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Monday, June 15, 2020
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Grand Re-Opening

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AUCTION

JUNE 12 - 10 AM - Rodney Kinnischtzke & Guest Consignors - Tractors, Semis, Trailers, Hay, Livestock & Farm Equip, Vehicles, ATVs, More - G & G AUCTIONEERS 701-878-4001 www.midwestauctions.com/gandg

MONDAY, JUNE 15TH, 2020 @ 5 PM CT Owner: Marvee Faut. Offering: Farmstead, Vehicles & Misc. Tools. Location: 1370 County Rd. 7 Golden Valley, ND 58541. www.wolffauctioneers.com.

THURSDAY, JUNE 18, 2020 @ 4 PM CT Owner: Jim Fetter, Offering: Masonry Related Items & Tools, Location: 4329 Centurian Dr. Bismarck, ND 58504. [Wolff Auctioneers www.wolffauctioneers.com](http://www.wolffauctioneers.com).

THURSDAY & FRIDAY JUNE 25TH & 26TH, 2020 @ 9 AM CT: Westmoreland Beulah Mining LLC Auction Owners: Westmoreland Beulah Mining LLC Auction. Offering: Equipment, Shop Items, Buildings & Much More. Location: 6204 13th St SW, Beulah, ND 58523. [Wolff Auctioneers www.wolffauctioneers.com](http://www.wolffauctioneers.com).

JUNE 28 - 11:00 AM MT-Dean & Karla Bahley-Manning-Collector Tractors, Farm Related, Trailers, '69 Camaro, Shop, Guns, Collector Farm Toys, Household, Yard, Misc - G & G AUCTIONEERS 701-878-4001 midwestauctions.com/gandg

SATURDAY, SEPTEMBER 12, 2020 Owner: Peter Berger, Offering: Farm Related Equipment. Location: Hebron, ND 58638. [Wolff Auctioneers www.wolffauctioneers.com](http://www.wolffauctioneers.com).

OCTOBER 2020 OWNER: ROLAND GLEICH ESTATE. Offering: 320 Acres (208.26 Cropland & 111.74 Pastureland). Legal Description: E2-Sec. 5-143-91. Located: 4 mi. S & 1 mi W of Dodge, ND 58625 [Wolff Auctioneers www.wolffauctioneers.com](http://www.wolffauctioneers.com).

NOVEMBER 2020 Theophil Teske Family Land Auction. Owner: Theophil Teske Family . Offering: 582.45 Acres (360 +/- Cropland & 220 +/- Pastureland). Legal Description: N2 of S2 & SW4 (less 47.6 acre tract) & SE4 of Sec. 28-145-87 and N2 of N2 of Sec. 33-145-87. Located: 4 mi. N of Beulah, ND 58523 [Wolff Auctioneers www.wolffauctioneers.com](http://www.wolffauctioneers.com).

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Event Update

The Sakakawea Medical Center Foundation Annual Charity Golf Classic is being postponed from June 20th to a later date that is yet to be determined. Information about the new date will be provided here as it is decided.

CCCHC Center & Killdeer Clinics - Update

As of Tuesday, June 9th our CCCHC Center and Killdeer Clinics will be transitioning back to normal clinic operations. Patients experiencing respiratory or COVID-19 symptoms will be seen during limited hours on a daily basis at our Center and Killdeer Clinics. To ensure the safety of our patients and clinic staff, we ask that you call ahead to schedule an appointment with a provider. All patients will be screened appropriately before being seen in the clinic.

Clinic operations at the CCCHC Beulah and Hazen Clinics will remain the same until further notice with all respiratory illnesses being seen at the Hazen Clinic. We ask that you continue to call ahead if you think you may have been exposed to COVID-19 or are experiencing symptoms.

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Location: Leeds ND – 110 1st St SE

OWNERS: R & J Farms, Rio & Jean Himle – 701-740-9155
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AUCTIONEER'S NOTE: Rio has run a substantial well managed farming operation his entire life. He & Jean have decided to retire from farming to pursue other interests. Virtually every piece of equipment on this sale has been highly maintained from day one. This is very possibly one of the largest one owner farm equipment auctions you will attend in the spring of 2020. Do not miss this big event. Plan on two rings and spending the day.

