

Xtra

www.nordaknorth.com



Published by Nordak North Publishing, to serve McLean and Sheridan Counties

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

ECRWSS

Postal Patron

Deliver By Monday

Vol. 39, No. 51

Monday, April 17, 2023

The best circulation for your dollar

**To place an ad call
462.8126 or fill out the form online at nordaknorth.com**



QUALITY POLLED HEREFORD BULLS AND FEMALES FOR SALE AT PRIVAT TREATY

We offer 25 coming two-year-old bulls and 30 to 40 yearling heifers annually

HERD SIRES INCLUDE:

TH 86B 7B START ME UP 223F • TH 312A 94D START ME UP 120G
WHF MR 400A 456C (used on heifers) • WHF MOH 400 877A
WHF GM 818A • WJS MIDWAY X51 STUD 404F • DRS MIDWAY YORK 180E

NEW BULLS:

TH 185A 183F MASTERPLAN 156J • CKP EVIDENT 0284
WHF MR UP T99 717C

WINTER HERFORD RANCH

Jason & Linda Winter
701-884-2424
Jason's Cell
701-799-9537



Visitors always welcome at our ranch
5 miles north fo Goodrich, ND

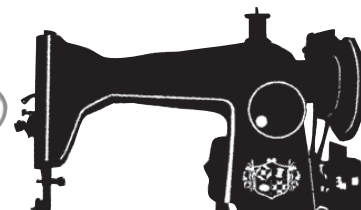
Promiseland Designs

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

What will YOUR Legacy be?

The North Dakota Community Foundation has helped hundreds of North Dakotans craft their own unique charitable-giving plan for when they're gone.

Call us for a free, confidential conversation anytime.

www.NDCF.net • 701-222-8349



KOTA THEATRE

Main St., Garrison

Adults - \$7 Under 13 - \$5
Where popcorn is still only 50¢
Movies start @ 7:30 pm

Champions, PG-13

A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. Despite his doubts, he soon realizes that together they can go further than they ever imagined. 2 hr, 3m. Comedy 2023.

April 14 & 15.....7:30 pm

The Super Mario Bros. Movie, PG

With help from Princess Peach, Mario gets ready to square off against the all-powerful Bowser to stop his plans from conquering the world. 1 hr, 23m. Adventure/Comedy 2023

April 21 & 22.....7:30 pm



We're hiring!

We want you on our team.

Clinical and non-clinical openings maybe available at **Garrison** and **Turtle Lake**:

- Nursing
- Lab
- Maintenance
- Radiology
- Dietary

Employment incentives may apply!

Search our open jobs and apply today.

www.chistalexiushealth.org/careers

Questions?

Email: kara.jones900@commonspirit.org

or call 701-530-7178



SERVICE DIRECTORY

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!

SCHINDLER DEIS OPTOMETRY

Dr. Deis & Dr. Hellebush
OPTOMETRISTS

151 N. Main Street • Garrison, ND
Monday, Tuesday, Thursday 9 am-5 pm
463-2224 or 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 Repair Dog Gone Clean Dog & Car Wash

Full Service Auto Repair for diesel, gas & transmission

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

SPEAK!

BILL GATES
JONAS SALK
EDWIN HUBBLE
THOMAS EDISON
ALAN TURING
SIGMUND FREUD
RACHEL CARSON
LEO BAEKELAND
TIM BERNERS-LEE
WILBUR & ORVILLE WRIGHT
WILLIAM SHOCKLEY
STEPHEN HAWKING
ROBERT GODDARD
ALBERT EINSTEIN

KNOWLEDGE GIVES SOCIETY THE POWER TO ADVANCE.

PICK UP A NEWSPAPER

SPECIALTY

West Inkster Realty

GARRISON INSURANCE

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

MIKE MATTESON
BROKER/OWNER
"We are proud to stake out this property!"
- Rocco the Realty Dog

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

Follow your nose to BeagleBuds.com!

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

FRONTIER Floral & Gifts

Find us on Facebook!

open M-F
10 a.m.-5 p.m.

1-701-462-3878
611 Main Ave.
(Farmers Union Ins.)

-Flowers -Plants
-Goat Milk Soaps
-Candles - Local Artisans

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
51 North Main St
Garrison, ND 58540

Hours: Tues and Wed,
8 am - 5 pm

BRINSTER LAW, P.C.

