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PCOMING ANNIVERSAR

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Memorial Day Services American Legion - Lawrence Stephenson Post #133 Monday, May 30th, 2022 Mercer Gather at Mercer Cemetery (in event of rainy weather, will gather at the Mercer Community Center) 9:00 a.m. Turtle Lake Program at the Turtle Lake American Legion Hall outside ceremony to follow. Legion Auxiliary will serve lunch at the American Legion Hall. 10:30 a.m. 11:30 a.m. Cost: Adults - \$8.00/Children - \$4.00 ALL ARE WELCOME TO ATTEND!!

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MUELLER ESTATE AUCTION Wednesday, June 15th @ 4 PM CT

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- 1953 Farmall Super H (narrow front) SN: 7648J 12.-4.38 Rear Rubber @ 90%
- 1950 Ford 9N, 3 pt. New rear rims and rear rubber
- Staiger Tractor 1977 Steiger Bearcat ST-220 4 wheel drive tractor with 855 Cummins engine (recently overhauled). Estimated 8800 hours.
- 1939 Farmall A SN: 816 (Not Running)
- McCormick 2236
- Farmhand F-10 Loader w. P.T.O. Pump was on the 3020



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- 1973 Ford 250 4x4 Pickup 67,945 mi. w. Man. Trans.
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Rep. Jeff Delzer

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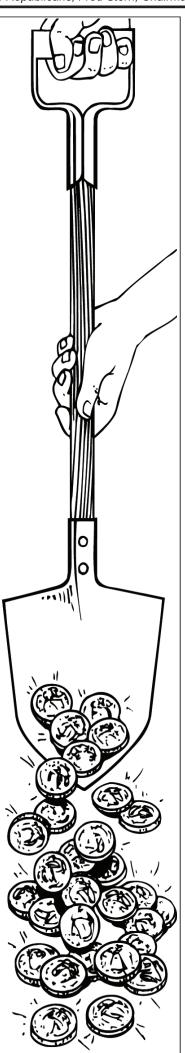
Few issues have divided our nation like legalized abortion.



Mike Spencer, founder of Project LifeVoice, will be speaking in Minot on June 1 & 2 equipping attendees to communicate the pro-life message confidently, without the need of angry dialogue.

- Life Defenders 101: Wednesday, June 1, will help attendees learn to make the case for life using science and grace.
- Life Defenders 201: Thursday, June 2, is designed to build on the knowledge gained in Life Defenders 101, and will address subjects such as moral relativism and euthanasia. Both Life Defenders workshops are from 6:30 - 8:30 pm at the Grand Hotel in Minot. Mike will speak at 2 lunch events: The Pastors Lunch on June 1 and a Men Only Lunch on June 2 at the Grand Hotel from 11:30 - 1:00 pm. Pre-registration is requested for the lunch events by calling 701-852-4675 or going to dakotahope.org/events.

All events are free. Dakota Hope Clinic, a free Pregnancy Help Center, is sponsoring these events.



Dig up Buried Treasure in the Classifieds

Advertise in your local newspaper today!

701.462.8126

CALENDAR

Friday, May 27

Yoga, First Congregational Church, Garrison, 8 a.m. White Shield high school graduation, White Shield School, 5

Saturday, May 28

GARC Thrift Store, Garrison Area Resource Center, 10 a.m. to

Sky Fest over Fort Stevenson, Fort Stevenson State Park, 10 a.m. to 4 p.m.

Sunday, May 29, 2022

Birka Luthern Church's 85th Annual Memorial Day Program will be held Sunday the 29th at 10 a.m. Meal to follow. Sky Fest over Fort Stevenson, Fort Stevenson State Park, 10 a.m. to 4 p.m.

Monday, May 30, 2022

The Wing/Tuttle Honor Guard will be visiting the following cemeteries: Union 8:15, Ahola 8:35, Lein 8:55, Langedahl 9:20, Robinson 9:50, Holy Cross 10:10, Tuttle 10:25, Arena 10:40 Wing 11:05. After Wing Cemetery a program and lunch will be at the Wing School. Lunch id furnished. Speaker: Marvin Zerr. Yoga, First Congregational Church, Garrison, 8 a.m. Sky Fest over Fort Stevenson, Fort Stevenson State Park, 10 a.m. to 4 p.m.

Memorial Day program, Garrison City Auditorium, 10 a.m. Memorial Day program, Ryder Community Center, 10 a.m. Memorial Day program, old Ralph Wells Community Center, White Shield, 12 p.m.

Tuesday, May 31

Bone Builders, Garrison Senior Center, 10 a.m.

Wednesday, June 1

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

Thursday, June 2

Bone Builders, Garrison Senior Center, 10 a.m. Alcoholics Anonymous, Garrison Hospital cafeteria (enter through ER), 8 p.m.

Friday, June 3

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

Saturday, June 4

Garrison Rural Water District annual meeting, Cubby Hole, breakfast at 9 a.m., meeting to follow. GARC Thrift Store, Garrison Area Resource Center, 10 a.m. to 1 p.m.

Saturday, June 11, 2022

All School Reunion from 4 p.m. - 9 p.m. At the Washburn Memorial Building. Please RSVP by May 15. Send your \$25 payment (per person) to Box 444, Washburn, ND 58577. For more info call 701-315-0275.

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 June 2 from 4 p.m. - 6:00 p.m. All in need are welcome to recieve food, household goods and clothing at no cost. No referrals or preregistaration required. 208 Lincoln Ave, 701-595-0320.

Open Door Community Kitchen soup kitchen. Please feel free to contact Kay at 448-2874 or at delkay1984@outlook.com with any questions.

