg Address, that "the United States was conceived in liberty and dedicated to the proposition that all men are created equal." The principle of equality, Lincoln admitted, was "aspirational." Its implementation would await the arrival of America's maturity, that moment when the societal, cultural and political forces would accept the legalization of racial equality. There was no invisible hand that would push the nation across the finish line. As with all great changes in a democracy, leadership was required.

The leadership of congressional Republicans, known and admired as the Radical Republicans, who envisioned, drafted and secured the ratification of the Reconstruction Amendments-the 13th, 14th and 15th—completed the principles set forth in the Declaration of Independence and made them part of the Constitution. The 13th Amendment abolished slavery, the 14th guaranteed equal protection of the law, and the 15th granted voting rights to former slaves. What Republicans undertook represented a constitutional revolution, for they changed the legal landscape, the nature and face of America. What lay behind this historic achievement, compelling then, as it is now, was the fact that they interpreted the Constitution in light of the Declaration. They embraced the principle that all men are created equal and believed that slaves and free Blacks were men endowed by their Creator with certain inalienable rights, including life, liberty and the pursuit of happiness.

Republicans acknowledged that the Constitution, as it was written in 1787, recognized slavery, which delayed the implementation of the goals, values and principles of the Declaration of Independence. They were, as Lincoln said, "aspirational." The 13th Amendment, as debates in the 39th Congress demonstrated, represented the first, crucial step in "completing" the Constitution, so that it would reflect the egalitarian and animating principles in the Declaration. It extended the right of personal liberty to the newly freedman, which was a function of the principle of equality. The higher, broader purpose was to constitutionalize the Declaration and remove the moral stain from the nation's escutcheon. It remade the Republic in the image of our founding charter. In the course of debates on the 13th Amendment, the great abolitionist, Sen. Charles Sumner of Massachusetts, eloquently stated: "It is only necessary to carry the Republic back to its baptismal vows, and the declared sentiments of its origins. There is the Declaration of Independence: let its solemn promises be redeemed. There is the Constitution: let it speak, according to the promise of the Declaration."

Sen. Sumner's appeal to the "promise of the Declaration" was echoed by his colleagues throughout the debates. Members invoked the Declaration and the opportunity for the nation to atone for its departure from its principles necessitated, they believed, by the dictates of slavery as a compromise to save the Union. Abolition, it was argued, would suffuse the Constitution with the long delayed fundamental principles of the Declaration: life, liberty and the pursuit of happiness.

For Republicans, the Reconstruction Amendments were seen as a means of removing the exceptions to liberty and equality that were implied, and inflicted, by the slavery provisions in the Constitution. They would restore, moreover, the crucial concept of consent of the gov-erned, which the authors of the Declaration of Independence understood to be the only source of governmental legitimacy. Government by consent of the people, which was grounded on the principle of equality, the foundational premise and promise of the Declaration of Îndependence, had been eviscerated by slavery. In sum, the Reconstruction Amendments would complete the Constitution by squaring it with the Declaration.

As Americans celebrate the Declaration of Independence in the finest ways—parades, food, fireworks and music-we ought to pause in this time of great political divide and turmoil, and recall what united us, in the beginning. We might focus on the great egalitarian principles set forth in our founding charter and view them, as we should, as the nation's North Star, worthy then of our devotion, and worthy still. Let us listen to the voice of Charles Sumner and reflect on our "baptismal vows."

