

# Xtra

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The Garrison Diversion Conservancy District is conducting a **sealed bid Public Surplus Property Auction**.

A complete listing of items and bid instructions can be downloaded from our website at [www.garrisondiversion.org](http://www.garrisondiversion.org) (Under News), or by phoning Renae at the 701-652-3194, or via email [renaed@gdcd.org](mailto:renaed@gdcd.org).

**Sealed bids are due by 5:00 p.m. on August 12, 2021.**

We will open bids and winner notified on August 16, 2021. No bids either delivered, or mailed will be accepted after 5:00 p.m. on August 12, 2021. The highest bidder will be bid winner. It is the sole responsibility of the bid winner to pick up their items by August 25, 2021 to avoid forfeit.

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## A Scotman's Nose DAKOTA DATEBOOK

Dakota Datebook written by Merry Helm

August 17, 2021 — North Dakota has produced some highly acclaimed musicians over the years. Among them was a Fargo singer named Robert Velline, better known as teen idol Bobby Vee. Velline and his band, The Shadows, got their big break in February 1959, when they filled in for Buddy Holly the night Holly and others lost their lives in a plane crash.

Velline later told an interesting story, as follows: "After we cut 'Suzie Baby,' which was about five months after Holly's death, we started working in the [North Dakota] area, and the record looked like it was doing well, and we had a vision of success in the group. And we worked June, July, August, somewhere around there, and we thought to ourselves that maybe we should add a piano, y'know, to the band. It was just a rhythm section at that time, and in doing that we would probably have the ultimate rock 'n' roll band.

"So we sort of asked around the Fargo area, and a friend of ours (Mike Jolson) suggested a guy that had been staying at his house, and was working at a cafe as a busboy — the Red Apple Cafe in Fargo — and so my brother met him, and they went over to the radio station to use the piano, and they sort of plunked around a bit and

played 'Whole Lotta Shakin' in the key of C, and he told my brother that he had played with Conway Twitty, which was a lie, but for openers he thought, 'Phew!' He didn't even want to audition the guy — he got the job.

"He was Bob Zimmerman at the time — that was his name," said Velline. "He wanted us to use the stage name of Elston Gunn for him. And we went out and bought him a shirt; it was a small investment to make him a member of the band. So he was identical to us — looked like he'd always been there — and went out and played a couple of small jobs in North Dakota, just tiny places... One was in a church basement, the other in a little pavilion.

"He was kind of a scruffy little guy, but he was really into it," Velline continued. "Loved to rock 'n' roll. He was pretty limited by what he could play. He was pretty hot — in the key of C. He liked to do hand-claps, like Gene Vincent and the Bluecaps, who had two guys who were hand-clappers. He would come up to my microphone and do that every now and then, and then scurry back to the piano.

"But we realized that... he didn't have a piano and we weren't in a position where we wanted to buy one; lug a piano around with us... that was really too much of a hassle. So we decided to work as a four-piece band and we told him that, er, y'know, we decided not

to use the piano. And he was a bit disappointed at the time, and eventually left Fargo... We paid him \$15 a night, so we paid him \$30 and he was on his way.

"He left Fargo and went down to Minneapolis and went to school, and then, about a year later, we were out in Long Island or Staten Island, playing. And one of the guys in the band saw him in the audience — this was before he was popular — and he said, 'I saw Bob Zimmerman, in about the second row.' And we all said, 'No kidding? I wonder how he got so far east.' 'Cos he was just a spacey little guy, y'know, just sort of worming his way around. And then about a year after that, I was in Greenwich Village and I saw an album — his first album cover. And I realized that was him."

Those were the words of Bobby Vee, from an interview for John Bauldie's 1992 book, *Wanted Man — In Search of Bob Dylan*. Bob Zimmerman was, of course, none other than the great Bob Dylan.

"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.