INTERNET BIDDING: This auction will feature live internet bidding. For live bidding the day of the auction, go to www.proxibid.com. Pre-registration is required prior to auction day. Internet bidding starts at 12:00 pm.

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BHA Pivots to Post-Pandemic Work

By Nick Simonson

If the recent pandemic and its social distancing requirements have taught us anything, it's the importance of having a place to go outside. Whether it's to blow off steam with a trail run, wet a line on a local river, or hike the hills with a good hunting dog, public places provide an opportunity unique to America and the country's long-standing traditions of hunting, fishing and outdoor recreation. Growing in recent years to more than 40,000 grassroots members, the group Backcountry Hunters & Anglers (BHA) has positioned itself on the leading edge of promoting and protecting public lands and waters across the U.S. and the upper Midwest. If you hear BHA President & CEO Land Tawney tell the tale, you're more than certain of the group's origins.

"In 2004 there were some folks sitting around the campfire in Oregon and they looked at the playing field with Ducks Unlimited, the [Rocky Mountain] Elk Foundation, Pheasants Forever, Mule Deer Foundation; all these organizations doing very awesome work, but nobody was really laser focused on public lands and public waters," Tawney references to the organization's beginnings, "the first eight years of the organization was all driven by volunteers, then started getting some part-time staff, then when I came on seven years ago, the organization was ready to explode and that's what happened since," he recalls.

With the groundswell of



A Piece of Public Heaven. Wildlife Management Areas and other public lands are important to hunters, wildlife and providing people with a place to go and enjoy the outdoors. In the back half of 2020, Backcountry Hunters and Anglers look to advance legislation and projects across the country to protect and improve public access to hunting, fishing and outdoor recreation. Simonson Photo.

members across the country, the organization has worked to maintain and improve entry to and enjoyment of public lands and waters through on the ground efforts such as clean-up programs, signage projects and legislative lobbying and positioning through communication with lawmakers at the state and national levels in the 45 U.S. states, two Canadian provinces and one territory. With

the pandemic and its restrictions, however, those on-the-ground efforts had to stop and the halt on legislative activities across the country and in Washington D.C. put a pause on efforts to promote the organization's advocacy for public lands.

Despite having to cancel banquets and other events which impacted the organization's fundraising efforts during this spring, BHA has

engineered ways to connect with its members during the last few months of isolation. Whether it was a virtual turkey calling contest with the winner decked out in full-on Tiger King regalia doing his best parody of the popular Netflix series star while wowing the computer-based crowd with his life-like mimics of the big upland birds, to turning the annual BHA Rendezvous into a virtual get together with contests, presenters, story tellers and symposia, the organization has adjusted and is prepared to get back to work as the country opens up and lawmakers return to their duties.

"This week there's movement on the senate bill that would give full and dedicated funding for the Land and Water Conservation Fund," Tawney said of the billions of dollars that would be locked in and allotted to improving public lands from city parks to national grasslands that are funded by the program, "those projects are shovel-ready, they can put people back to work on our public lands and waters [which] are places that people are finding solace from everything that's going on and reenergizing themselves and getting their minds right," he stated, connecting the bill to the betterment of a struggling economy and a re-emerging populace.

As BHA members get back into the field, a number of projects will be underway nationwide. With a focus on keeping areas clean, and having open spaces for hiking, walking and non-motorized traffic, the organization is working on the wide open prairie as well. Through

recent signage efforts, the North Dakota chapter of BHA has helped mark those foot-traffic only areas to preserve open spaces, primitive access and the backcountry feeling that many people seek in their hunting, fishing and outdoor activities.

"In North Dakota, our chapter has been heavily involved in the grasslands to curtail illegal ATVs," Tawney states, "we've got members that use ATVs, I drive my truck to the trailhead, but there's these places where you can go and amble across the prairie that everybody covets, and so when people break the rules not only do they break that code of ethics a little bit, they're also causing weed damage, and putting ruts in the ground," and that signage project is where the ND chapter has led the way for BHA.