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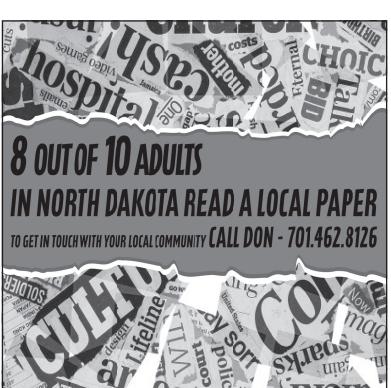
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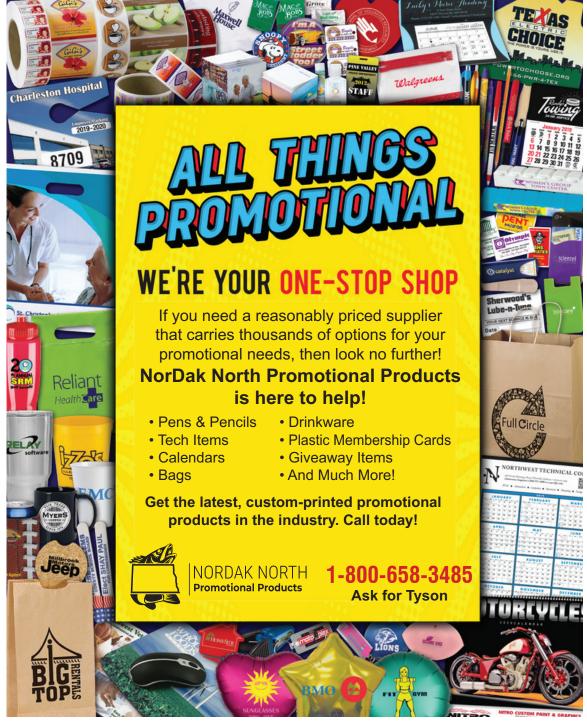
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SUPPORT GROUP: Alcoholics Anon-

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

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RUMMAGE SALE: Kids clothes, toys, books, shop stuff, womens clothes, lots of misc. 38 4th Ave NE, Garrison, Friday, July 19th, 9 am - 5 pm; Saturday July 20th, 9 am -2 pm.

DON'T MISS THIS! 4 party estate/garage sale! Miscellaneous items, households, clothing, LOTS OF TOOLS! Friday July 19th & Saturday July 20th 9 am - 5 pm. Lakeside Auto & Sports 122 South Main Street, Garrison.

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# **Estate Sale** Saturday, July 13 10 a.m. to 3 p.m.

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#### **HELP WANTED**

#### **VET TECH/VET ASSISTANT**

PT/FT position to work with ND Licensed Veterinarian at the Garrison Vet Services in Garrison ND. Wages commensurate with experience. Sign-on bonus is available to the successful applicant, and the position is to start in August 2024. Contact Mike Matteson, GAIA Director at (701) 337-6433 or mike@beaglebuds.com.



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White Shield School



• 1 Gifted/Talented Teacher Elementary Teachers

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Any questions please contact the business office at /01-/43-2201.

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58577



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Individual(s) to participate in the development and design of a COM-MUNITY DAYCARE in Garrison, ND. Local Economic Development Group renovating a church into a daycare. Please contact Deb Stoppler at 701-463-2631 if you are interested in participating in an exciting new venture in Garrison!

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#### **HELP WANTED**

**Garrison Public School** is accepting applications for

# <u>Paraprofessional</u>

position at our elementary school. For more information call 701-463-2818 or visit www.garrison.k12.nd.us for an application, and email to Dr. Klemisch at Nick.Klemisch@k12.nd.us

### HELP WANTED

Central Dakota Frontier Cooperative is seeking a Part-time employee to join our Store Team in Turtle Lake, ND. The position offers excellent pay, along with flexibility. If hired, the applicant will learn valuable skills such as inventory management, customer service skills, as well as numerous other skills that apply to the industry. If interested stop by our Turtle Lake location to get an application or call the Store Manager at 701-448-2355.

#### **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.



# SECURITY

#### Washburn & Center, ND

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Wage: \$14.00 - \$20.00/hr, depending on experience.

Benefits: Sick leave, annual leave, and health insurance are available. Enrollment in ND PERS. A K-12 music classroom paraprofessional supports the music teacher in a school setting by assisting with various tasks related to music education. Responsibilities may include helping students with instrument setup and practice, organizing music materials, supervising students during rehearsals and performances, and providing general classroom support. Additionally, the aide may assist in maintaining musical instruments and equipment, as well as helping with administrative tasks such as record-keeping and communication. A passion for music and the ability to work effectively with students and educators are important qualities for this role. The ability to play the piano would be a great skill, but is not required.