Guy Jaeger & Frances Jaeger Estates  
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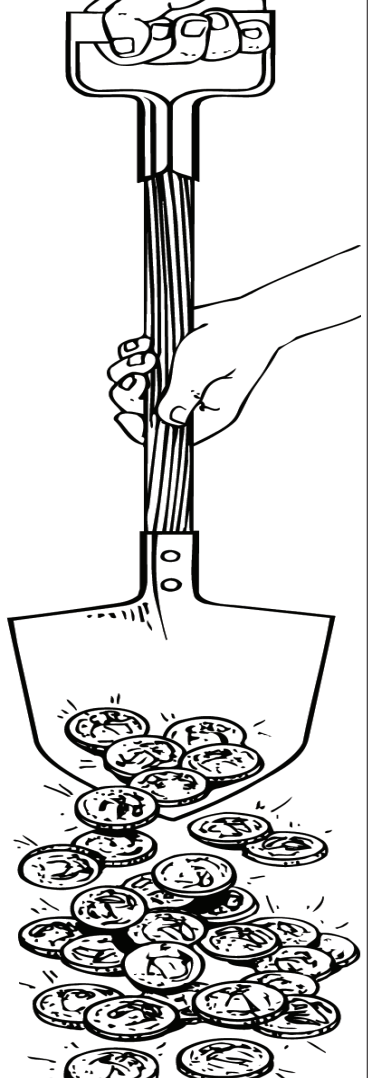


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# CALENDAR

- Monday, August 16**  
Turtle Lake-Mercer School board meeting at 7 p.m.  
Yoga, First Congregational Church, Garrison, 8 a.m.  
Bone Builders, Garrison Senior Center, 10 a.m.
- Tuesday, August 17**  
McLean County Commission meeting at 8:30 a.m. at the courthouse.  
Harvest Market, Main Street, Garrison, 4:30 p.m.
- Wednesday, August 18**  
Yoga, First Congregational Church, Garrison, 8 a.m.  
E-Youth, Evangel Church, Garrison, 6-8 p.m.
- Wednesday, August 19**  
Wilton School Board meeting at 6 p.m.  
Wilton City Commission meeting at 7 p.m.
- Thursday, August 19**  
First Presbyterian Church Clothes Closet open from 3-5 p.m. at 401 Dakota Ave., Wilton  
Mercer City meeting at 7 p.m.
- Saturday, August 21**  
The Community Cupboard of Underwood will be open from 10 a.m. to noon at 208 Lincoln Avenue. All in need are welcome to receive food and household goods at no cost.

## MEALS ON WHEELS

- August 16:** Spaghetti with meat sauce, Italian vegetable blend, peaches, garlic toast.
- August 17:** Beer battered cod, tartar sauce, rice pilaf, garden mix vegetables, pineapple.
- August 18:** Roast beef, mashed potatoes with gravy, carrots, apricots.
- August 19:** Salisbury steak, twice baked potato, green beans, fruit cocktail, pudding.
- August 20:** Chili cheese baked potato, creamy coleslaw, Mandarin orange, cookie.



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# OUR OUTDOORS

## A hope down memory lane



BY NICK SIMONSON  
DAKOTA EDGE OUTDOORS

As I waded through the recently cut wheat fields and grassy stretches around them on the way to check my trail camera this weekend, I watched the grasshoppers flee before my boots in waves like those made by the wakeboarders back at the cabin. As they did, I recalled just how fun those summers of more than two decades ago along that same lake shore were, thanks to some of my first - and certainly most consistent - top water success.

I can't remember now if my dad had purchased a Rebel Crickhopper for me, or if I simply borrowed it from his collection of dusty and tangled lures in his two-sided gold tackle box. Either way, it found its place at the end of my line, and on those youthful mornings where I'd wake up well after the sun from a night around the bonfire at the cabin, it would often comprise my first groggy cast onto the warming surface of the water.

With the slightest rod twitch, the lure would pump from side to side, just like a real kicking grasshopper that had gotten blown into the lake from the shoreline grasses. A couple of twitches and then a pause, and a repeat of the cadence would bring a school of bluegills out in formation from nearby boat lifts and shallow weeds to follow the

bait in its slow-motion struggle back to the dock.

The first courageous panfish would break from the ranks and rise to slash at the tiny treble hook dangling at the butt of the lure which matched the actual insect in both form and coloring. From there, it was an easy hour of entertainment, figuring out what pattern would set the sunnies off, and by the end of it my hands were pricked from dozens of dorsal fins and the day's more serious fishing exploits could begin.

