



Published by BHG Inc.,
to serve McLean and
Sheridan Counties

PRSR STD
US POSTAGE
PAID
Permit No. 22
Garrison, ND

ECRWSS

Postal Patron

Deliver By Monday

Vol. 37, No. 8

Monday, June 28, 2021

*The best circulation
for your dollar*

"The Mother of All Garage Sales" WEEKEND



Join in on the

Garrison City-Wide Rummage Sale

July 15, 16, 17 & 18 (pick a day or days)

ADVERTISE WITH US!*

Only \$25 for up to 35 words

Plus 2 FREE Garage Sale Signs (with ad purchase)

* Map and rummage sale info to be published in:

The Xtra (July 12)

The Derby Tab (July 15)

Plus, the map will be on McLean County
Independent's Facebook page

McLean County
Independent

91 N. Main St • Garrison, ND

Call JoDell at 463-2201 for more info

**Stop by our office by
Monday, July 5th
at 5 p.m.
to place your ad!**

Make your ads go further with All-Access Advertising

What is it? BHG newspapers are launching All-Access advertising, where advertisers can pay a small upcharge to get any print ad placed on the BHG website.

Where do ads appear? Advertisers choose between having their ad on the home page of an individual newspaper, the home page of the main BHG site or on every home page on the site. Ads will be at the top of the page, to the right of news stories and photos.

What size ads can be uploaded online? Any print ad can be put on the website. Each ad will have a pop-out display where they can be viewed in a larger size.

Why should you be online?

Over 3,000 users visit bhgnews.com each month, with over 600 new viewers visiting the site each week. Online ads offer the opportunity to reach new customers and make an additional connection with print subscribers or those viewing the e-edition.

All-Access Advertising rates:

Individual newspaper home: \$5

BHG home page: \$7

All home pages: \$10

Contact your BHG
advertising representative
today to take advantage!

BHG, Inc.
92 N Main St • Garrison, ND
701-463-2201

Fast Facts about BHGnews.com

- Roughly 3,500 users and 7,000 sessions per month
- An average of 650 new users in one week
- Roughly 600 e-edition views per week -- and growing.
- 65-70 percent of users are new users, with 30-35 percent being return visitors.

TREE AND STUMP REMOVAL

**CONTACT JOHN KUGLER
AT 701-315-0249**

builder@westriv.com

**LOCALLY OWNED
AND INSURED**



LOVE IS NOT INSULTING.
LOVE IS NOT FEAR.
LOVE IS NOT PAIN.

LOVE IS UNDERSTANDING.
LOVE IS COMPASSION.
LOVE IS LISTENING.

LOVE BINDS IT DOES NOT SEPARATE.

DOMESTIC VIOLENCE DESTROYS LOVE.

EACH OF US NEEDS TO STAND AGAINST
DOMESTIC VIOLENCE.

We are here to help anyone with
questions about this devastating threat
that rips apart families.

McLean Family Resource Center
205 7th Street, Washburn
701-462-8643
mfrfc@westriv.com
mcleanfrc.weebly.com



KOTATHEATRE

Main St., Garrison

Adults - \$7 Under 13 - \$5

Where popcorn is still only 50¢

Movies start @ 7:30 pm

TENTATIVE SCHEDULE:

July 9 & 10

Peter Rabbit 2

July 23

Grease

July 24

The Goonies

Support democracy.
Subscribe to your local newspaper

SERVICE DIRECTORY

SPECIALTY

CONSTRUCTION/CONTRACTING

MEDICAL

**Northland
HealthCenters**

Turtle Lake - Dental
701-448-9111

Hours: Mon-Thurs 8-5

Turtle Lake - Medical
701-448-9225

Hours: Mon 8-6:30; Tue-Fri 8-5

www.northlandchc.org Find us on 

You can now pay your bill online!

Optometrist

**Dr. Schindler & Dr. Deis
& Hellebush**

N. Main Street • Garrison

Monday, Tuesday, Thursday 9 a.m. - 5 p.m.
463-2224 • 1-800-876-1067 (Bismarck)

Eyecare Professionals

Dr. James Helmers

Dr. John Helmers

Dr. Emily E. Zinke

Dr. Anna L. Helmers

Washburn 462-8636

Mandan 663-2020

1137 Border Lane, Washburn

Monday thru Friday, 9 a.m. - 6 p.m.
Saturday 9 a.m. - 5 p.m.

Pharmacy Open 9 a.m. - 1 p.m. Sat.

We guarantee low prices.

Computerized pharmacy.

All records kept for
your insurance & tax purposes.

Deliveries Mondays

& Thursdays

Chase Pharmacy

31 N. Main Street

Garrison • 463-2242

SPECIALTY

HAUGEN'S DRAIN SERVICE



- Power Snakes
- Sewer Cleaning
- 24-Hour Service

"For those sluggish drains and backed-up mains"
Residential-Commercial-Industrial

Washburn • 462-3730

Cell 315-0600

Robi's Dog Gone
Repair Clean Dog
INC. & Car Wash

**Full Service Auto
Repair for diesel,
gas & transmission**

615 Burleigh Rd, Wilton
734-6011 • robisrepair.com

PRAIRIE CARPET SERVICES

Joshua Benjamin

Owner & Operator, Ruso, ND
701-833-2884 • 701-448-2883

- Clean All Types of Flooring
- Carpet/Upholstery Cleaning
- Janitorial • Wall Cleaning • Air Ducts
- Flood & Fire Restoration
- Radon Test & Mitigation

Low Rates • Cash/Check/CC/Trade or Barter



MIKE MATTESON
BROKER/OWNER

"We are proud to stake out this property!"
- Rocco the Realty Dog

Follow your nose to BeagleBuds.com!

**GARRISON
INSURANCE**

Copper the Coverage Dog
Coverage options for your "buried bones."

(701) 463-2099 OFFICE
(701) 337-6433 MIKE CELL
11 CENTRAL AVE E • PO BOX 338
GARRISON, ND 58540

MIKE MATTESON | JEAN WITT | MCKAILA BEHLES
OWNER AGENT | AGENT | CSR

**FRONTIER
Floral & Gifts**

611 MAIN AVE. 462-3878
OPEN MONDAY - SATURDAY 10 A.M. - 5 P.M.

WEDNESDAY: BAKED GOODS ARTIST OF THE MONTH:
THURSDAY: BAGELS & BREADS ARTISTIC DESIGNS BY DOUG ALM CALL FOR AFTER HOURS,
WE'D BE HAPPY TO HELP YOU!

Iris' Inn

701-770-3240

Patty Koelzer,
Owner

4145 17th St. NW
Garrison, ND

Pet Boarding & Daycare

deeter
Garrison Dental

Dr. Matt Deeter 701.463.2884
Dr. Terry Deeter 51 North Main St
Garrison, ND 58540

Hours: Tues and Wed, 8 am - 5 pm
After Hours: Contact Cathy at 701.509.6387
for appointments and concerns

FFL Dealer | Gunsmith | Gun Sales | Reloading Supplies

Rough Rider Gun Repair

CHUCK HAYES 1 North Main, Garrison, ND
701-463-7155 roughridergunrepair@gmail.com

Wilson Law Firm
JAMES D. WILSON, JD
Attorney at Law
MATTHEW A. ZIMNEY, JD
Attorney at Law

2 North Main Street
Garrison, ND 58540
Tel: (701) 463-2259
jwilson@wilsonlawND.com

- Wills, Trusts & Probate
- Business Entities & Planning
- Real Estate & Title Opinions
- Family Law • Criminal Law
- General Practice

**Jay's
Tree Removal
Stump Grinding**

701-391-3956
GARRISON, ND

Free Estimates Licensed & Insured

**L & P
CONTRACTING, INC.**

15601 16th St. SW
Minot, ND 58701

**Lorn
701-721-2630**

- Pole Building
- Foundations
- Flatwork

**All Season Heating, Air
Conditioning, Inc. & Sheet Metal**

Randy Bertsch • 701-833-9484

Serving the Garrison & Minot areas
25 yrs. locally owned & operated

H.A.