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 3 p.m. -Tuesday and Thursday 1 p.m. to 6 p.m. Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

McLean-Mercer Regional Library, Riverdale Open Mon-Fri 8 a.m.-5

MEALS ON WHEELS

May 30: No meal - Memorial Day

May 31: Creamed chipped beef over a biscuit, tater rounds, mixed vegetables, mandarin oranges.

June 1: Steak with mushrooms & onion sauce, mashed potatoes with gravy, creamed mixed vegetables,

June 2: Ham with pineapple, augratin potatoes, sour cream & margarine, corn

June 3:Chicken salad on a bun, knoephla soup, coleslaw, mixed fruit, cake with frosting.

OUR OUTDOORS Spring Sing



BY NICK SIMONSON DAKOTA EDGE OUTDOORS

Staring out over the glassy lake, the early morning was a symphony of spring, and like the trill of the redwing blackbirds coming from down the beach in the brush surrounding the high flowing creek, it was a far cry from the day before.

Then, as my wife and I took the line for the Fargo Half Marathon, temperatures near freezing and a chilly continued northwest wind from the exit of yet another swirling low in a series of season killers made things feel more like the end of summer than its unofficial start looming on the calendar. Under clouds and in the cool we ran along the banks of the swollen Red River, yet another reminder of what the recent series of weekend-crushing weather had left behind in the last month and a half.

By the time the race ended, I had donned my running jacket again as the gusts rose to meet us on the way to the finish line. Our return to the cabin following the race was highlighted by treetops swaying, frothy whitecaps rolling into the shore — or what used to be the beach due to the highest waters I've ever seen — and a quick addition of my waders to sidle out into the

crests and pull up the segments of docking that had blown loose from the frame in the preceding

The water was ice cold, and its clarity gave up its depths and suggested that any post-spawn movements from the south shore walleyes would be limited and it may likely be a while before the spottail shiners they keyed on would run up that nearby creek. The baitfish likely would have little issue as the water poured directly into the lake, as no sandbar impeded its flow. I went to sleep in a sweatshirt and sweatpants on the couch, drifting off with the sound of the evening waves.

The next morning all was calm, and I wandered out onto the deck, wiping the fog from the lenses of my glasses that built up from the first sip of coffee. Without the breeze, even the first light of day felt warm and as the sun peeked over the just-budding treeline behind the cabin, and the world around me came alive with sound.

Starlings chattered and communicated in their secret language as robins continued their vernal songs. The rhythmic pattern of a nearby cardinal kept time and pace against the cacophony up and down the shore, and the high-pitched roll of the redwings sounded from the expanded stretches of marshiness that had grown in around the creek. It was as if all the treetops came alive at once, and even the two-note call of a chickadee could be heard in the mix of every winged creature making its presence known.

In what seemed like a moment of high optimism, the birds challenged the season which

has been stuck for weeks, egging it on to make its appearance already. They begged for more sun to open the buds and turn out the leaves that would shield their nests. They called for long, warm days to trigger hatches of insects to feed themselves and their young. They sang with all their might to turn the tide of what has been into what should be, and poured optimism into the air with every note. Even the cawing of a crow seemed to lay down the gauntlet, catching the attention of the season in my mind.

I couldn't help but be filled with optimism after so many false starts and setbacks. I had seen snow just three days before as I walked the dogs, and a sleety mess capped off a cold and gusty storm that highlighted yet another week which frustrated fishing trips and made the idea of simply going around the block a soakingly bad one. The combination of the sun's rays, the birds' tunes, and the calm and glassy water before me lifted my spirits and I began to whistle each cadence back into the world around me as I grabbed an old spinning rod and prepared for the day's first cast into the clear water.

By doing so and listening to the return calls that always came up and down the shoreline, I hoped that together between the birds and I, after writing about it, hoping for it, and trying to force it in any way possible, we could perhaps just sing our way to spring ... in our outdoors.

FROM THE FRONT PAGES

Stories you may have missed in last week's BHG newspapers

In shallow water

With the Garrison Pool set to open in a few weeks time, the Garrison Parks and Recreation Department are finding themselves with a lifeguard shortage.

"We would like to have at least seven," said park board member Heidi Smith. "Ten would be ideal."

As of Tuesday morning (May 17), there were four lifeguards hired and ready to start when the pool opens on June 3.

But, with just the four, it is possible that the pool hours may be

- McLean County Independent

City of Underwood receives grant for study

The Underwood Area Economic Development Corporation has received a \$25,000 grant to support a comprehensive study of the

A local steering committee of 10 representatives will work to identify opportunities and needs in Underwood, including town meetings, questionnaires, and ideas from the community. Burian and Associates, an engineering firm headquartered in Fargo, will formulate the findings into a concise plan of action for the city.

The process for input and to create the final report is expected to take about six months.

— Central McLean News-Journal

Washburn Community Pool set for June opening

With five lifeguards in place thus far, the Washburn Park Board announced it's primed and ready to kick off a new summer season at the downtown pool in early June, sometime before Riverboat Days at the group's May 11 meeting.

While informing his colleagues of his efforts to pump down and clean up the pool, Washburn Park Board President Mark Lelm reported the hiring of lifeguard staffers Sierra Rodriguez, Jake Dahl, Sydney Shoemaker and Samantha Geiser, as well as Alexis Acevedo, the returning facility manager. The plan is to add a few more summer pool employees in the coming weeks, it was noted.

— Leader-News

Memorial run honors Wolf

When Perry Wolf's birthday arrives this week, seven months after his passing, his family hopes the occasion is met with love and laughter rather than tears.