Occasionally, during a speedy retrieve across or just under the surface, a bass would bolt out from under the adjacent docks and slam the tiny grasshopper imitator. Those moments were all my ultralight panfish rod and its four-pound test could handle, even if the largemouth was only a pound or so.

With those takes, however, I began to wonder what else I could catch on the specifically designed surface lure, and I began to amass them in all the shades the manufacturer offered. Soon I was after summer smallies along the rock shore above a dam in the middle of my hometown, snapping my buggy whip rod back with each explosive strike. I'd even switch out my tube from time to time and pump the lure through schools of evening white bass for non-stop action.

I've caught trout when things timed right and even a random pike on the tiny lure which remains in my panfish box to this day. From that point, however, the Crickhopper took me down a different path, and the surface success with it is likely one of the reasons why I got into fly fishing.

Following those formative

summers, I began my foray into the long rod and started tying my own hopper fly patterns shortly after learning the cast in anticipation for more lazy summer days on the lake, and cool mornings on streams I'd not yet dreamed of.

The first were rudimentary recipes, tied with elk hair, dubbing and turkey quill wings. As my skills advanced, there were better hopper imitators of foam, tied pheasant legs and spun deer hair which I delicately shaped with an Exacto knife.

Even just a bunch of yellow and green stimulator flies, originally designed to imitate large stoneflies out west, seemed effective at giving off a grasshopper vibe on the water. A couple of seasons passed and I had a box filled with bigger grasshopper flies that filled each summer with consistent action, like those early ones which came with the help of the Crickhopper.

Following my trek into the field and a walk back to the truck which again produced a wake of the wayward grasshoppers in between the rows of stubble, I inspected my box of small offerings and pulled out a pair of Crickhoppers for inspection.

One was well worn with a larger replacement treble on the back, perhaps it was event the model from my dad's tackle box that made it to mine, and the other was in near pristine shape.

Looking them over, I penciled in some time on an upcoming afternoon to relive those good ol' days on the surface, and smiled at where the lure has taken me, and the fun it would likely still bring, imitating this year's bumper crop of bumbling hoppers on a nearby bluegill pond...in our outdoors.



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# Great Garlic!

## DAKOTA GARDENER

By Carrie Knutson, NDSU Extension Agent, Grand Forks County

For the past two years, I have tried growing garlic in my garden.

The first year, I had several challenges. The fall was incredibly wet and cold. I also underestimated the amount of competition from self-seeded dill plants. I harvested two really small heads of garlic.

I was not discouraged. Remember, a good gardener will kill a plant at least three times and keep trying! My second attempt was a winner. I harvested my garlic this past weekend and was not disappointed.

Garlic is a hardy perennial member of the onion family. Garlic differs from the onion in that it produces a cluster of cloves that makes up the bulb, rather than one large bulb. Garlic also has flat leaves rather than the round, hollow leaves like an onion.

We have two main types of garlic: hardneck and softneck. Hardneck garlic is the hardiest type for us and, as the name implies, it has a stiff neck. Hardneck garlic varieties to try for our area are 'Music,' 'German Extra Hardy,' 'Russian Red,' 'German Red' and 'Spanish Roja.' Softneck garlic is the kind we typically buy in the grocery store and it

doesn't grow well in our area.

Planting requires some preparation because garlic needs full sun and well-drained soil. You also will want to work in 3 pounds of 10-10-10 fertilizer per 100 square feet before planting.

Cloves are planted in late September or early October. They should be spaced 1 to 3 inches apart and planted 4 inches deep. Cloves will produce roots and the tops also will begin sprouting before the soil freezes.

Garlic should be covered with a mulch layer to protect it from low winter temperatures and soil temperature fluctuations. Typically, cover

garlic with a 4-inch layer of clean straw.

Garlic produces thin foliage that is not a good competitor with weeds, so be prepared to do some weeding. The winter mulch will help with weed suppression during the growing season.

Garlic is harvested in mid to late August or when the foliage starts to turn yellow. To prevent any damage, gently dig the tops rather than pulling. Place the entire plant, top and all, on a screen in a well-ventilated location at room temperature for about two weeks. When the plants have dried down, remove the tops about an inch above the bulb.