Protecting and advocating for those places will help continue to give people of all stripes access to places that soothe their souls and promote well-being. As BHA gears up for the restart in the back half of 2020, Tawney recognizes the importance of those spaces to all citizens, regardless of background or belief following these times of turmoil, and knows that the members of the organization will work toward keeping them there and open to all.

"Those public lands don't care what political party you come from, they don't care how much money you made last year, they don't care what color your skin is - they're a place we're all on equal footing," Tawney finishes.

Getting Started on Fall Hunting Fitness

The path to a successful hunt involves a lot of planning. Whether it's hours of country cruising and scouting the local deer herd and their movements in August and September for November's glorious capstone to autumn or checking laces and boot leather and getting hundreds of rounds put in at the trap range to be set for that first flushing rooster in October, preparation for whatever game you pursue makes the season more successful. One thing many hunters overlook, however, is the physical preparation which helps make the hills seem less steep and the hauling out of a downed deer feel more like a victory lap and less of a chore.

By starting on the process of getting fit for a hunt now - whether you're a weekend warrior who seeks out grouse or pheasants in the grassy expanse of the prairie, or will luck out and draw that coveted mule deer tag or a once-in-a-lifetime elk opportunity that will require some reconnaissance and efforts in the rugged breaks of the west - you'll be more prepared to take on

the challenges this fall. Additionally, the added health benefits and good habits that come with your pre-season physical challenges will help ensure you can keep going into the field season after season.

GOAL SETTING

For some hunters, the process of preparing for the field or changing their physical activity level may simply mean leaving the couch (or the comfort of that cushy air-ride-equipped boat seat) this summer. For those who are already active, it may mean upping your training regimen to prepare for those rugged hunts in the badlands, or the mountains a bit further the west, depending on your tag allotment for this autumn. For Sarah Newgard, Certified Personal Trainer and Owner-Operator of The Pedal cycling and fitness studio in Grand Forks, while goals should be a focus, it's important to remember the reason behind them as well.

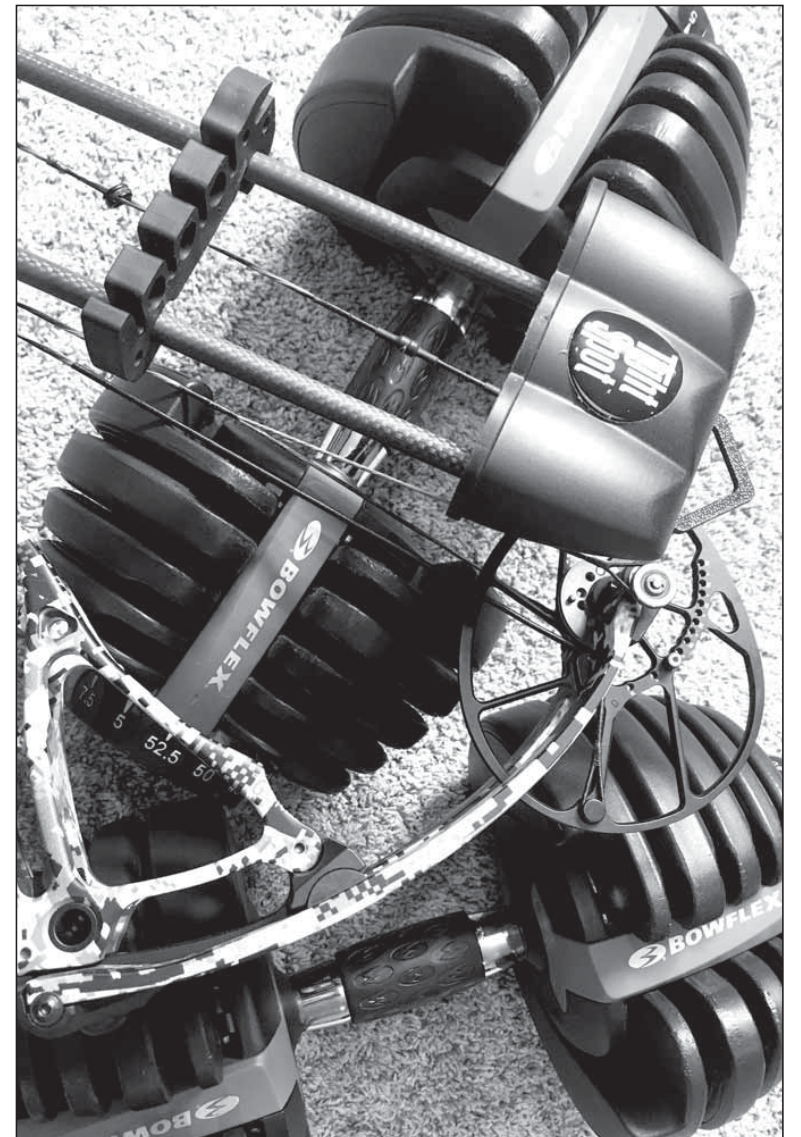
"I encourage people to write down their goals and then why they want to achieve that," Newgard