Thompson
& SONS

SINCE 1908

**Heating & A/C Service
for Business & Homes**

**2 Service Technicians
located in Garrison!!**

**Curtiss Moe &
Marc Beyer**
701-223-3393

**Steve's
PLUMBING
Service LLC**

Owner
Steve Zacharias

PO Box 1174
Garrison, ND 58540
701-460-7471 (Steve)

szach@restel.net
Master Plumbing License #0012

JW ELECTRIC

Residential • Commercial • Farm Wiring

Joe Wolken PO Box 925
Cell #897-1595 Garrison, ND 58540

e-mail: jwelectric@restel.com
Master Electrician #M2398

KALLBERG

TREE SERVICE

John Kallberg Services Provided:
(701) 897-6926 Trimming Removal
Kallbergtreeservice@gmail.com Branch Chipping Stump Grinding
Insured • Affordable • Free Estimates

SCHLEHR
CONSTRUCTION

Garrison, ND
701-340-0973
Jim Schlehr

Municipal Water & Sewer Lines | Underground Sprinklers
Rural Water Lines | Septic Systems | Directional Boring
Excavating & Dirt Work

FDHU Lic. #
SC16-00072

Take Time to Observe the Pollinators in Your Yard

DAKOTA GARDENER

Esther McGinnis,
Horticulturist
NDSU Extension

As I was gardening last weekend, a super highway of insects buzzed around me as they flew from the front of my house to the backyard.

What caught my attention was that I kept seeing flashes of green. Intrigued, I looked closer. Each insect was carrying a tiny bit of a leaf.

To investigate, I went to the front of my house. Sure enough, the leaves on my rose bush looked like someone had taken a hole punch and punched out little disks of leaf tissue.

Did I go look for insecticide? Absolutely not! The holes in the leaves are a sign that my yard is a hospitable habitat for an important native pollinator known as the leaf cutter bee.

I then followed the bees to the backyard and saw that they were taking the leaf disks to a crack in one of my wooden planters.

Leaf cutter bees are 1/2-inch bees that are darker than our yellow honeybees. These dark gray bees cut semicircular disks from the leaves of roses, ash trees, lilac shrubs and Virginia creeper vines.

The leaf disks are used to line a cylindrical nest in which the mother bee lays up to 12 eggs. Each egg is sealed in its own leaf-lined cell and is provisioned with a mixture of pollen and nectar to nourish the larvae when they hatch.

Leaf cutter bees build nests in rotting wood but will take advantage of man-made openings such as in my wooden planter. They cannot tunnel into wood that isn't disintegrating.

The leaf damage to the rose shrub is minor and will not harm the plant. If I had reached for an insecticide, I might have killed an important pollinator of native plants.

Across the yard, huge bumble bees were collecting pollen from the false indigo plant (Baptisia). False indigo is in the same family as beans and peas. Their flowers are unique in that the five petals enclose the stamens and pistil. It takes a hefty bee such as a bumble bee to push down the lower two petals and access the pollen and nectar.

Am I afraid that the bees in my yard are going to sting me? No! Leaf cutter bees and bumble bees are not aggressive. They won't sting you unless

you are intentionally trying to disturb them. I've had bumble bee nests in my garden and they never have bothered me as I work.

In all the years I have gardened, I never have been stung by a bee. However, I did experience a painful sting from a yellow jacket wasp. Wasps and hornets are generally more aggressive than bees and require more caution.

North Dakota State University Extension Master Gardener Caitlin Stegmiller has created the acronyms WASP and BEE to distinguish wasps from bees. Wasps have the following characteristics:

Waist is defined and narrow
Attracted to meat and soft drinks

Shiny appearance
Predator

In contrast, bees have the following characteristics:

Bushy, hairy body
Eat pollen or nectar
Easy going and unlikely to sting unless threatened

For more information on gardening for pollinators, see the following NDSU Extension publication: <https://tinyurl.com/2yr3b7pm>.

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at <https://www.ag.ndsu.edu/extension/directory/counties>.

Angela Gibson, Filmmaker

DAKOTA DATEBOOK

Dakota Datebook written by
Merry Helm

June 28, 2021 — Today is the birthday of filmmaker Angela Murray Gibson. Nobody is certain what year she was born, because she refused to reveal her age, and her tombstone reveals only the year she died – 1953. Best guess is that she was born in Scotland around 1878.

During the Roaring '20s, American women gained independence and flourished as never before. One of those was Angela Gibson. Her family immigrated when she was five, ultimately settling in Casselton. Angela was one of the first two women to graduate from what is now NDSU.

About that time, Mary Pickford was making a movie called THE PRIDE OF THE CLAN, when she learned that Angela Gibson performed her own productions featuring her Scottish heritage. Pickford arranged for Angela to come to Hollywood and work as an advisor for six weeks and ended up wearing one of Angela's own Scottish costumes in the movie.

Gibson absorbed a great deal by watching the day-to-day movie-making process, and after the production wrapped, she went to Columbia University to study cinematography. She purchased a camera and one lense and, in an unusual move, she took her formal training not to Hollywood, but back to Casselton. She started the state's first movie studio, and it was completely run and financed by women. Angela was the writer, director and actress, and her sister, Ruby, ran the business end.

Somebody had to crank the camera, and Angela felt that her mother had excellent timing that made for a nice smooth visual – so her mother functioned as the film "crew."

Gibson used theatre techniques to build canvas sets outdoors where she could take advantage of natural light. In some of her scenes, what are supposed to be interior walls wobble from being exposed to the wind. On occasion, gusts would cause the sets to collapse.

Movie clips reveal that Gibson didn't shy away from action. In one scene, she snatches something from another actress, they have a fight, and Angela crawls out of a second story window in a floor-length ruffled dress and slippery shoes. The scene cuts to the exterior, showing her slipping and edging herself down the roof, then cuts back to the other character yelling for the police. Angela did her own film processing and editing, and the end result was smooth and professionally accomplished.

Gibson started off with several documentaries – one about the life of a grain of wheat and another about a rodeo in Medora. Her earliest surviving feature film is called THAT ICE TICKET, which features a young woman who, on a hot day, hangs out a sign offering ice to lure potential suitors. But her younger brother pulls a prank by instead hanging a smallpox sign over the ice sign. In the end, the heroine's true love risks his health to see her, and all is well.

When the depression arrived, costs of materials became so high that Gibson – like many others – had to give up her life as a filmmaker and move on to other things.

Most of her films disappeared after that, but in 1976, the Centennial Commission "discovered" what remained and used the last of their funds to hire Snyder Films to restore them. Much of the film had been water damaged, but luckily she had transferred some of her footage onto what is known as "safety film," which survived in much better shape than the original celluloid.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

SERVICE DIRECTORY CONT.