I am saving the largest cloves from my crop to plant later this fall but I can't wait to use the smaller cloves in stir-fries and vinaigrettes. Whether you shop local, order online or ask another gardener to share, I hope you try planting garlic your garden this fall. Happy gardening!

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>.

## 3 Key Nutrition Items to Consider as We Grow Older

### PRAIRIE FARE

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

"Wow, that's a lot of food!" my husband commented as the server set a platter in front of me.

We were in a small-town cafe in Minnesota. I ordered the "special." It included two heaping scoops of mashed potatoes and gravy, at least a cup of corn and enough roast beef to feed my family. A good-sized bun accompanied the meal.

My husband ordered the crispy chicken tortilla roll-up sandwich. He received an equally generous portion of two large half-sandwiches. The sandwich was accompanied by a pile of fries.

The food was homemade and delicious, by the way. If I had been going out to chop wood or throw bales of hay, I might have needed that many calories. After lunch, I was scheduled to stand and answer questions, which taxed my brain but not my muscles.

"Maybe we can take a nap in the car after we eat," he commented. "We probably need to order small portions as we get older."

Eating smaller portions was a good idea, actually. If the Robinsons ate this much food at every meal, we probably

would need larger clothes and, perhaps, a larger vehicle.

However, my husband ate his entire sandwich and some of my roast beef. Even though I do not like to waste food, I could only eat half of the portion. If I had a cooler, I would have brought home half my food.

I thought I might be nodding off during my own talk. That's not a good practice.

What are some of the special recommendations for food as we grow older?

The 2020 to 2025 U.S. Dietary Guidelines includes a section about eating as we grow older. I haven't reached the "older adult" category of 60-plus, but actually, adults of any age could benefit from the lessons in these new guidelines.

The guidelines form the basis for recommendations in all the federal food programs, from child care settings to school lunch to home-delivered meals.

Here are three items from the guidelines related to healthful eating as we age.

We all need to consume enough protein so we can avoid losing lean muscle mass. By the time people reach 71, many are not consuming enough protein, according to some researchers. Try eating a variety of lean proteins such as meat, poultry, fish, eggs, beans, peas and lentils.

Most adults need about 5 to 7 "ounce equivalents" of protein per day, depending on whether we are male or female and our age and activity level. One egg; 1 ounce of meat, poultry or fish; 1/4 cup cooked beans; or 1 tablespoon of peanut butter count as an ounce equivalent.

Be sure to consume enough vitamin B-12. As we grow older, our ability to absorb this nutrient can decline. A deficiency can lead to a type of anemia that requires medical testing. It also leaves you feeling tired.

Vitamin B-12 is found in animal-based foods such as meat, milk and eggs, and also in fortified foods such as breakfast cereal. Some people may need a supplement, but discuss this with a health-care provider.

Stay hydrated with plenty of water and other healthful beverages such as 100% fruit or vegetable juice, milk or alternatives. People ages 60 and older tend to consume less fluid than younger adults because the sense of thirst tends to decrease as we age.

Fruits and vegetables also provide ample fluid. Yes, a moderate amount of coffee and tea counts toward hydration but the caffeine can promote some fluid loss. Consume water more often than caffeinated beverages.

To learn more about needs as we age, see <https://www.myplate.gov/life-stages/older-adults> for a variety of tips about nutrition and physical activity.

Here's some lighter fare to enjoy during the warm summer months. You can choose your favorite protein. Many ready-to-heat grilled meats are available to ease the time involved in preparing this dish.

**Summer Grilled Chicken (or Steak) Salad**  
 2 chicken breasts (about 1 lb.), boneless and skinless (or 1 lb. steak)  
 Salt (to taste)  
 Pepper (to taste)  
 Salad base  
 4 c. chopped romaine lettuce  
 1 large avocado, peeled and diced  
 2 c. sliced strawberries  
 1 c. blueberries  
 1/4 c. red onions, chopped or sliced  
 1 c. cherry tomatoes, halved  
 Dressing  
 3 Tbsp. olive oil (or your favorite oil)  
 1 tsp. balsamic vinegar  
 1/2 tsp. minced garlic  
 1/4 tsp. Dijon mustard  
 2 tsp. milk  
 Pinch of salt and pepper

Place chicken breasts (or steak) on plate and season both sides with salt and pepper.