suggests as the first step to reaching fitness objectives for anyone, including hunters, "the why is so important," she stresses, suggesting that a goal of losing 20 pounds is great, but putting the motivation behind it - such as being lighter and more in shape for the field - helps give it more meaning.

From there, it's much like the hunt itself in terms of executing small steps toward the larger goal of tagging a deer or bagging a brace of birds on opening morning. Newgard cautions against running pell-mell at full speed toward a goal, however, especially if you're just starting out. Taking things slow to start and gradually building the physical preparation process and workout intensity is key in preventing soreness, injury and burnout early on.

"People think that they have to work out seven days a week for sixty minutes at a time right out of the gate," Newgard states in relation to those who are eager to

See **FITNESS** on page 10



Mix up your fitness regimen, as pulling back on a bow string can provide similar resistance as using a dumbbell set. Add fun outdoor activities to the mix such as hiking, biking, running and walks with the dog, to keep things from getting boring and encourage consistency when getting ready for fall hunting seasons. Simonson Photo.

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June 15th

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World Elder Abuse Awareness Day is an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons.



What is elder abuse?

Elder abuse is the intentional harm or neglect that adversely affects a vulnerable adult and can be in the form of:

- Physical abuse
- Sexual abuse
- Neglect
- Emotional abuse
- Financial abuse



What are the signs of elder abuse?

- Depression, confusion, or withdrawal
- Isolation away from friends and family
- Unexplained bruises, burns, or scars
- Poor hygiene, underfed, dehydrated, over- or under-medicated, or not receiving proper medical care
- Fearful or nervous around certain individuals



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Yes, it's easy to talk about more than you know

Over the weekend, President Trump got a lot of misery because he talked about using active duty military to deal with the protests, riots, looting and other lawlessness. It was as though he was the first government official to think of that. Let me tell you the truth.

In 1968, I was serving as a Military Policeman at a the Continental Command HQ in Virginia. One day they decided the MP Company would fall out with rifles and bayonets to practice crowd and riot control. None of us knew what the hell that was about, being a bit isolated from the rest of the world. So, we just assumed it was the Lifers having fun messing with us and ruining our off duty time with some of their nonsense. But, there was the Democratic Convention in Chicago and the killing of Dr. King and the country was suddenly from



TRACKS IN THE SAND KEN BEAUCHAMP

sparks to fires.

Well, we trained but never deployed to American soil to march against our own people, although, when we took the oath, we did promise to defend the nation from all enemies "foreign and domestic. I doubt any of us knew what a domestic enemy was, except maybe to guess.

Some of these retired military officers I hear talking, as if such action was just now being heard of, were young officers in those days. They know. I find that sad but not expected in this

day and age of liars.

There can be no forgetting when National Guard troops were deployed to Kent State to deal with protests and ended up firing live rounds, killing and wounding some of those students. You push hard enough and long enough, bad things get set up to happen. Perhaps, if people worked harder to study and recall the truth of the past, life would be much less tragic today, working on getting worse.