Dust Bunny

Cleaning Services

- General Cleaning • Windows
- Indoor/Outdoor Painting

701-570-8019

Kellie Fonte, Owner **Garrison, ND**
Kelliefonte@icloud.com



Cleaning and painting services are insured!

C&C LAWN SERVICE

WILTON, WASHBURN, TURTLE LAKE, UNDERWOOD AND SURROUNDING AREA



MOWING
TILLING
POWER RAKE



AERATING
TRIMMING
FERTILIZING

SPRING AND FALL CLEAN UP
RESIDENTIAL AND COMMERCIAL

FOR MORE INFO CALL : COOPER @ (701) 955-4693
LORI @ (307) 267-9778

BAKERS ACRES

Lawn & Landscape

Donovan Baker, Owner
Locally owned and operated
Licensed/Insured

701-426-4764 or 701-337-2032

13875 Sakakawea Drive • Garrison, ND 58540

Landscaping ♦ Hydo Seeding ♦ Drill Seeding
Dirt Work ♦ Lawn Edging Installation
Lawn Mowing ♦ Hauling ♦ Spring/Fall Clean Up



STEVE'S

Yardwork & Lawn Service

Steve Peterson: 701-214-7692

Commercial & Residential (Lake Properties)

- Planting Trees, Shrubs, Perennials • Grass Seeding & Fertilization
- Tree & Branches Removal • Hedge Trimming
- Stump Grinding • Mowing (w/Riding Mower) • Weed Whacking
- Aeration • Dethatching • Installing Mulch/River Rock
- Spring & Fall Leaf Cleanup (Flowerbed & Yard Cleaning w/Blower)
- Snow Removal: Driveways & Sidewalks, Roofs, Decks & Patios

Licensed & Insured

BHG

holds the KEY
to all your
printing needs

- Wedding • Anniversary
- Graduation • Shower
- Annoucements
- Silk Screening

BHG Inc.

Garrison • 463-2201

Feature idea?

Call 701.462.8126 or email
leadernews@westriv.com
with any news tips



CALENDAR

Saturday, June 26

The Lord's Pantry is open from 10 to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.
Prairie Lake Festival, Camp of the Cross Ministries, 11 a.m.
Piecemakers Quilt Guild Meeting, SACA Lodge, 9 a.m.
Frontier Military Days, Fort Stevenson State Park, 12 p.m.

Sunday, June 27

Frontier Military Days, Fort Stevenson State Park, 12 p.m.
Open house for Mackenzie Fuller, Miss Teen ND International 2021, St. Paul Lutheran Church, 5:30-8 p.m.

Monday, June 28

Washburn City Commission meeting at 6:30 p.m. at city hall.
Yoga, First Congregational Church, Garrison, 8 a.m.
Bone Builders, Garrison Senior Center, 10 a.m.

Tuesday, June 29

Washburn School Lemonade Event at 11:30 a.m. to 12:30 p.m. Stands will be set up outside the front of the school.
Tuesday Nights on Main, Garrison City Park, 6-8 p.m.
Sponsored by BNC National Bank.

Wednesday, June 30

Yoga, First Congregational Church, Garrison, 8 a.m.
E-Youth, Evangel Church in Garrison, 6-8 p.m.

Thursday, July 1

The Community Clothing Share Exchange will be open each Thursday from noon to 6 p.m. at 221 Main St., Turtle Lake.
The Community Cupboard of Underwood will be open from 4 to 6 p.m. at 208 Lincoln Ave. All in need are welcome to receive food and household goods at not cost.
Bone Builders, Garrison Senior Center, 10 a.m.

Friday, July 2

The Leader-News office will be closed in observance of the Independence Day Holiday.

Sunday, July 4

Jam session will be held at 6 p.m. at Hazen City Hall. Free to attend for all ages. Open invitation for musicians to join in, contact Linda Eslinger at 873-5695 for information.
There is a food pantry located outside the Mercer Baptist Church open 24 hours a day. Access to anyone.

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 3:30 p.m. to 7 p.m.
Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

MEALS ON WHEELS

June 28: Cabbage roll, mashed potatoes, peas, tropical mixed fruit.

June 29: Tater tot casserole, mixed vegetable, creamy cucumber salad, fruit cocktail.

June 30: BBQ ribs, baked beans, German potato salad, pears, brownie.

Operation Dry Water

NDGF NEWS

The North Dakota Game and Fish Department will again participate in Operation Dry Water as part of a nationally coordinated effort to increase knowledge about the dangers of boating under the influence. The goal is to reduce the number of accidents and deaths associated with alcohol and drug use on state waterways.
ODW weekend, July 2-4, is the national weekend of heightened enforcement effort directed at boating under the influence laws and

recreational boater outreach.
While informing and educating boaters about the hazards and negative outcomes associated with boating while under the influence of alcohol or drugs is a year-round effort, on ODW weekend the Game and Fish Department's game wardens will focus on the water, informing boaters about safe boating practices, and removing impaired operators from the water.
Tips for staying safe on the water:

Boat sober – alcohol use is the leading contributing factor in recreational boater deaths. Alcohol and drug use impair a boater's judgment, balance, vision and reaction time.
Wear your life jacket – 85% of drowning victims nationwide were not wearing a life jacket.
Take the online boating safety education course – 71% of deaths nationwide occurred on boats where the operator had not received boating safety instruction.

Limpy Jack Clayton

DAKOTA DATEBOOK

Dakota Datebook written by Merry Helm

June 29, 2021 — During his 60 years of wandering, Limpy made news wherever he went. He has been described as a gambler, horse thief, a Stutsman County Attorney, gun man, saloon keeper, Civil War veteran, Indian fighter, stagecoach driver, whiskey trader and the secretary of the Sunday School. Major Dana Wright, called him an “all-around useful citizen.”

So, where to begin... Clayton's past is sketchy, but it's believed he grew up as John Hamilton in Troy or Schenectady, NY. In about 1871, he drifted into Duluth, where he traded horses and drove a stagecoach, and it was there that he got to know Jack O'Neal and Dave Mullen, who later died with their boots on in Bismarck.

The three men soon got into trouble with the law. During the trial, Hamilton forgot himself and testified against Mullen, for which Mullen shot him in the leg. They must've made up, because the three men then drifted west together. They settled in a huddle of tents – the original nucleus of Jamestown. For unknown reasons, John Hamilton became J.C. Clayton at this point, and thanks to Dave Mullen's bullet, the name

Limpy was soon added.
Dana Wright wrote, “Limpy stayed in Jamestown trying the saloon business and other lines of missionary work. He had a certain amount of ability and education, had travelled (sic) much, had made a trip to China, but his talents did not seem to land in any permanent line of uplift.”
Wright also said that Limpy displayed a flair for promoting his saloon and was known to send bell ringers through the camp to announce “Free lunch at Limpy Jack's tonight.” It wasn't long, though, before a U.S. Marshal from Fargo reminded Limpy that he forgot to get his Territorial license for selling liquor. So, Clayton closed his saloon and started trading liquor for Indian ponies – which brought another visit from the Marshal and the end to another of Limpy's career moves.