Perry's family has organized an event lovingly referred to as Perry's Run, to take place this Saturday.

"Rather than getting together and just missing him, we wanted to have something to be excited about and look forward to," Perry's daughter Jessica Binder said.

The event will bring together friends, family members and strangers alike to take part in a run starting in Center and ending in Beulah, with both end caps of the journey holding close ties to the run's namesake.

- The Beacon

Local veterans honored on D.C. Flights

With solemn silence and tears of remembrance and joy, with sons and daughters, and with cousins who never met before, several Mercer County veterans of the American Armed Forces were able to take part in a powerful trip to Washington, D.C. In recent years, joining other veterans from around the region and state on an Honor Flight.

In April, Ron Crowley and Wilbert Harsch took part in an Honor Flight to Washington, D.C. They were able to fly with other veterans from western and central North Dakota to the nation's capital, where they then toured the war memorials and other national monuments like the Lincoln Memorial and the National Archives.

- Hazen Star

Nagel third at NSIC

Center-Stanton alumna Kori Hagel earned a spot on the podium this weekend during the 2022 NSIC Outdoor Track & Field Championships in South Dakota.

Nagel, a freshman at Minot State University, traveled to Aberdeen, South Dakota, to compete in the Northern Sun Intercollegiate Conference Championships held May 12-14.

Nagel would earn third in the discus with a throw of 46.89

The third place finish also earned Nagel All-Conference Honors, which go to first, second and third place winners in any

- Center Republican



will have their

Annual Meeting Saturday, June 4th, 2022 at The Cubby Hole

Breakfast at 9:00 a.m. Meeting to follow after breakfast

Can your kids tell you they're angry at you?



BY JACEY WANNER NDSU EXTENSION OFFICE PARENT **FAMILY EDUCATOR**

"Dad! I am so disappointed in you!" my three-year-old shouts as my husband walks in the door.

"Mom and I needed help killing a bug and you walked out on us!"

In his defense, he was bringing in the groceries. In our defense, we really needed help killing a bug.

Dad, when we ask for help, you have to help us!"

I was able to be a silent observer of this interaction, waiting to see how my husband would respond to my daughter.

He laughed at her frustration, but then realized he really bothered her and apologized.

From a parent educator perspective, I was happy my daughter was able to say she was disappointed by her dad's actions.

As a parent, having your child tell you they are angry or disappointed in you is hard to hear.

In my parenting classes, I ask parents: What would happen if you would have told your parents when you were a child that something they did hurt your feelings?

Here are some of the responses I usually hear. "I never could have done that." 'My parents wouldn't have listened to what I thought." "My parents would have gotten angry at me and told me the things I do that bother them."

Why is it so hard for us to hear from our kids that we may be the reason they are frustrated, but so easy for us as parents to be annoyed with

My suggestion to parents is to make it safe for your kids to tell you how they feel. By normalizing sharing emotions, parents are able to teach their children how to handle emotions.

What does this look like in practice?

Emotional health and emotional safety within your household can look like parents and kids having a mutual respect for each other by normalizing parents apologizing to kids and kids apologizing to parents. It can look like a parent or child being able to say, "I am angry with you. I am annoyed right now. I need a space to take a break because I am getting frustrated.'

When we are able to name our emotions, we have more ndsu.edu control over them.

What does emotional health

not look like?

Emotional health does not look like shaming, degrading or belittling adults or children in your household for their emotions. Feeling a certain way is not "right" or "wrong." What you do with those emotions is the important thing. Slamming doors, throwing things, yelling or dismissing how someone feels can have negative impacts on the emotional health of a household.

I encourage parents to memorize the following mantras: "You can be angry, but you may not name-call." "You can be frustrated with me, but you may not throw things at me."

Just like children can learn practical life skills from their parents, children are learning how to handle joy, sadness, shame, curiosity, and anger from their parents.

As a way to practice emotional health, I challenge you to ask your children something you do that makes them mad and really listen to them. Use this as an opportunity to hear your children's concerns, take a deep breath, offer an apology, and maybe a suggestion of how you plan to improve in the future.

Let me know if you try this challenge! I am a resource for you! Email:jacey.p.wanner@

Dakota Recreation Report



BY BY PATRICIA STOCKDILL

Outdoor Notes:

*May 28: Hatchery Fun Day, Garrison Dam Nat'l. Fish Hatchery, Riverdale. Free family fun activities, guided hikes, and guided tours with Riverdale Ambulance District serving free will hotdogs. 9 a.m. to 1 p.m. Contact the hatchery, (701) 654-7451, for more details.

*May 28 – May 30: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison. Go to the festival website (www. skyfestnd.com) for details.

*June 4 & 5: Free Fishing Weekend.

*June 8: Deer gun and muzzleloader applications due. **Tournaments:**

*June 4: Lake Sakakawea, Beulah Bay.

*June 10 & 11: Lake Sakakawea, Dakota Waters Resort.

Fishing:

Lake Sakakawea elevation, May 23: 1,829.3 feet above mean sea level; 18,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 7.19 feet.

Missouri River gauge height, Washburn: River stage, 9.06 feet.

*Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Improving success on Lake Audubon for a mix of smallmouth bass and pike with occasional walleye. No reports from Lake Sakakawea but stable weather bringing more anglers out on the east end.

*Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon improving for walleye with fair to good success. Locate the warmest water in bays and try pitching jigs. East end of Lake Sakakawea starting to produce a few more walleye. Try shallow flats in 5 to 10 feet casting jigs and minnows. Smallmouth bass pre-spawn bite is also underway. Try same techniques as walleye.