Then there's the matter of civilian police. All the super smart, who have never made an arrest or broken a law, appear to be all-knowing about what the problems and solutions are. All any of them have convinced me of is, they have no knowledge or understanding of basic human nature. The fact humans have brains and can reason is what makes them the dominant species and it is also what makes us the most unpredictable and thereby the most dangerous. You see, we can "think it right," thereby making it alright in our heads. We are likely the only species that can rationalize what someone deserves or has coming. We can make all kinds of adjustments just by thinking about something long and hard enough. Oddly, we have accepted that the length of a woman's skirt doesn't determine her status as a potential victim. Yet skin color still eludes so many. We think about it long and hard enough and decide who has it coming and whether they get what they deserve.

Years ago the choke hold was outlawed in California police departments. Minnesota has done it know, if they have a police left after this latest round of getting rid of police passes. In my experience here's how it goes. A cop weighing in at 150 pounds is confronted by a guy who stands over six feet and is 250 pounds of trained fighting muscle and probably juiced up a bit on something. The cop breaks his baton hitting the guy, his partner shows up and shoots a taser into the guy, which he laughs about and pulls out. There are then two choices. Shoot him or slap a choke hold on him and hope you can shut down the flow through a 28 inch neck. I have been told the secret of a choke hold is to not get so excited or carried away, because you're so scared you're crapping nickels, that you over react



CLOSEOUT SALE

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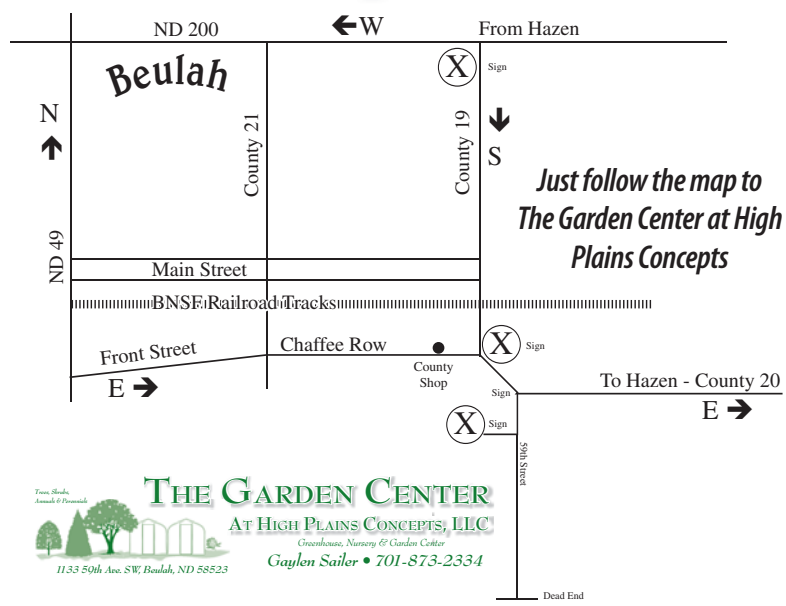
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See **TRACKS**
on page 10



Beulah Police Department with the State and County Law Enforcement, have made Beulah number 2 for