Clayton's settlement was on the banks of Stoney Creek, about 22 miles north of Jamestown on the Ft. Totten Trail. Wells County Historian Lois Forrest said the piece of land on which he squatted was referred to as “Limpy Jack's dirt ranch.” She wrote that in the cliffs along the creek, he scooped out two large dugouts, each measuring about 75 by 25 feet, with clay walls 7 feet high. One was for his

beloved horses, and the other was for himself and his new business venture – running a roadhouse featuring gambling and whiskey. It also served as the first overnight stagecoach stop between Jamestown and Fort Totten.

It wasn't long before Limpy was driving one of those stagecoaches. One day, Gilbert McMicken, an agent for Dominion Lands in Manitoba, pulled up in Georgetown; he had to get to Winnipeg as quickly as possible and needed a new team of horses for his express coach. Who should drive up just then but Limpy Jack Clayton.

When the stationmaster told Limpy to give his horses to McMicken, Limpy threw a fit. He had just completed a 20-mile trip from the north and refused to push his team any farther without a good long rest.

“Dakota Datebook” is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at shoppairiepublic.org.

The Liver, We Can't Live Without It

PRAIRIE DOC

By Kenneth A. Bartholomew, M.D.

The liver is one of the most amazing but underrated organs in our bodies. We cannot live without it, and, unlike the kidney, we cannot bypass it with a dialysis machine. Lose your liver and you lose your life.

The liver is essential for digestion, but also detoxifies our blood, filtering, breaking down, and disposing of chemicals we cannot use. While there are many toxins that can harm the liver cells, it has an amazing ability to regenerate itself. It can suffer immense damage, nearly die out, then recover and allow

many more years of life.

To help us discuss liver damage, we look at ‘hepato’ from the Greek ‘hepar’ or liver. Thus, the words ‘hepatocellular’ meaning cells of the liver, and ‘hepatitis’ referring to inflammation of those cells. Hepatitis can cause cirrhosis (liver scarring), liver failure, liver cancer and death.

The classic forms of hepatitis (yellow jaundice) are caused by the hepatitis viruses, A, B, and C. Hepatitis C is particularly aggressive but thankfully there is now a drug that can kill this virus.

Toxins and chemicals can also cause hepatitis, the most common being drinking alcohol and acetaminophen

(Tylenol). The combination of both is especially toxic. Other commonly used medications that can damage the liver include aspirin, cholesterol drugs called statins, anti-seizure meds like phenytoin (Dilantin), ketoconazole, some antiviral drugs, and anabolic steroids. If you take these prescription meds, do not stop. Instead talk to your doctor if you have questions.

Unknown to many people is the fact that even some herbs and supplements, used excessively, can cause liver damage. Comfrey, black cohosh, aloe vera, cascara, kava, and chaparral are just a few; even vitamins taken in quantity have poisoned the

livers of children who mistook them for candy.

Regrettably, in our obese society, fatty liver is fast becoming one of the most common forms of liver damage. Fatty infiltration of the liver cells causes inflammation. NASH (non alcoholic steatohepatitis) is the worst form of this. There is no medication; the only known cure is significant weight loss.

A simple blood test can reveal if your liver enzymes are in the normal range or if they are showing inflammation. The liver may be underrated, but please do not ignore it. Schedule your annual exam and talk to your doctor about your liver. Catch problems

early and you might prevent long-term complications.

Kenneth A. Bartholomew, M.D. is a contributing Prairie Doc® columnist. He practices in Pierre, South Dakota and serves on the Healing Words Foundation Board of Directors, a 501c3 which provides funding for Prairie Doc® programs. For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc.org and follow Prairie Doc® on Facebook featuring On Call with the Prairie Doc® a medical Q&A show streaming most Thursdays at 7 p.m. Central.

OUR OUTDOORS

The Show and the Showy



BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

In the grasses along the ditch that drains to the small trout creek down the road from the family cabin grows a reminder of the summer solstice.

While I’m not always there to see them in full bloom, and sometimes they’re not yet at that stage due to seasonal timings and conditions, I often look back on the find I made one chilly and damp summer while moving some shoreline weeds out to the pickup area along the road.

Amid the curls of green swamp grass, the purple-and-white bulbs of a patch of showy lady slippers stood out, their beauty hard to miss. Ornate and flowy, like many other orchid species, around this time of year, I check for the symbol that serves as a

reminder of summer’s start.

Their summer display now also coincides with the end of another spring event which draws me annually to the cabin: the state high school clay target league tournament in nearby Horace, N.D. It’s what I refer to as “the big show” when talking to our young participants.

While my weekend is often hectic with back-and-forth driving to the massive shooting park before an overnight stay near the event, early morning or evening walks with the dog slow down a bit, as I inspect the grassline for the flowers I first found about eight years ago.

Akin to the piles of medals the kids amass at the competition, with ribbons in orange, blue and yellow for third, second and first place – and if they’re really on during their competition day, the black ribbon of an overall winner – the color and rarity of the lady slippers are also a symbol of seasonal transition and a developing tradition.

In a pre-dawn walk, just before hitting the road for the first day of this year’s competition, I stopped to inspect the likeliest spot where the patch of lady slippers had

been in the past.

While I hadn’t seen the flowers in the previous season, as the tournament was cancelled due to the pandemic, I was hopeful the timing was right and they’d be there. In the first light of day, with a squint through my glasses, I caught multiple splashes of white against the dark grass and took a step into the ditch.

The patch had expanded along the break that drained into the swampy forested area below, and thirty or more flowers were in bloom. But the expansion wasn’t limited to the only ones I remembered as I stopped to snap a few photos before rolling onto Highway 10.

In three more groups down the edge, dozens more lady slippers bloomed just above the top of the grass, and I was awestruck. A follow-up walk that night would reveal another set just a few more yards up the road, and I was amazed by how many there were and what great shape they were in, especially being such an uncommon flower. The bunches of the unique wildflowers buoyed my spirits, and portentously set the stage for the weekend.

Coming off a spring that challenged our shooters — with wind, snow, rain and cold temperatures the norm from March into early May — those who had signed up for the state tournament had certainly earned their moment in the sun.

The first two days of the event gave them just that, both figuratively and literally, as Friday’s hot and windy conditions and Saturday’s perfection of warmth and calm, were a bit of a change from the regular-season which still produced a number of high honors for the stalwart young shooters. Sunday’s wind and rain, which served as spring’s last slap before the changing of the seasonal calendar, mattered little, as the final schools persevered through more familiar conditions and excelled beyond expectations.

At the end of each day of competition, the clang of medals resounded through the parking lot and the shine of plaques for their accomplishments beamed as bright as their smiles. In the end, our crews boasted the Class 1A men’s champion, the high guns in men’s and women’s skeet, the high score

in men’s class 2A trap, the ladies’ champion and runner-up in class 3A trap, and dozens more who made the podium with top three finishes in their Varsity, Junior Varsity and Novice divisions. After a year away, it was the most successful finish that our participants had ever had and testament to their hard work and perseverance through a challenging time.

With those memories locked away, I headed back to the cabin and as I pulled in, I took one more look at the flowers in the ditch, catching the day’s first rays of sun as the storm system moved out of the area and the last light of spring shone down on the flowers.

Like the shouts, hugs and fist bumps shared by family and friends as the shooters closed out their record rounds and the tense quiet gave way to celebration, the flowers served the same purpose — a showy end to one season, and the herald of another that would begin, at least celestially, shortly after the sun set on spring and a new season would start ... in our outdoors.