*Lake Sakakawea, Dakota Waters Resort, Beulah: Resort is open for the season but renovations are underway so excuse the mess. Activity remains light with limited

Dana & Rita Wright

owners/designers

14 Main Street E

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Hazen, ND 58545

reports due to weather. Look for better walleye success with warmer water temperatures and more stable weather.

*Lake Sakakawea, New Town: Fair to good walleye bite above New Town. Try 6 to 30 feet using a mix of Lindy rigs or jigs and minnows or crankbaits.

*Lake Sakakawea, Van Hook Bait & Tackle, New Town: Success remains slow in the Van Hook Arm with limited activity. Look for more activity with stable weather and warmer water temperatures. Improving walleye success around New Town so look for better success soon in the Arm.

*Missouri River, Dakota Tackle, Bismarck: Some walleye activity on the Missouri River south of Bismarck-Mandan but limited reports. River remains muddy

*Missouri River, Enerbase of Washburn: No new reports.

*Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains quiet for angler numbers but try fishing from boat at night with 3-way swivels or off the rocks using crankbaits. Look for some ling and occasional trout during the day from boats. Shore success remains slow. Lake Sakakawea generally slow with occasional walleye at best. Try along the face of the dam for salmon. Lake Audubon improving for a mix of walleye, pike, and

smallmouth bass with its warmer water temperatures compared to the east end of Lake Sakakawea.

*McLean Co. area lakes, Cenex of Wilton: Increasing walleye activity on the Missouri River, Lake Audubon, and New Johns Lake. Try jigs and minnows or nightcrawlers.

Additional North Dakota river gauges and streamflow:

*Heart River, Mandan: River stage, 1.79 feet.

*Knife River, Hazen: River stage, 2.63 feet; streamflow,

*Little Missouri River, Long X Bridge: River stage, 1.65 feet; streamflow, 1,180 CFS.

*Missouri River, Williston: River stage, 16.31 feet.

Numbers to know:

*N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd.

*N.D. Game and Fish Dept., Riverdale office: (701) 654-7475.

*Report All Poachers: (800) 472-2121 or (701) 328-9921.

*Friends of Lake Sakakawea, the region's only organization working for quality lake access, weed control and effective partnerships, (www. lakesakakawea.com).

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HAT TIPS

Crawfish



BY DEAN MEYER

Hello,

I'm a good eater. Meaning I eat a lot. I know, I know, looking at me you wouldn't guess that. Or, maybe you would.

I've eaten a lot of things in a lot of places. I ate tacos on the streets in Mexico City. Even after our hosts warned us that eating on the streets of The City would cause you to become diseased and die.

I've eaten goat in a little village in the Mexican mountains and shared a little tequila with a peasant while sitting around a campfire. Ate shark steaks in San Diego and clam chowder on the harbor in Boston. I've tried lutefisk and lefsa and I imagine I've eaten every cut of meat off a beef that could be eaten. I've had hamburger off a bull that wouldn't buck and steaks off a horse that would. Not really. Just checking to see if you were still with me. I've had the raw oysters with the keg beer at the bowling alley.

Once, a long, long time ago, in a galaxy far away, I was with a gang that stole some chickens from a farmer and cooked them over an open fire. Cooked them very little. Cause the cops were coming.

Now, what this story is leading up to is the "Crawfish Bowl." The other night Shirley and I were invited to the third annual "Crawfish Bowl." Right here in SW North Dakota.

Our host informed us the crawfish came from south of here. I assumed he meant New England, or maybe even Lemmon. When I found out they came from Louisiana, I was really impressed.

I've enjoyed lobster and crab legs. At least I enjoyed the butter. But I don't think I ever had feasted on a meal of crawfish. Now, for you landlubbers, a crawfish looks like a cross between a crab and a cockroach. Or maybe a grasshopper and a shrimp. They have legs and antennas and pincers and a shell.

When we got to the party, four grown men were kneeling around a little kid's plastic swimming pool. You know. The ones that hold about six inches of water. I found out they were sorting the dead crawfish from the live ones. I figured that was not necessary since you boil them anyway.

They informed me that you have to take the dead ones out, because they haven't been purged. You don't clean crawfish. You just sprinkle a little salt in the pool, so they kind of clean themselves if you know what I mean. Kind of like drinking that stuff if you're going in for colonoct....a Katie Couric. (I didn't know how to spell it).

Well, right away that kind of cooled me on the crawfish deal. But a couple beers later, it seemed all right. Kind of like the chickens.

And these guys were chefs. Potatoes, sausages, salads, corn on the cob, hamburgers, brats, and much more. It was a feast that the Romans would have been envious of. Now, to eat a crawfish, you place one hand on the front half (the head), and the other on the back half (the purging end) and twist and pull. Remember now, these bad boys have been purged and boiled. With a little hot sauce in the water. Cajun music is

playing in the background. A gentle fog is rising from the swamp and the fire from a still can be seen drifting up through a canopy of swamp trees. A lady with long black hair is telling fortunes, and the kids are trying to snare an alligator that has been coaxed up out of the creek. Get the picture?

Well, you twist and pull this baby apart. Then you quickly take the front half and suck the juice from the shell. This proves you are into the beer far enough to eat the back half. Then you peel some of the shell off the back half and you are to the meat of the deal. It is a small piece of fish meat about the size and shape of a small shrimp. And, all kidding aside, it is delicious.