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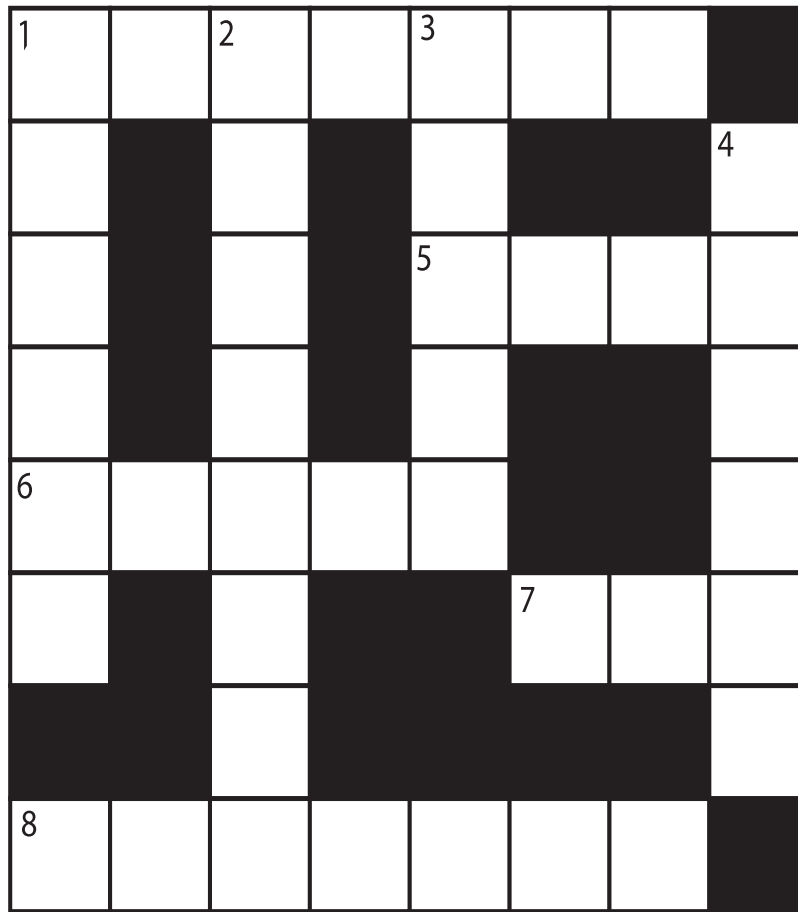


City of Beulah

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Crossword Puzzle



THIS DAY IN...



HISTORY

• **1215:** KING JOHN OF ENGLAND PUTS HIS SEAL TO MAGNA CARTA.

• **1921:** BESSIE COLEMAN BECOMES THE FIRST FEMALE PILOT OF AFRICAN-AMERICAN DESCENT.

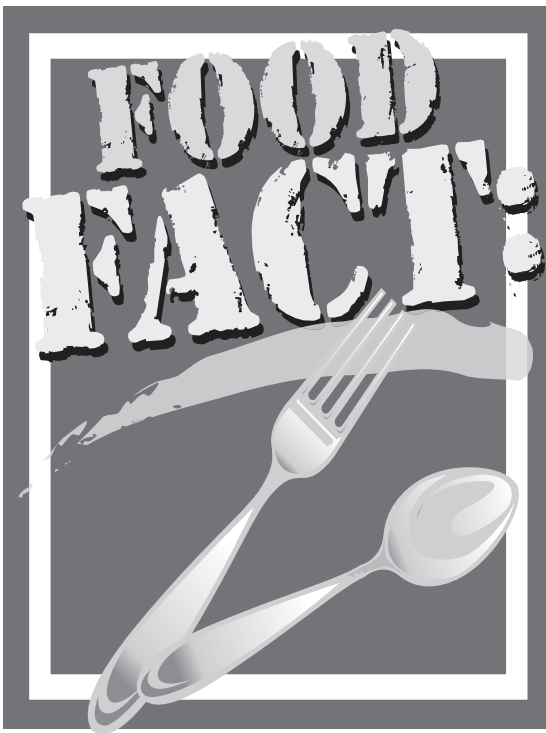
• **2012:** NIK WALLEDA BECOMES THE FIRST PERSON TO TIGHTROPE WALK DIRECTLY OVER NIAGARA FALLS.

ACROSS

1. Sweetly coated
5. At a distance
6. Tall, branched plants
7. Having high degree of heat
8. Confections

DOWN

1. Another name for candies
2. Plant product found in soaps and skincare
3. Enjoys a book
4. Special desserts



THIS ANCIENT PEOPLE MAY HAVE BEEN RESPONSIBLE FOR CREATING THE FIRST CANDIES, WHICH WERE MADE FROM HONEY AND NUTS.

ANSWER: EGYPTIANS



PULL

to stretch certain types of candies

Answers:
ACROSS
1. Sugared 5. A far 6. Trees 7. Hot 8. Candies
DOWN
1. Sweets 2. Glycerin 3. Reads 4. Treats

How they SAY that in...