Add Some Pulse Foods to Your Menu

PRAIRIE FARE

By Julie Garden-Robinson, Food and Nutrition Specialist NDSU Extension

“Pease porridge hot, pease porridge cold, pease porridge in the pot ...”

If you are familiar with this old English children’s nursery rhyme, you might recall that it ends with “nine days old.”

According to some historical references, people in Medieval times would keep a pot of a stewlike recipe simmering in a big kettle suspended over an open fire. Each day, the pot would be “fed” with kitchen scraps.

Of course, keeping a pot simmering for nine days does not meet modern food safety standards. Be sure to use leftovers in your refrigerator within four days.

Other food writers have said that in times of scarcity, incorporating leftovers from the evening meal as the breakfast was more likely than the primitive slow cooker hanging over a fire.

Some type of pulse likely was a key ingredient in these early porridge recipes. In fact, the word “pulse” comes from the Latin word “pulsis,” meaning “porridge.”

According to the Food and Agriculture Organization

(FAO), the broad pulse food category is part of the “legume” family. Worldwide, pulses include dry edible beans, chickpeas, lentils and split peas.

Food historians have indicated that pulses have been used at least 11,000 years in cuisine throughout the world. Lentils are referenced several times in the Bible. The first cookbook from about 900 A.D. includes a lentil soup recipe. Lentils have been found in Egyptian tombs.

From an agronomic standpoint, pulses nourish the soil with their ability to “fix” nitrogen. People began eating rice with beans because the two foods “complement” each other. One food provides the protein-building blocks (amino acids) the other food lacks. Complementary proteins allowed people to have a balanced diet when meat was scarce or when vegetarian diets were followed.

We grow pulses in abundance in the Midwestern U.S. and other states. Pulses were so important in nourishing the world that 2016 was deemed “The International Year of the Pulse.”

Hummus is one of the “stars” in the pulse world, with sales projections expected to

reach nearly \$1 billion by 2026. Hummus has been used widely in traditional Middle Eastern cuisine. Hummus usually is made by processing chickpeas (also called garbanzo beans) with tahini and garlic, but it also can use other beans as the basis.

Even though pulses are an ancient crop, we are beginning to discover their potential as whole foods and as ingredients in other foods.

Pulses are notably rich in protein, fiber and many vitamins and minerals. In fact, pulse-based protein often is used in meat analogs such as plant-based burgers.

You might associate the word “pulse” with the thump, thump, thump of your heart beat. Eating more pulse foods actually is good for your heart with their combination of nutrients.

Researchers have shown that eating more pulse foods may decrease our risk for certain types of cancer because of the natural antioxidants and other components. Eating pulse foods may help with blood sugar management among those with diabetes.

Adding pulse foods to your diet may help with weight management and might improve digestion. Eating

more protein and fiber helps us feel full longer, so we might consume fewer calories.

However, when you increase your fiber, be sure to increase the amount of fluids in your diet to avoid digestive upset.

Are pulse foods on your menu? Pulse foods can be used in a wide range of ways, including appetizers, salads, soups, main dishes and desserts. Visit <https://www.ag.ndsu.edu/fieldtofork/choose-your-crop> and click on “chickpeas” or “dry beans” for numerous recipes and more nutrition information. You will find several savory and even dessert-style hummus recipes, by the way.

Pulses do not contain typical allergens found in wheat, nuts, dairy, soy and other foods. If you want to enjoy a food with a crunchy texture, try making roasted chickpeas to top salads or to enjoy as a snack on the go. See <https://www.ag.ndsu.edu/food/videos/roasted-chickpeas-cajun> to view a video about roasting chickpeas.

Roasted Italian Chickpeas

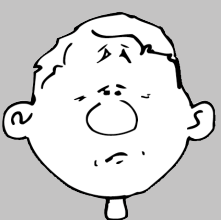
1 (15-oz.) can chickpeas, drained and rinsed
2 Tbsp. olive oil (or your favorite cooking oil)
1/2 tsp. kosher salt

1/2 tsp. oregano
1/2 tsp. garlic powder
1/2 tsp. crushed red pepper

Preheat oven to 350 F. Line baking sheet with aluminum foil for easy cleanup. Drain and rinse chickpeas and then pat dry with a paper towel. Discard any excess skins that fall off in the washing. In a medium bowl, mix together chickpeas, olive oil, salt, oregano, garlic powder and crushed red pepper. Spread chickpeas evenly onto a baking sheet. Bake for about 50 to 60 minutes or until the chickpeas reach a desired crunch. Check and move/stir the chickpeas every 10 minutes. Remove from oven and cool completely. Serve.

Makes 10 servings (2 Tbsp. each). Each serving has 80 calories, 3.5 grams (g) fat, 3 g protein, 9 g carbohydrate, 0 g fiber and 200 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. Follow her on Twitter @jgardenrobinson)



CONFUSED
about where to go to
sell your unwanted?



or maybe you're
WORRIED
about your business?



Call one of our FRIENDLY
Advertising Representatives
at 701-462-8126.



We'll be HAPPY
to help you
place an ad.



And we hope you'll be
OVERJOYED
with the results.

THE CLASSIFIEDS

- **DEADLINE:** 9 a.m. Thursday.
- **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.
- **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are free one week only.
- **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.
- **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128
Email: leadernews@westriv.com • Website: bhgnews.com
Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

ANNOUNCEMENTS

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.
1-e-tfn-nc 58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5 pm. CT, St. Paul Lutheran Church (794-3381); in Garrison, Thursday at 8 pm at SACA Lodge, 11 Central Ave NW, 1 block West of the City Auditorium; in Washburn, Sundays at 7 pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 pm at Sacred Heart Church (734-6533). In McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, United Methodist, Washburn (701-460-0663).
46-TFNP 58540

DELIVERY PROBLEMS? If you're having any problems getting your XTRA - when and where you want it, we want to know. Call 1-800-229-5028 to report problems.
52-TFNP 58540

AUCTIONS

Shirley Hassler Auction, Saturday, July 17, 2021, 11 a.m. from Underwood - West on Black Top Road 14 approximately 5 miles to County Road 19, South 1 mile - then West 1 1/4 miles watch for signs. SJ Auction Service 337-5410 or 898-1381
6-TFNIX 58540

FARM RELATED

TRAILER FOR RENT: Hopper bottom flatbed with hay racks, goosenecks with or without racks. Call for prices. Call Jason, 701-870-0415.

CUSTOM SPRAYING with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5 an acre. Will supply chemicals or use your chemicals. Will travel. Call Jason, 701-870-0415.

CUSTOM FEEDLOT cleaning and spreading. Truck mounted spreaders, vertical beaters w/GPS and scale. \$40 per load, plus mileage. Will travel. Call Jason, 701-870-0415.

CUSTOM SEEDING with John Deere no-till and a flexi coil minimum till, \$18/acre. Will travel. Call Jason, 701-870-0415.

TRUCKING: Hay hauling, grain hauling, fertilizer hauling, and equipment hauling. Several trucks available. Call Jason, 701-870-0415.

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$2.95/gallon; Premium Dyed #2 fuel, \$2.45/gallon; Unleaded Gas, \$2.65/gallon. Call for current pricing. Call Jason, 701-870-0415.