#### **Assistant Cook**

Wage: \$14.00 - \$20.00/hr, depending on experience.

Benefits: Sick leave, annual leave, and health insurance are available. Enrollment in ND PERS. An assistant cook will assist in preparing and serving school meals. This might include but is not limited to preparing entrees and side dishes, salad bar items, and baked goods. The assistant cook will also assist in menu planning, clean and sanitize equipment and food prep areas, assist in maintaining inventory and organizing the kitchen area, assist in training sup port staff, follow food safety procedures, and perform other duties as assigned. All of this is done under the supervision of the head cook. The assistant cook may be required to assume responsibility for planning and preparation of meals in the absence of the head cook Visit our website at http://www.underwoodschool.org.

Please send letter of application to brad.rinas@underwoodschool.org, or mail to:

Underwood Public School Brad Rinas, Superintendent PO Box 100 Underwood, ND 58576

External applicants are eligible for ND Veteran's Preference. North Dakota veterans claiming preference must submit proof of eligibility by the closing date. Proof of eligibility includes a DD-214 and if claiming disability status, a current letter of disability.

The Underwood Public School District # 8 is an Equal Opportunity Employer who fully and actively supports equal access for all people regardless of race, color, religion, national origin, sex, age, veteran status, disability, genetic information, marital status, public assistance status, sexual orientation, gender expression/identity, or participation in lawful activity off the employer's premises during non-working hours which is not in direct conflict the essential business-related interests of the employee in its education/activities and employment practices. The Underwood Public School seeks to provide access to all its programs for those interested persons who might have differing levels of abilities, this includes those with impaired vision and hearing loss.

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for the Max area.
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# **Independent**





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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.

# PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

#### Try a new vegetable on your menu this summer

"I brought you some scapes," the graduate student said with a smile as he handed me a plastic bag.

Fortunately, I knew what he meant, or I might have been a bit tentative about opening the bag. I have never been in possession of a bagful of freshly harvested scapes.

I peeked in the bag and saw the long, curly green vegetation. The scapes looked like super-long thin green beans with elegant curls.

I detected a slight garlic aroma, which makes sense. Scapes are the flower stalk of garlic plants. The scapes require the plant's energy, so they need to be removed before the plants flower. Removing the scapes promotes the development of large, flavorful garlic bulbs.

Scapes are "in season" right now. If you like garlic, you will enjoy the mild flavor of scapes.

I had a cooking project ahead of me: figuring out ways to use the garlic scapes. I began exploring ways to use the long thin green stalks.

Garlic scapes are sold in some farmers markets. If you have a friend growing garlic, you might ask for some scapes. They last up to two weeks in your kitchen. I chose to refrigerate them in my crisper to keep them fresh longer.

As I prepared the scapes, the texture, but not the flavor, reminded me a little of "young" asparagus.

After rinsing them thoroughly, I chopped them into small segments. The skinny portions reminded me of super-long chives. With age, scapes can become a bit "woody," so you can remove those parts and use the tender areas.

I was making potato packets for the grill, so I added some  $\,$ 

chopped scapes. I added some to the mushrooms I was sauteeing in a pan on the stove. I turned down the heat so I would not accidentally char the scapes.

My patient husband offered to grill some, but I thought two dishes with garlic scapes was probably enough for our menu.

I could have made "flavored butter" to go with our corn on the cob by sauteeing chopped scapes in butter. Maybe that's a flavor sensation for our next meal. Some people add some parmesan cheese to the butter.

Other people use scapes as a vegetable, similar to asparagus or green beans. They can be brushed with a favorite oil and grill them in a grill pan.

Others enjoy adding the mild garlic flavor to hummus, which is a mixture of chickpeas, oil and seasonings. We have many hummus recipes available on the NDSU Extension Food and Nutrition website (www.ag.ndsu.edu/food).

You could add them to potato soup or salad. The mild flavor of potatoes would go well with some mild garlic.