There is not a lot of meat. And it is good. But I would venture a guess, that if you were dropped in the middle of a swamp. And you were surrounded by a million crawfish, and you started eating right away, you would starve to death. You just can't twist and pull and suck and peel and chew fast enough to get enough nourishment to

Oh, don't get me wrong, I ate about twenty of the little suckers, but as we headed for the car (at Shirley's insistence, I was going to stay for the crawfish races) I did sneak past the grill and grabbed a hamburger and hot dog.

It was a great time. Thanks guys. But you beef guys don't have to worry about crawfish replacing ribeye steaks on the grill!

Later, Dean



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PLACE A

PAPER

TODAY

Fort Stevenson

Memorial Day Weekend

May 28, 29, 30

10 a.m. - 4 p.m.

Ft. Stevenson State Park, Garrison

Free Admission to Park with **Military ID on** Monday, May 30th

Call (701) 898-4500 or visit

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Hazen Public Library June 5th 5-6 p.m.

\$8.00 A PLATE

water and coffee



MOCHA COFFEE CUPCAKES

Bv Kellv Stilwell

Ingredients

Cupcakes

1 1/3 cup flour

½ cup cocoa

1/4 tsp baking soda 1 tsp baking powder

1/4 tsp salt

1 cup granulated sugar

2 tsp vanilla extract

1 cup unsalted butter softened

1 eaas 1/2 cup whole milk

½ cup brewed coffee fresh, cooled **Frosting**

3 cup Powdered sugar

½ cup cocoa powder 1 cup sweet cream butter

5 tbsp heavy whipping cream

3 tbsp brewed coffee fresh, cooled

Directions

Cupcakes:

Preheat oven at 350.

Line cupcake pan with paper cupcake liners.

Cream sugar with butter until light and creamy.

Add egg. Add vanilla extract.

In a separate bowl add flour, baking powder, baking soda, salt, and cocoa. Mix until thoroughly combined.

Begin adding the dry mixture in with the butter and sugar combination.

Alternate the dry ingredients with the milk.

Gently stir in the fresh brewed coffee. Beat well until all combined.

Scoop the batter into the paper liners until each cup is 3/4

Bake at 350 for 21 minutes. Remove from baking pan and allow to cool.

Frosting:

Put soften butter in the mixing bowl.

Add powdered sugar and cocoa.

Beat until the combination looks like little pebbles

Add whipping cream and mix.

Continuing to mix, add brewed coffee.

Mix until peaks appear.

If this doesn't peak then add ¼ cup more of powdered

Continue to mix until the frosting forms peaks.

Using a pastry bag add, your favorite tip and frost. You also can use a zip lock bag, cutting a corner adding a tip to frost vour cupcakes.

Top each cupcake with a chocolate-covered espresso bean

HAVE A RECIPE YOU WANT TO SHARE?

E-mail jackie@nordaknorth.com or give us a call at 701.462.8126 with your ingredient list and directions, and we'll include it in a future recipe column! We would love to share local, homestyle recipes from our readers.





Hazen Jam Session

Hazen City Small Hall

Burgers, beans, dessert



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Is Frost-Damaged Rhubarb Toxic?

DAKOTA GARDENER

By Esther E. McGinnis, Horticulturist NDSU Extension

I have to admit that I get a little sentimental every time I think about rhubarb because it reminds me of my grandmother. She wasn't necessarily the best of bakers but she did make a mean rhubarb cake.

Others in this region may have similar childhood memories and greatly value this spring crop as evidenced by the number of questions that NDSU Extension receives. The phones ring in Extension offices across the region particularly when a latespring frost damages the rhubarb. The number one question is whether frozen rhubarb is toxic.

question, we have to first talk about the leaves. Most people know that rhubarb leaves are toxic. The leaves contain oxalic acid which can damage kidney function. During World War I, rhubarb leaves were consumed as a vegetable substitute with dire consequences. The scientific literature documented poisonings and even deaths.

More recently, a debate has emerged as to how toxic the leaves are based on their oxalic acid levels. Some sources say that a large amount of leaves would have to be consumed to be fatal on account of oxalic acid. However, recent scientific studies show the presence of other compounds such as

Before we can answer that anthraquinone glycosides that risk of consuming frost-damaged may contribute to the toxicity of the leaves.

Rhubarb stems (petioles) which resemble celery stalks are the edible portion of the plant because they contain only trace amounts of toxic compounds. The stems are processed into delicious pies and cakes like my grandmother made.

The problem is during latespring frosts. A hard freeze is widely believed to cause the movement of toxic compounds from the leaves into the stems. Consequently, people are concerned about harvesting rhubarb after a hard freeze.

To compound the complexity, universities across the region give conflicting advice on the

When faced with conflicting advice, the first course of action is to look for peer-reviewed scientific research to settle the question. Unfortunately, I could not find any scientific studies to confirm or disprove this belief.

In the face of ambiguity, the better course of action is to use common sense. A hard freeze causes unmistakable damage to the plant and renders it inedible. Nobody wants to bake with mushy, frozen stems. Bakers want to use good quality ingredients.

To be on the safe side, wait 2 or 3 days after a hard frost and thoroughly inspect the plant. Dispose of mushy stems. If the leaves show browning, wilting or other damage, discard the entire stem. The freeze-damaged stems may be incorporated into the compost pile without any safety concerns.

Fortunately, rhubarb is a tough perennial and will recover from a late-spring freeze. The new growth will be just fine.

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

Doris Lindteigen Estate Auction

Friday, June 10 at 6 PM 403 Kundert St, Turtle Lake, ND



Home Features:

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Kitchen and Dining Room

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Detached garage 18x20

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June 3 & 4...... 7:30 p.m. June 10 & 11..... 7:30 p.m.