CUSTOM HAYING with four John Deere 4895 16' and 18' mower conditioners, \$15/acre and two 569 John Deere balers with net wrapping, \$8/bale. Two 25 wheel rakes, can rake up to three rows together, \$3/acre. Bale bunching, \$2/bale. Will put up hay on shares. Will splice baler belts, all makes and models. Net wrapping for sale starting at \$175/roll. Good quality, competitive prices. Will also deliver. Will travel in and out of state. Call Jason, 701-870-0415.

FARM RELATED

CUSTOM LARGE SQUARE BALING: 4x4x8 bales, \$11/bale. Will travel to North Dakota, South Dakota and Montana. Call Jason, 701-870-0415.

HELP WANTED: Fulltime year around farm equipment operator, \$16/hour. Call Jason, 701-870-0415.

GIVEAWAY

SOFA to give away, fair condition, 215 2nd St. NW in Garrison, Call 463-2419.
8-1TNCIX 58540

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday, June 28th and Monday, July 12th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.
43-TFN-E-X 58577

LOST

LOST: WHITE 24"x30" boat seat. Lost somewhere between Minot, Garrison & Coleharbor area. Call 833-4279 if found. A reward is being offered.
9-1TNCIX 58540

MISC. FOR SALE

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.
35-P-TFN-NC 58577

USED ALUMINUM PRESS Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201.
1-E-TFN-NC 58577

MISC. WANTED

WANTED OLD STUFF: Tractor advertising signs, gas, oil, pop signs. Car motorcycle license plates, old gas pumps, oil cans, clocks, thermometers, crocks, S&P. Anvils, Arrowheads, Animal traps, ND pottery. Call 701-220-5746
WK7PD11TGRNCMX 58540

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

BHG

Check us out online at
www.bhgnews.com!

REAL ESTATE FOR RENT

NOW RENTING

Heritage Heights Apartments
1040 Custer Dr., Washburn
New management, remodeled rooms, lower rates.
1 or 2 bdrm. apts. All utilities paid including cable.
701-527-4739 or Manager 701-220-8145

SERVICES

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831.
34-9-E-PD 58577

PET BOARDING, daycare, home visits. Located rural Wilton. \$20/dog for overnight stay. Country Pets on Facebook. Text/Call June at 701.301.2516.
35-TFN-P-X-PD 58579

WORK WANTED

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.
1-E-TFN-NC 58577

NOW HIRING

Chase Pharmacy is accepting applications for:

Gift Manager/Office Assistant

Chase Pharmacy is seeking a person who has an eye for interior decor and giftware. Other responsibilities include point of sale, floor displays, customer service, office skills, including accounts payable and daily bookwork.

Cashier/Sales Associate

Applications available at front counter or submit resume to:

Chase Pharmacy
21 N Main St., P.O. Box 189
Garrison, ND 58540
701-463-2242



Benedictine LIVING COMMUNITY | GARRISON HELP WANTED

Come Join Our Team!!

Culinary Aide Full-Time

(35 hrs per week)

Laundry Aide Full-Time

(30 hrs per week)

Apply at www.blcgarrison.com



Scan to be connected to job link
Call Jill Borth at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

HELP WANTED



is looking for
**COOKS, SERVERS,
DISHWASHERS &
CLEANING STAFF**

Call 701-337-2070
or apply in person.

Lake Audubon • Hwy 83

HELP WANTED



OF GARRISON

C-STORE & BAIT SHOP

**Looking for
all shifts!
Days/Nights/Weekends**

**Stop in for an
application.**

Hwy 37 • Garrison, ND



GENERAL SECURITY SERVICES CORPORATION™

SECURITY OFFICERS

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!

HELP WANTED



**Great Starting Wage
Part Time Positions
Available**

Stop in at North Shore
Inn & Suites or Jimmy's
Pizza to pick up an
application.

HELP WANTED

CHI St. Alexius Health Garrison has the following positions available:

- RN • LPN • CNA
- Nurse Aide
- Cook
- Dietary Aide
- Housekeeping

For more information call
701-463-6503.

Apply online at

CHISTAlexiusHealth.org/careers



CHI St. Alexius Health
Garrison Hospital

The institution is an equal opportunity provider and employer.



Benedictine THE MEADOWS

Resident Assistant /CNA

Full time with great benefits.

If you enjoy working with people we have a great team. If you are not certified we will help you get certified!

Apply online at

www.blcgarrison.com

Call Jenni Bakken for more information.
(701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

The sky is the limit
of what you can
sell or buy in the
classifieds.

Call 462-8126

Coaching Positions Available at GHS

We are currently seeking applicants for the following coaching areas. Head coaching starts @ \$5,500 for tier I activities with sub-varsity coaches receiving a percentage. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more information.
JV- 70%, JH 60%, EL 50%

Head Football Coach

for 2021 Season
Basketball OFFICIALS
Needed for sub-varsity games.
Elem BBB this spring.
No certification required.
\$20/hour for elem games.

HELP WANTED

- Elementary Principal
- Elementary Teachers
- Speech Pathologist Teacher
- Bus Driver - w/CDL
- Science Teacher
- High School Science Teacher

• Middle School Football Coach & High School Football Coach

Contact: Wayne Fox,
Superintendent
743-4350 ext. 2205



White Shield School

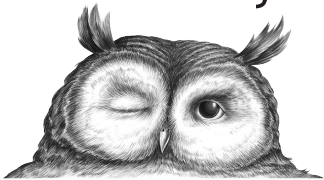
Help wanted

Lot Attendant, Mechanic or Sales Person
Flexible hours:
Full time/Part time
Apply within



To place a classified ad call
462.8126 or fill out the form
online at bhgnews.com

Not advertising
is like winking at someone
in the dark...
only you know what you're doing.



TO GET SOMEONE'S ATTENTION CALL
THE LEADER-NEWS
462-8126

**Benedictine**
LIVING COMMUNITY | GARRISON

HELP WANTED

FT: Spiritual Enhancement/Life Enrichment Position

The Life Enrichment Team at Benedictine Living Community - Garrison is looking for an outgoing Mission driven individual that is interested in the holistic care needs of our Elders.

The Spiritual Enhancement/Life Enrichment position, is a dual position responsible for the Spiritual wellbeing of our Elders as well as the daily Life enrichment. This position involves planning, directing, and managing the basic needs of Spiritual Enhancement for our Elders. Works as part of Life Enrichment and maintains a close alliance with activity directors, for coordinating functions to work as a team. Meets daily to coordinate functions of the day, to assure quality of life for our Neighbors. This position reports to the Life Enrichment Director.

Past clinical pastoral skills in a healthcare setting are highly desired.

If you have interest in the position please fill out an application on Bcgarrison.com
Call Scott Foss at 701-463-2226.



Scan to be connected to job link

"EQUAL OPPORTUNITY EMPLOYER"

Newspaper Editor Wanted

BHG Inc is looking for a skilled and determined individual ready to take on local news for the Central McLean News-Journal. This is a challenging and rewarding position for someone looking to play a big role in an award-winning publication. Paper content ranges from personal features, meeting coverage, local events, sports and more, with something new to cover each week. Duties include covering events, writing content, taking photos, general editing, customer contact and overseeing design of the final paper each week. This local paper has maintained a steady circulation and a loyal readership and is looking for an editor to continue that legacy.

Benefits include health insurance, paid mileage for travel, free admission to events and more.