ENGLISH: Sugar

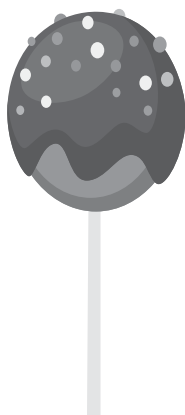
SPANISH: Azúcar

ITALIAN: Zucchero

FRENCH: Sucre

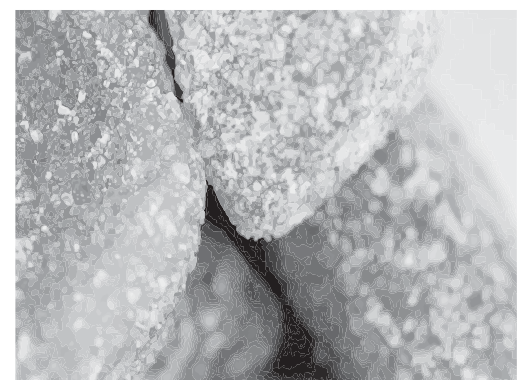
GERMAN: Zucker

Did you know?



CAKE POPS ARE A COMBINATION OF MOIST CAKE DIPPED INTO A CANDY OR CHOCOLATE COATING.

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SWEET AND SOUR CANDY

FITNESS

Continued from page 5

get going on their fitness journey, instead suggesting, “maybe you start with one, two or three days a week, and just be consistent with that for one, two, three weeks before you start adding on; everybody thinks it needs to be this huge, gigantic goal, when really you can start small, and consistency is the key,” she concludes.

MAKE AND KEEP IT FUN

One of the biggest challenges of developing a consistent fitness program may be overcoming the drudgery often associated with a set of dumbbells or the repetitive whir of a treadmill or elliptical machine. Summer on the northern plains, however, provides an incredible opportunity to get outside and to mix things up and change the scenery. Being sneaky with your fitness activities is a recommendation of Lane Hanzel, Strength Conditioning Specialist at Sanford, Bismarck and avid big game hunter who has taken deer, elk and pronghorn in eight western states.

“Find things that you may not think of when building fitness – hiking, shed hunting, kayaking – and look at what you’re doing already that may be able to fall into building your own personal fitness routine,” he suggests, adding that being active in any outdoor pursuit that requires motion will help beat the monotony of regular workouts and become a habit and an enjoyable one at that.

It is that consistency of being active that will help preserve a level of fitness for future seasons and help prevent any need to start or re-start a regimen each summer to get set for the following fall. With those healthy habits built up and a variety of exercise options available – whether traditional weights and cardio at a local gym, or a run or mountain bike ride on a local trail – Hanzel suggests a lifetime of successful hunts

and outings with less fatigue are more likely, even into a hunter’s later years.

“If they have that elk tag or that mule deer badlands tag they drew and they’re looking at ‘how I am going to get going’, the number one thing is, if you’re in shape already or you have something you’re doing, don’t get out of shape,” he advises, “don’t think of it as an eight-week program or a 12-week program, look at it as ‘this is what I do as part of my year-round program;’ things may change or you might have different goals depending on the year,” he continues, suggesting developing a base

and maintaining consistency is far better than trying to ramp up ahead of a hunting season.

With these ideas in mind, all sportsmen looking to get fit can adjust their preparation for an upcoming hunt in a manner that is both concrete in goals and execution against them. Finding fun ways to mix it up and build endurance, strength and flexibility through traditional means and time preparing on the trail or in the field ahead of the hunt helps build a base and create a point to be ready for adventures this fall and in autumns to come.



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Mercer County Farmers & Ranchers 70/30 Cost Share Program

Mercer County Weed Board cost share program is available starting May 26, 2020. The county weed board will pay 70%, the Landowner 30%.

Please call now to reserve your chemical

Chemicals available are **Grazon Next, Rifle-D, 2-4D, Tardon 22-K**

Chemicals can be picked up at Beulah Farmers Union Agronomy Center starting May 26, 2020 from 8 a.m.-5 p.m. Monday through Friday.