Gardening Has Many Benefits for Kids, Adults

PRAIRIE FARE

By Julie Garden-Robinson, food and nutrition specialist NDSU Extension

When late May arrives and I plant flowers, herbs and vegetables, I think about all the gardening I did as a child.

We lived up to our last name of "Garden" with a large vegetable garden in town near our house and an even larger vegetable garden in the country.

I had specific assignments depending on my age and manual dexterity. When I was young, I helped plant the onions, potatoes, pumpkin and squash seeds, and snap beans. I am not sure that I ever graduated to planting the tiny carrot seeds.

My clothes, hands and knees were covered in soil by the time we finished. I did that on purpose.

When harvesting time arrived, I told my parents that I would be buying my food when I grew up. I think shelling large tubs of peas led to that comment. They just grinned at me.

Yes, I am eating my own words.

Many years later, I completed the NDSU Extension Master Gardener course. I have volunteered in various ways as part of that program. I encourage you to explore the gardening courses offered by Extension organizations found throughout

Gardening is beneficial on several levels. You will learn about the science of horticulture, get physical activity and have access to fresh produce at its freshest and most nutritious.

A recently published study that analyzed 22 previous studies from around the world, showed that gardening can improve health. People who gardened showed improvements in mental health, with less depression, anxiety and stress reported.

Gardening reduced body mass index (or BMI) among some gardeners, likely due to increased physical activity and improved nutrition. Gardening also helped people maintain their brain function.

Every summer we do gardening activities with children in the childcare center on campus. I look forward to their delight when their patience and tending is rewarded. They enjoy seeing lettuce, beans and squash plants peeking from the soil

Researchers have shown that children gain a variety of skills as they grow plants. They learn to tend plants, explore science and develop relationships and cooperation skills in the process.

Helping grow vegetables often promotes more vegetable consumption among children.

Children will need some assistance with planting, so invest in some child-sized equipment, such as small watering cans, trowels and gloves. Many children's books about gardening are available. Visitalibrary or read along with children's gardening videos found online.

We have many resources to help with "garden to table" efforts. See www.ag.ndsu. edu/fieldtofork for links to previously recorded webinars and materials to view online or print. Check out the food preservation information; if all goes well with gardening, you will have bounty to can, freeze, ferment or dry.

Last year, my program assistants and I worked on a community cookbook with Growing Together Community Gardens in the Fargo-Moorhead area. This recipe (pronounced

"ra-tuh-too-ee") was contributed by Lane Lipetzky and was wellliked by the taste testers.

Kids will recognize the name of this recipe from a popular animated movie of the same name. They might eat more vegetables if they help you grow the ingredients and prepare the recipe.

Ratatouille

Fresh thyme

1 medium eggplant
8 Roma tomatoes
1 medium yellow squash
1 medium zucchini
7 mushrooms
j cup olive oil
1 medium onion
5 garlic cloves
1 red bell pepper
1 yellow bell pepper
8-10 leaves fresh basil
S teaspoon dried oregano
Fresh parsley

Cube or thinly slice eggplant, squash and zucchini; toss in 2 tablespoons olive oil and salt. Roast on a baking sheet at 425 F for 10 minutes. Put the eggplant pan on the middle rack, and the other vegetables on the top

j cup grated Parmesan cheese

rack. Dice onions, peppers and tomatoes. Mince garlic and slice mushrooms. Saută onion, garlic, mushrooms and peppers in 2 tablespoons olive oil on the stove using a cast iron skillet (or any pan that is oven safe) for five minutes on medium heat. Add tomatoes, oregano and basil to skillet and cook on low to medium heat until tomatoes form a sauce. Add the roasted eggplant, squash and zucchini to iron skillet and mix in. Bake at 375 F covered for 40 minutes; remove cover and bake for 20 minutes. Remove from oven and top with parsley, thyme, extra basil and grated Parmesan cheese.

Makes six servings. Each serving has 190 calories, 12 grams (g) fat, 5 g protein, 19 g carbohydrate, 5 g fiber and 90 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)

Call 462-8126 to place an ad

HELP WANTED

CAMPUS DEAN-CEO, DAKOTA COLLEGE AT BOTTINEAU. Dakota College at Bottineau (DCB) is seeking a new Campus Dean who will serve as CEO of the campus. For full position advertisement and application instructions, please visit: http://www.dakotacollege.edu/faculty-and-staff/employment/

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Mary Ann Bakken Estate Auction, Saturday, July 30, 2022, 10 a.m., Turtle Lake Legion Hall, Turtle lake, ND. Check www.nordaknorth.com STAuction Service Spencer Flath Lic. #613, 337-5410, Cell: 898-1381, Garrison, ND

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

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday June 13th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions. 43-TFN-E-X

MISC. FOR SALE

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

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

MISC. FOR SALE

1-E-TFN-NC 58577

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

REAL ESTATE FOR RENT

FOR RENT IN WASHBURN: Cute little 2 bedroom home-close to school, clinic, groceries & resturants. Application required. Call Tammy 701-315-0034. 43-TFN-LN-CM-XT

McLEAN MANOR, 1 Bedroom & studio apartments for rent. Call Larry 701-463-2320 or 701-421-5002.