Vision and dental are also available. Interested?

Contact us at news@bhgnews.com

HELP WANTED

HOUSEKEEPER & FRONT DESK CLERK

for the North Shore Inn & Suites Motel.
Apply within at the

**North Shore Inn & Suites**

430 5th Ave SW, Garrison, ND

HELP WANTED

**CHI St. Alexius Health**
Imagine better health.™
Turtle Lake Hospital

Hospital Nurse (LPN/RN), Nurse Aid, Part-time Clinic Nurse, Part/Full-time Radiology Tech/CT Capability, willing to be on call

Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.

This institution is an equal opportunity provider and employer.

HELP WANTED

**CENEX OF GARRISON**
**HOT STUFF PIZZA**
NIGHTS & WEEKENDS

Stop in for an application.
Hwy 37 • Garrison, ND

BURLINGTON

COMMUNITY HOUSING

is now accepting applications for an immediate openings in Burlington for our **1 Bedroom Apts.** Must be 62 & older or disabled, regardless of age. Rental assistance and utility allowance available.

Free laundry facility and community center are on site. Accessible interviewing will be made available.

This institution is an equal opportunity provider and employer.
Call Karen at 852-5389 for an application. TDD 1-800-366-6888. *"Equal Housing Opportunity"*

HELP WANTED

**Max Farm Services**
Cenex C-Store

Part-time. Cross training for all positions. Competitive pay, PTO, Aflac. Apply at the store or call Mariah at 679-2203, or Dan 661-0067.

We print

BUSINESS FORMS

Viking Screen Prints

1-800-658-3485
or your local BHG office

STATEWIDES

HELP WANTED

LIBRARIAN. LAKE REGION State College – Devils Lake, ND. This is a 9 -, 10-, 11-, or 12-month position with full benefits, including paid family health insurance. The Librarian is responsible for the vision and administration of library operations, including budget, facility resource management, supervision of staff, and planning in support of LRSC’s mission and strategic initiatives. Minimum qualifications are a BS in library science, education, or related field and a willingness to obtain library credential. Go to <https://www.lrsc.edu/jobopportunities> for more information.

SOUTHWEST WATER AUTHORITY is hiring a Manager/CEO offering a competitive salary and full benefits. Application deadline is July 31, 2021. See: www.swwater.com.

MCKENZIE COUNTY AMBULANCE, Watford City, ND is looking for Paramedics, EMTs and Drivers (must have good driving record, 18+ years of age). Paramedic must be ND licensed and certified in PALS, ACLS, and BLS CPR or able to obtain. Please phone 701-842-6364 or email mcaswc@gmail.com.

SOUTH CENTRAL HEALTH in Wishek, ND, is seeking a Chief Financial Officer. Contact Bev Vilhauer, CEO 701-452-2326. Application at www.schealthnd.com under ‘Careers’.

HEALTH CAREERS SPECIALIST / NURSING INSTRUCTOR, Lake Region State College – Devils Lake, ND. This is a 9-month position with full benefits, including paid family health insurance. Duties include Coordinate existing health career training and develop health-related workforce training programs and work with students and other faculty in the Clinical/Lab/Simulation setting and assist with student advising. Minimum qualifications are a BS in nursing. Go to <https://www.lrsc.edu/jobopportunities> for more information.

WANTED: COMPANION TO retired gentleman. Free rent for light housekeeping, cooking, driving. Share all living expenses. Must have own vehicle for personal use. Bismarck. 701-368-1789.

COMMERCIAL APPLICATORS. Competitive wage and benefits, meal allowance, paid lodging. Traveling position for railroad vegetation control, 60-80 hours/week. RAW (Cooperstown, ND). 888.700.0292 | www.rawapplicators.com | info@rawapplicators.com

LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$25! Call 701-223-6397, ND Newspaper Association.

SERVICES FOR HIRE

SHELTERBELT SOLUTIONS. CRYSTAL ND. serving all of ND. Shelterbelt/farmstead windbreak removal. No sticks to pick. No dirt in pile. Vince 701-270-8717. Jay 701-367-1424. Shelterbelt.solutions.com

LONG DISTANCE MOVING: White-Glove Service from America’s Top Movers. Fully insured and bonded. Let us take the stress out of your out of state move. **FREE QUOTES!** Call: 833-983-0965

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: 877-482-4836.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 833-946-2482.

FINANCIAL SERVICES

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner’s Relief Line! **FREE CONSULTATION!** 855-399-8165.

EDUCATION /TRAINING

TRAIN AT HOME TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 701-929-9679. (M-F 8am-6pm ET)

ATTENTION ACTIVE DUTY & MILITARY VETERANS! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 701-929-9679. (M-F 7am-5pm CT).

REAL ESTATE FOR SALE

MISCELLANEOUS FOR SALE

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.

AUTOS WANTED

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415.

HEALTH/MEDICAL

SAVE UP TO 80% on your medication! Eliquis, Xarelto, Viagra, Cialis and more. Licensed and Certified. Lowest Price Guaranteed. Call 855-399-6168 and get free shipping on your first order (Open M-F).

YOU MAY QUALIFY for disability benefits if you have are under a doctor’s care for a health condition that prevents you from working for a year or more. Call now! 888-306-5936.

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. **FREE** information kit. Call 855-821-2831.

ANNOUNCEMENTS

ATTENTION: If you or a loved one worked around **ROUNDUP WEED KILLER** (glyphosate) for at least two years and have been diagnosed with lymphoma, you may be entitled to compensation. To see if you qualify, call now: 701-425-0904.

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. **FREE** author submission kit! Limited offer! Why wait? Call now: 866-331-7577.

MISCELLANEOUS

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.

Mother Henne DAKOTA DATEBOOK

Dakota Datebook written by Merry Helm

June 30, 2021 — Edwin Henne was born on this date in 1915. There was a night, some 60 years ago in Manilla, when he thought he wouldn’t live until morning.

Ed was serving with North Dakota’s highly regarded 164th Infantry, which gained widespread fame for action taken at Guadalcanal during World War II. In fact, that was where Henne had his first combat experience; he lost two friends from his hometown of Garrison in that battle. As time progressed, he earned the nickname “Mother Henne” from his men, because he took such good care of them.

Henne was actually eligible to receive a farming deferment when the war broke out. “But,” he says, “Pearl Harbor made me mad, so I went in.”

After cleaning up Guadalcanal, the regiment moved on to Bougainville to take the island back from the Japanese. Twenty-eight year-old Henne had become a sergeant by then and was leading mortar and machine-gun squads.

Ed took his squad out ahead of the front lines one night to help an American combat patrol pinned down by Japanese mortar fire. Unfortunately, Henne and his men were

discovered. Henne was hit in the chest with shrapnel, but some of his buddies were in worse shape than he, so he went looking for help. Henne found a medic, but he was about to amputate a soldier’s leg to keep him from bleeding to death. The medic couldn’t do it alone and told Henne he’d have to help him. Henne didn’t know it at the time, but the wounded soldier was Tony Bogdanish, who pitched for the St. Louis Cardinals before the war.

Henne knew he had to get the medic back to his wounded buddies, but he wasn’t prepared for this. “Sure,” he says, “back on the farm, I delivered baby animals – calves, lambs,” but this was a whole lot different. With heavy artillery pounding around them, Ed helped the medic sever Bogdanish’s leg. “I even forgot I was bleeding,” he said.