Call Mercer County Weed Officer, **Brad Seifert at 870-0595** or one of these area directors:

- Melvin Schlender: 948-2294
- Don Reichenberg: 748-2015
- Loyal Karges: 748-5935
- Ryan Flemmer: 873-5316
- Jayme Boeshans: 870-5322
- Richard Scheid: 748-5679
- Gary Gierke: 878-4146

TRACKS

Continued from page 7

and do serious damage. I think that kneeling on the neck of a person who is on the ground and handcuffed falls into the category of what police sometimes refer to as “catching up”. Sort of making sure the person gets what they deserve and had coming, as judged in that street court, where cops are the judge and jury and where so many have a policy for conviction and self protection based on one officer lying and all others swearing to it.

I learned long ago that there are too kinds of men and I suspect it applies to all gender of police. There are the hard and the mean. Well, I also learned that you can’t train the mean out of people.

It’s buried too deep.

We need police. We need police who know the value of being a good human being, shunning meanness and being hard only when it is demanded, commanded by people’s actions. It doesn’t take long or any great skill to determine who should have a badge and authority over other people. It shouldn’t take long to direct them to a different vocation, one where they are no danger to anyone’s life unless actions are legitimately in defense of life or welfare of another human being.

We want our cops to be brave. It’s time we become braver as citizens and those with oversight with police. Just ask yourself, “Am I ready to save a life today?”

Dollar Saver Classifieds

HELP WANTED



PART-TIME PUBLIC WORKS LABORER

The City of Beulah is accepting applications for a part time Public Works Laborer to work on an as needed basis. Responsibilities include, but are not limited to: operation and service of mobile equipment, stationary equipment and tools used by the Public Works Department; maintenance of city property and infrastructure; operation and maintenance of equipment of other city departments as directed; and safe and efficient performance of work.

MINIMUM QUALIFICATIONS

- High School Diploma or equivalent.
- Acceptable work ethic.
- Satisfactory interpersonal and written communication skills.
- Valid North Dakota Class D driver’s license.
- A valid North Dakota Class B Commercial driver’s license (CDL) with an air brake endorsement must be obtained within six months of the date of hire.

Applications and a full job description can be obtained at Beulah City Hall or from www.beulahnd.org. The City of Beulah is an Equal Opportunity Employer. Residence within the City of Beulah or its extraterritorial limit is required for employment. Subject to pre-employment drug testing and background checks.

City of Beulah • PO Box 910 • 120 Central Ave N
Beulah, North Dakota 58523



WATER/WASTEWATER SUPERINTENDENT

The City of Beulah is accepting applications for a full time Water/Wastewater Superintendent. Responsibilities include, but are not limited to: Managing the operation, repair, and maintenance of water production and distribution and wastewater collection and treatment facilities; responsible for supervising maintenance workers, equipment operators or plant operators; and responsible for ensuring compliance with relevant federal and state regulations.

Salary starts at \$26.86 per hour depending on experience and qualifications. Benefits are included.

All applicants must be self-motivated and will have:

- A minimum of a High School Diploma or equivalent.
- Supervisory experience in water/wastewater treatment, collection and distribution or any equivalent combination of training and experience.
- Possession of or ability to readily obtain appropriate ND State Certified Licenses. Must be obtained within five years: Class 3 in water treatment, Class 2 in water distribution, Class 2 in wastewater treatment, and Class 2 in wastewater collection.
- A valid North Dakota Class D driver’s license.
- A valid North Dakota Class B Commercial driver’s license (CDL) with an air brake endorsement must be obtained within six months of the date of hire.

The closing date is July 10, 2020. Applications and a full job description can be obtained at Beulah City Hall or from www.beulahnd.org. The City of Beulah is an Equal Opportunity Employer. Residence within the City of Beulah or its extraterritorial limit is required for employment. Subject to pre-employment drug testing and background checks.

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48d-1fn

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29-1fn-nc

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14-2t-pd

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15d-2tp

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19-1fn-nc

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49-1fn-nc

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33-1fn-ch

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29d-1fn-c

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FIVE BEDROOM, 4-stall garage, house for sale by owner in Hazen. \$162,000. Call 880-8969.

11d-18nc

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15d-1fn-c

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HELP WANTED

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