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

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. 58577

NOW HIRING

EMBROIDERER WANTED

Work a flexible schedule crafting professional embroidery! NorDak North Promotional Products is hiring an embroiderer to work in the Garrison office. Hours will fluctuate based on quantity of work, with a normal week consisting of roughly 20 hours. Option for more hours available, enjoy a flexible schedule. Ability to read instructions and ensure accuracy a must. Apply in person at

NorDak North Promotional Products

71 North Main St., Garrison or by email to amber@nordaknorth.com

The sky is the limit of what you can sell or buy in the classifieds. Call 462-8126

HELP WANTED



CHI St. Alexius Health Garrison has

the following positions available:

CNA

\$7,500.00

Employment Incentive

For more information call

701-463-6503

Apply online at

www.commonspirit.careers

CHI St. Alexius Health

The institution is an equal opportunity provider and employe

Garrison Hospital

HELP WANTED

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

LPN-Nursing Facility \$10,00<u>0</u>.00

Employment Incentive For more information call

701-463-6503 Apply online at www.commonspirit.careers

CHI St. Alexius Health

Garrison Hospital The institution is an equal opportunity provider and employer

HELP WANTED

CHI St. Alexius Health Garrison Hospital & Nursing Facility

Lab Tech (MT/MLT) Radiology Tech • Cook • Dietary Aide **Dietary Helper • Housekeeping Nurse Aide**

Now offering higher starting wages! Full-time cooks \$1,000 employment incentive Part-time cooks \$500 employment incentive

CHI St. Alexius Health **Garrison Hospital**

The institution is an equal opportunity provider and employer

For more information call 701-463-6503 Apply online at www.commonspirit.careers



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 (BillL@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings!

BAR FOR SALE \$160,000

Come and see what the town of Turtle Lake has to offer. Here's an opportunity to own Marv's Bar, Kim Sundquist Only bar in town. Inventory will be sold separately. Give me a call for all the details or a showing.





nordaknorth.com Xtra | 5.30.22 | **11**

Garrison School District HELP WANTED

Substitute Bus, **Partial Route Drivers & Activity Drivers Needed** \$25.00/hr. Sub & Route \$16.50/hr. Activities

For more information call 701-463-2818 or visit www.garrison.k12.nd.us for an application.

HELP WANTED

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

RN - Acute/ER \$20,000.00 **Employment Incentive**

For more information call 701-463-6503 Apply online at

www.commonspirit.careers

CHI St. Alexius Health **Garrison Hospital** stitution is an equal opportunity provider and employe

HELP WANTED

Soda's & Things

Sales associates positions available.

Contact 701-442-5277 or stop in for an application.





- Basketball Coaches
- Volleyball Coaches
- Football Coaches
- Wrestling Coaches
- Golf Coaches Track Coaches
- Cross Country Coaches
- Elementary Teachers Bus Drivers

Applications and Background check forms can be found on our school website https://www.white-shield. k12.nd.us/

Any questions please contact the business office at 701-743-2201.



HELP WANTED

Come Join Our Team!!

Housekeeper

Maintenance Tech

\$3000 SIGN-ON BONUS

Apply at www.blcgarrison.com

Call Jill Borth at (701)463-2226 "EQUAL OPPORTUNITY EMPLOYER"

Benedictine LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

CNA

Full-Time Days Not a CNA? We Can Help!

\$5000 SIGN-ON BONUS

Apply at www.blcgarrison.com

Call Jill Borth at (701)463-2226 "EQUAL OPPORTUNITY EMPLOYER"

NO ONE DELIVERS YOUR LOCAL NEWS BETTER THAN YOUR LOCAL PAPER





BAR & GRILL

is looking for

Servers & Kitchen Staff

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070



Hiring the following positions:



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

This institution is an equal opportunity provider and employer

HELP WANTED

Garrison Public Schools is accepting applications for **Full-Time Custodian**

We are seeking applications for a full-time custodian. Starting pay is \$15/hour plus full benefits and leave time. The hours are 2-10 p.m. with duties in both buildings. Training will be provided and must be able to lift 50 pounds. To apply, please submit an application on our website to Dr. Klemisch at Nick.Klemisch@k12.nd.us or fill out an application at the high school.

HELP WANTED



is looking for *ASSISTANT MANAGER*

Full Time SALES ASSOCIATES

Full Time or Part Time -\$14/hr. Stop in for an application 200 5th Ave SE, Garrison

HELP WANTED

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

RN-Nursing Facility <u>\$20,000.00</u>

Employment Incentive

701-463-6503 Apply online at

following positions:



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

This institution is an equal opportunity provider and employer

For more information call

www.commonspirit.careers **CHI St. Alexius Health Garrison Hospital**

CHI St. Alexius Health -Turtle Lake -

Hiring the



SCHOOL DISTRICT BUSINESS MANAGER

position of SCHOOL DISTRICT BUSINESS MANAGER. This a full-time 12-month position. Salary will be competitive and is negotiable, depending on experience. A full single health insurance benefit, health savings account, public employee retirement program, sick leave, vacation leave, and training opportunities are included. Applicants are expected to have some knowledge of basic accounting principles, including record keeping, payroll, payroll deductions, budgeting, transfer of funds, account balancing, and reporting. Verbal and written communication skills are a must, as is the ability to learn and use a software program designed for school district accounting. The business manager reports to the superintendent and to the school board. The business manager is expected to attend all regular and special board meetings, as well as any other meetings specified by the board president or the superintendent.

"Classified Staff" application forms may be picked up in the main office or printed from the Washburn School District website at https://sites.google.com/site/washburnk12/. A full job description is available upon request. Contact Brad Rinas, Superintendent, at 701-462-3221, or email him at brad. rinas@k12.nd.us with questions. The deadline for applications is 12:00 noon on Monday, May 9th. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.