Afterwards, Henne threw away his blood-soaked jacket, got back to his squad, and was able to lead them back through enemy lines to relative safety. For his actions that night, Henne won his first Bronze Star and a Purple Heart.

Henne spent the next three months in the hospital recovering from his chest wounds. When he rejoined the war, his unit was now in the Philippines, where the Allies were trying to push back the Japanese.

One night in Manila, Henne’s commanding officer told him to protect a large number of American Jeeps and trucks by protecting an intersection a block away. Henne had several men with him, but they hadn’t slept in three days, and Henne was the only one awake when Japanese soldiers started coming down the street. He threw a grenade and, using a field telephone, called for a flare to expose the enemy.

“I threw all the grenades and ammunition I had at them,” he says. “I didn’t think I’d make it through the night. But the next morning I was still alive.” Henne won his second Bronze Star for this action. He had held the enemy at bay, killing five and wounding others. His citation says he then remained at his post for the rest of the night “despite heavy enemy small arms and grenade fire.”

“Dakota Datebook” is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at shoppairiepublic.org.

FARMSTEAD AUCTION

ONLINE BIDDING ONLY
Bidding Ends
Tues., July 13, 2021
1:00 PM

**DAVID ASPLUND
FARM LIMITED PARTNERSHIP**

32401 80TH ST. NE, WILTON, ND

– Directions From Wilton, ND –

North On Highway 83 To Highway 41, Then 2 Miles East On Highway 41 (To Curve). Continue East 4 Miles On 331 Ave. NE

PROPERTY DESCRIPTION

22 Acres (With Farmstead)
Within W1/2 Of Sec 26-143-79



NOTE: This Is A Very Clean Property
With Many Wonderful Features

HOME FEATURES:

Main Floor:

- Ranch Style Home • 3 Bedrooms
- Laundry Room • 2 Bathrooms
- Living Room • Kitchen

Lower Level:

- Family Room W/Kitchenette
- Bathroom • Non-Conforming Bedroom
- Attached Garage

OTHER PROPERTY FEATURES:

- Large Steel Building • 2 Wells & Rural Water
- Beautiful Yard & Shelterbelt
- Barn & Granary
- Generac Generator In Event Of Power Failure

OPEN HOUSE

Monday, June 21 - 6:00 To 7:00 PM • Friday, June 25 - 6:00 To 7:00 PM

Or By Appointment:

Call Vincent Bitz 701-220-5007 • Steven Bitz 701-400-6895

TERMS OF AUCTION:

- 10% Earnest Money On The Date Of The Auction. Balance Within 60 Days
- Sellers Will Provide Title Insurance Or An Abstract For Buyer's Review Prior To Closing
- Property Is Subject To All Easements & Restrictions Of Record
- Property Will Be Sold In (As Is) (Where Is) Condition
- Seller is Reserving All Mineral Rights

VIEW PHOTOS AT
WWW.BITZAUCTION.COM



BITZ AUCTION

GEORGE A. BITZ
ND Lic. #203

PIUS A. BITZ
ND Lic. #123
701-391-1673

VINCENT A. BITZ
ND Lic. #204
701-268-0343

STEVEN BITZ
ND Lic. #1006
701-268-7290

OWNERS RETAIN THE
RIGHT TO REJECT
ANY & ALL BIDS

IN EVENT OF
INCLEMENT WEATHER
LISTEN TO KFYZ RADIO

ALL STATEMENTS MADE ON SALE DAY TAKE PRECEDENCE OVER ANY PRINTED MATERIAL
Proper identification must be presented to obtain bidding numbers! ND Clerk Lic. #671

www.bitzauction.com

NEW 911 ADDRESSES

McLean County Residents that have received
NEW 911 Addresses or **NEW Mailing Addresses.**

PLEASE contact the McLean County Auditor's Office:

Written Request: PO Box 1108, Washburn ND 58577

OR

Email: baknutson@nd.gov

OR

By Phone: (701) 462-8541

by **August 6, 2021** to update your address on your tax statements.

Shade Tree Experts - Business since 1974

R & C Tree Service

Now WORKING IN THE AREA

Complete Tree Service: Trimming & Removal - Stump Removal

License & Bond Insured

Modern Equipment

Excellent Work - Fair Price - Free Estimates

Call J.P. Roberge 701-334-0381

or toll-free 1-800-334-1518

Credit Cards Accepted

UPCOMING ANNIVERSARY?

Suprise a loved one with an anniversary ad in the newspaper today!

CALL 701.462.8126 FOR MORE INFORMATION!



JEFF, TIM & LINDA DELZER RETIREMENT FARM AUCTION

Douglas, ND: 2 Miles West to 170th St.
then 5 Miles South & 1 Mile West

Tuesday, June 29 • 11 A.M.

To view complete listing & pictures: www.sundsbakauctions.com

CALL IN BID #'S: 701-721-3517 OR 701-720-5286

Tractors • Harvest • Trucks • Livestock

Haying • Misc. Equipment

2-Meridian Hopper Bins w/Fans:

To Be Moved By August 15, 2021

Equipment For Repairs or Iron



**Owners: Jeff, Tim
& Linda Delzer**

4579 - 26Th St. NW

Douglas, ND 58735

Ph: Jeff - 701-337-6848

Tim - 701-529-4848

or 701-340-8197

LUNCH by KYLE



AUCTIONEERS: DARRELL & MIKE SUNDSBAK, LIC. 80 & 394,

PH: 701-839-1061 OR 701-725-4345

CLERK: ROB'S CLERKING, P.O. BOX 1833,

MINOT, ND 58702-1833. PH: 701-852-6390, LIC. 289

Terms: Cash or Check - U. S. Funds Drivers License ID Required. All items sold as is, where is. All items must be paid for the day of sale unless other arrangements have been made with the clerk. ALL SALES ARE FINAL. Not responsible for accidents or lost items.

CROSSROADS BAR & GRILL

219 Center Ave. S. Center, ND
701-794-9388

SUMMER HOURS

June 8, 2021 - September 7, 2021

MONDAY CLOSED

TUESDAY 7am-9pm

WEDNESDAY 7am-9pm

THURSDAY 7am-9pm

FRIDAY 7am-11pm

SATURDAY 7am-11pm

SUNDAY CLOSED

Kitchen closes at 9pm Tuesday-Thursday
and 10pm Friday & Saturday

Promiseland Designs

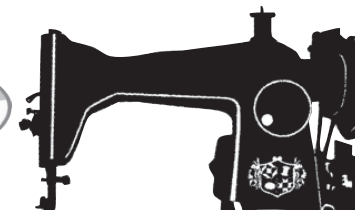
Upholstery, Repair, Leather Wear, Tack & Gifts

Dana & Rita Wright

owners/designers

14 Main Street E
Hazen, ND 58545

701-748-2261



promiselanddesigns@westriv.com • www.promiselanddesigns.com

HAVING SEPTIC ISSUES OR NEED A PUMPING?

Dakota Drain Fields is your fast, friendly & certified solution for any septic system issue.

DDF

DAKOTA DRAIN FIELDS
Call: 701-955-4615

Septic Tank & Drain Field Installation
Terra-Lifting (Drain Field Rejuvenation)
Risers
Septic Tanks Pumping
Repair & Maintenance

GET IN GEAR

PLACE AN AD HERE

701.462.8126