If I run out of ideas for scapes in the next week, I can freeze them on a sheet pan and pop them into a freezer bag to use later in cooked dishes.

Be a little adventurous with your menus. Sometimes family members can be a bit leery about trying new things. These green vegetables are so mild and novel that people who enjoy garlic will enjoy them.

As I prepared the scapes, I thought about other foods I have introduced to our family. Many years ago, quinoa (pronounced "keen-wah") was new in the Robinson household. When she heard the name, our youngest child hopped around the kitchen doing "quinoa kicks" like a

martial artist.

She liked the name of the grain that is native to South American Andes mountains. It is available near the rice in many grocery stores.

This recipe makes use of summer bounty from farmers markets and perhaps your own backyard. This colorful side dish pairs well with your favorite proteins on the grill, including chicken, fish, burgers and steak. You can even add some chopped scapes, if you'd like.

#### **Southwest Quinoa Salad**

- 3 cups cooked quinoa, prepared according to package instructions
- 1 cup cucumber, diced
- 1 red bell pepper, diced
- ¼ cup chopped garlic scapes (optional)
- 1 (14.5-ounce) can corn, drained (or steamed frozen or fresh corn)
- 1 (14.5-ounce) can black beans, drained and rinsed
- 1/4 cup cilantro, chopped
- 1/4 cup olive oil
- 3 tablespoons lime juice 2 teaspoons cumin
- ½ teaspoon cayenne pepper (or to taste)
- 1/4 teaspoon garlic powder Salt and pepper to taste
- Prepare ingredients as noted. Combine all ingredients in a bowl and mix well.

Makes 16 (1/2-cup) servings. Each serving has 120 calories, 5 grams (g) fat, 4 g protein, 16 g carbohydrates, 3 g fiber and 60 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.)

# DAKOTA DATEBOOK

BY DR. CAROLE BUTCHER
Colonel Lounsberry's Big Scoop

After serving in the Union Army during the Civil War, Colonel Clement Lounsberry moved west. He entered journalism as a writer for the Minneapolis Tribune, but he had something else in mind - establishing a newspaper wherever the Northern Pacific Railroad crossed the Missouri River. That plan became a reality in 1873 when the first issue of the Bismarck Tribune came off the presses.

Three years later, late in the evening on this date, the steamboat Far West pulled up to the dock at Bismarck. The boat carried survivors of Lieutenant Colonel George Armstrong Custer's 7th Cavalry. The Cavalry was posted at nearby Fort Abraham Lincoln, so the story of the battle was momentous news for the citizens of Bismarck.

Steamboat captain Grant Marsh had learned the details of the battle from the survivors and relayed the story to Lounsberry. It was the biggest story of the year. Editor Lounsberry spent the night at the telegraph, sending 50,000 words about the battle to the New York Herald.

Americans were stunned by the news. Custer was a well-known and popular figure. He was young, handsome, and a hero of the Civil War. Largely because of him, the 7th Cavalry was widely regarded as a symbol of the country. It seemed impossible that "the gallant seventh cavalry and its dashing leader" were gone. It was especially poignant considering that Custer's two brothers and his nephew were also killed.

Based primarily on Lounsberry's information, newspapers across the country printed pages and pages of maps, reports, and details about the battle of the Little Big Horn. The New York Herald touted its "Special Report from the Field of Battle." The newspaper had a personal stake in the story since one of their correspondents was among those who died.

The first news of the massacre, reported by Custer's Crow scout, Curley, was hard to believe. But when the survivors arrived in Bismarck, it could no longer be denied.

Lounsberry operated his newspaper for about twelve years before selling it. He hoped to be appointed governor of Dakota Territory, but lost out to Gilbert Pierce of Chicago. Among his other accomplishments, he was instrumental in organizing the North Dakota Historical Society in the 1890s.

He passed away in 1926 and is buried in Arlington Cemetery.

Dakota Datebook is made in partnership with the State Historical Society of North Dakota, and funded by Humanities North Dakota, a nonprofit, independent state partner of the National Endowment for the Humanities.



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