- LEADER-NEWS -NORDAK NORTH PUBLISHING



FULL STACK **MARKETING**

CALL US

www.nordaknorth.com | 701.462.8126

607 Main Ave, Washburn, ND 58577

PUBLIC WORKS SUPERINTENDENT

The City of Underwood is accepting applications for a full time Public Works Superintendent with an approximate start date of August 1, 2022. A complete job description can be obtained by contacting the City of Underwood Auditor's Óffice at PO Box 168, Underwood, ND 58576; by calling 701-442-5481; or emailing ctyunder@westriv. com. Please send resumes with cover letter or application to PO Box 168. Underwood ND, 58576 or drop off at the Auditor's Office by May 31, 2022. The City of Underwood is an Equal Opportunity Employer.

EQUIPMENT OPERATOR POSITION OPEN

The Board of Sheridan County Commissioners will be accepting applications for a Equipment Operator. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Wages \$16.00-\$18.00 per hr. plus benefits - negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or County website: www. co.sheridan.nd.us Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. June 6, 2022. Shirley A. Murray, Sheridan County Auditor

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FOR YOUR

District 33 Endorsed Republican Team







ENDORSED SENATE CANDIDATE FOR DISTRICT 33

Keith was born in Bismarck and has deep roots in the farming community west of Mandan.

He and his wife, Janelle, have 8 children and 15 grandchildren, all of whom reside in the surrounding area. His faith and family have always been a central part of Keith's life. He is an active member of Engage Church in Mandan and has served in several leadership capacities over the years.

Keith has spent 40+ years in the Ag community as a farmer/rancher west of Mandan. He and his family run a successful operation.

Keith has also spent 42+ years in the energy industry with Minnkota Power in Center, 33 years as a blue collar worker and 9 years in a management position. Few are as passionate about the coal industry survival than Keith as he spent a career at it and now has 3 sons in the industry

Keith has spent 25 years as owner/operator of the Flying J travel center west of Mandan where his role is that of Financial Manager.

He has held all leadership positions on several different boards over the course of 35 years. he was also involved in the local and statewide prolife efforts.

Keith will work to

- Protect Families
- Protect the Coal/Fossil fuels industry
- Protect Property rights/Lower property taxes
- Help Agriculture to prosper
- Help Small business to thrive.

Keith has received endorsement from:

- North Dakota Family Alliance
- North Dakota Right to Life
- Young Republicans



DELZER ND House

CURRENT DISTRICT 33 STATE REPRESENTATIVE: Chairman Full Appropriations

AWARDS & RECOGNITION:

COAL: 2021 Lignite Champion Award for 100% support, by the Lignite Energy Council.

LIFE: 2022 Life Protector Rating 100% by ND Right to Life

Jeff is an experienced legislator with credibility and institutional knowledge which can help District 33.

He was Speaker of the House in the 2007 session, He currently serves as Chair of the full ND House Appropriations committee and has been in this position since 2011.

Jeff is also an executive member of the energy council which is a group of energy states which meet regularly to discuss energy issues.

I have a strong desire to continue to work to keep ND the great state it is.

This includes individual rights, responsibilities and opportunities to improve oneself through hard work and effort.

This can be done by having a strong business climate, low taxes and limited regulation.

I support coal generation, mining and fossil fuels, especially for needed reliable electricity demands.

I look forward to the opportunity to serve district 33, if elected, and appreciate and support or information and help which may be offered by citizens of District 33.

Jeff was born and raised in McLean County. He is a farmer/rancher with off farm experience in oil field and transportation industries.

State email currently is jdelzer@nd.gov and my phone



RE-ELECT ND House

CURRENT DISTRICT 33 STATE REPRESENTATIVE:

- * Vice Chair of the Interim Natural Resource Committee
- * House Human Services Committee
- * House Agriculture Committee

AWARDS & RECOGNITION:

- * COAL: 2021 Lignite Champion Award for 100% support, by the Lignite Energy Council
- * BUSINESS: 2 time "Chamber Champion" for support of business legislation by the GNDC
- * LIFE: 2022 Life Protector Rating 100% by ND Right
- * FAMILY: The ND Family Alliance Score of 100% for key Social & Moral Legislation;
- * COMMITMENT: Legislative Courage Award by Speaker of the House Kim Koppelman

CHAMPIONED CRITICAL LEGISLATION:

- * FREEDOM: HB 1514, Authored & Passed The Right to Try "Off Label Usage" of FDA approved Ivermectin & Hydroxychloroquine for COVID treatment;
- * PROTECTION: HCR 3048: Authored and passed to not allow illegal aliens to be brought into ND
- * COAL/ENERGY: Stood solid for support & preservation of Coal Fired Electrical Generation, recognized for 100% Lignite Champion Rating by the Lignite Energy Council;
- * **CAREGIVING: SB 2145:** Essential CareGiver Bill; Strong spokesman and advocate in passage
- * PRODUCERS: HB 1411: Prime sponsor for Night Hunt Predator Control for Ranchers & Farmers
- * LANDOWNERS: SB 2144: Co-sponsor Landowner rights & Electronic Posting

35 year experience of retail agriculture business Lifetime of public service, Church and community volunteer

MILITARY:

* US Army Veteran

FAMILY:

Married to Laurel, for 55 years: 3 daughters and their families include 9 grandchildren and 1 great grand child

Steady, strong and experienced leadership with integrity.

WE STAND FOR:

- Faith
- Pro-Life
- Family
- Lower Taxes
- Freedom
- Quality Education
- Fiscal Responsibility
- Lignite Coal Industry
- Limited Government
- Agricultural Community
- Second Amendment Rights
- Protecting Your Constitutional Rights

Vote in the Primary Election on June 14, 2022