Heat grill to medium heat (approximately 400 F). Place meat on grate over direct heat for four to five minutes each side. Move meat away from the direct heat and cook for an additional five to seven minutes or until the internal temperature of the thickest part of the chicken reads 165 F or the steak reaches 145 F. Remove from grill and let rest at least five minutes. Dice the meat and set aside. Prepare dressing by combining ingredients in small mixing bowl or Mason jar. Whisk or shake well to combine. Assemble salads by evenly dividing lettuce, avocado, strawberries, blueberries, tomatoes and onions among four plates. Add diced chicken breast. Drizzle with dressing.

Makes four servings. Using chicken and no added salt, each serving has 370 calories, 20 grams (g) fat, 29 g protein, 20 g carbohydrate, 7 g fiber and 75 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)*

## General Sibley Ceremony

### DAKOTA DATEBOOK

Dakota Datebook written by Jayme L. Job

August 16, 2021 — A large ceremony was conducted near Tower City, North Dakota on this day in 1927. The ceremony was part of a commemoration honoring General Henry Hastings Sibley. The dedication of a bronze tablet marking the spot where General Sibley and his men camped during the United States Dakota War of 1862 served as the highlight of the ceremony.

The Dacotah chapter of the Daughters of the American

Revolution, stationed in Fargo, selected the site to lay the commemoration tablet. The Daughters held the ceremony to mark the historic site in accordance with the National Daughters of the American Revolution guidelines. Local patriotic organizations helped the Daughters plan and organize the event, which included a picnic lunch, singing, music, several speakers, and the dedication of the plaque.

General Sibley, in addition to being the first governor of Minnesota, endured a remarkable military

and political career on the Northeastern Plains. After the massacre at Acton, Minnesota, Sibley was charged by the United States Government with finding and returning the assailants, many of whom had fled to North Dakota. Later on, Sibley became instrumental in many of the treaties that the government made with several Plains Indian groups.

General Sibley, along with 6,400 men, stopped near Tower City to camp for the night on a return trip to Fort Snelling from Bismarck. The boulder that organizers placed the

bronze tablet on was taken from the farm of B. L. Burnham from Wheatland, North Dakota. Mr. Burnham's father was a member of the Sibley expedition that traveled across the state sixty-four years earlier.

Eight additional sons and daughters of Sibley's soldiers attended the event. Honorable Smith Stimmel, a former member of President Abraham Lincoln's bodyguard, gave the invocation for the dedication ceremony. Later, children of the Daughters of the American Revolution scattered flowers around the stone and bronze

marker, and along the trail that Sibley's men had marched down over sixty years before.

"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](http://prairiepublic.org), subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at [shopprairiepublic.org](http://shopprairiepublic.org).

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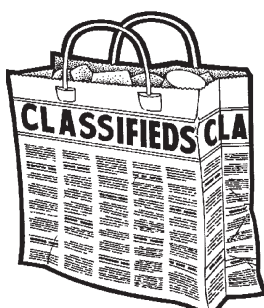
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Applications will be accepted in the McLean County Auditor's Office until **4:00 P.M. on Wednesday, August 18, 2021**, filling **one (1) or more positions** as full-time Jailer/E-911 Dispatchers. Salary range is \$37,892.32 – \$57,577.37 annually, dependent on experience. A full benefit package is offered including paid health insurance (family and single), paid defined benefit retirement, annual leave and sick leave, and access to vision, dental, and life insurance. For further information on the position or to obtain a McLean County job application, interested individuals may contact Lori by phone at (701) 462-8541; via email at [lfoss@nd.gov](mailto:lfoss@nd.gov); or visit [www.mcleancountynd.gov/employment](http://www.mcleancountynd.gov/employment). Resumes may be included with the application, but will not be accepted in place of an official application.

*McLean County is an Equal Opportunity Employer.*

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