MATTHEW A. ZIMNEY
Attorney at Law
701-587-1420

P.O. Box 276 | Garrison, ND 58540

Wilson Law, P.C.
JAMES D. WILSON, 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

A Amon Insurance Agency

Lake Homes * Shops * Serving the Garrison & Minot areas 23 years
Pole Buildings * Farms * Locally owned/operated
Business Insurance

* Lee Amon & Blake Amon
Call 701-852-3156 for Free Quote today!
Email: amoninsuranceagency@gmail.com

Troy & Danielle Hummel,
Owners

GARRISON LUMBER

(701) 337-5500

Hwy 37 East • PO Box 625 • Garrison, ND 58540

*Free Estimates & Consultation

CONSTRUCTION/CONTRACTING

L & P CONTRACTING, INC.

- Pole Building
- Foundations
- Flatwork

15601 16th St. SW
Minot, ND 58701

Lorn
701-721-2630

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

Jm Contracting, LLC

John Matthews (701) 463-2015
Marcus Matthews (701) 898-8771

Covering all your building needs!

New Construction • Remodels • Siding/Windows
Decks • Roofing • Concrete • Skid Steer Work

SERVICE DIRECTORY

JB Repair **701-463-2054**
 5 2nd St SW, Garrison, ND
 Open Monday-Friday:
 8 a.m.-5 p.m.

ACDelco **jbrepair.net**
 Austin Schmidt, Owner

- ASE Master Certified Technician
- Full Service Auto Repair Shop
- Hunter Precision Alignments
- Golf Car Sales and Service



Dakota Painting & Tree Service
 Interior • Exterior • Tree Trimming
 Residential • Commercial • Stump & Tree Removal
Tom Rupp Firewood Sales
Cell 701-400-8864
 Licensed & Insured

SCHLEHR CONSTRUCTION FDHU Lic. # SC16-00072
 Garrison, ND
701-340-0973
Jim Schlehr
 Municipal Water & Sewer Lines | Underground Sprinklers
 Rural Water Lines | Septic Systems | Directional Boring
 Excavating & Dirt Work

FFL Dealer | Gunsmith | Gun Sales | Reloading Supplies

Rough Rider Gun Repair

CHUCK HAYES 216 Hancock Way, Garrison, ND
701-463-7155 roughridergunrepair@gmail.com

"Taking the time to do it right!" Max, ND

WILD PRAIRIE SOLUTIONS LLC

Licensed & Insured **701-226-9878** Kacey Wilen - Owner Over 25 Years Experience
 Free Quotes

Septic System Installation, Repair and Replacement
 Water/Sewer Line Installation and Repair
 Foundation Excavation and Dirt Work • Culvert and Driveway Installation
 Grass Seeding and Weed Spraying • Snow Removal

BAKERS ACRES Lawn & Landscape Donovan Baker, Owner Locally owned and operated Licensed/Insured

701-426-4764 or 701-337-2032
 1363 - 41M Ave. NW • Garrison, ND 58540

Landscaping ♦ Hydro Seeding ♦ Drill Seeding
 Dirt Work ♦ Lawn Edging Installation ♦ Hauling

CALENDAR

Saturday, April 15

THRIFT STORE AT COMMUNITY CUPBOARD of Underwood, 10 a.m. - 1 p.m., Open to the public at 208 Lincoln Avenue. Shop for clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.

Monday, April 17

YOGA, FIRST CONGREGATIONAL CHURCH, Garrison, 8 a.m.

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

AMERICAN LEGION POST 49 MONTHLY MEETING, Post building at City Park, 8 p.m.

THE MISSOURI RIVER BASIN RETIRED TEACHERS ASSOCIATION will meet at 10:00 a.m. Monday, April 17 at Surge Aesthetics, 1000 Hwy. Dr., in Hazen. Corrie Rogness, FNP-C will talk about services available at Surge Aesthetics. Business meeting and lunch to follow at Bee's Café.

Tuesday, April 18

THRIFT STORE AT COMMUNITY CUPBOARD of Underwood, 1 - 5 p.m., Open to the public at 208 Lincoln Avenue. Shop for clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.

Wednesday, April 19

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

The Thrift Store, Garrison Area Resource Center, 10 a.m. to 4 p.m.

Thursday, April 20

COMMUNITY CLOTHING SHARE-EXCHANGE at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

Saturday, April 22

LORD'S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from 10 am -Noon No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 10 a.m. to noon. McLean County Residents in need are welcome to food. Senior Commodities will also be available on that day. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

Sunday, April 23

OPEN DOOR COMMUNITY KITCHEN, City Hall, Turtle Lake ND at 11:30 am to 1 pm.

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 2 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 8:00 – 12:00 & 1:00 – 5:00

NOTICE TO THE PUBLIC

The Board of County Commissioners again appeals to the public for cooperation in observing **LOAD LIMIT REGULATIONS** on County Roads. Owing to the present conditions of the roads it is absolutely necessary to observe these restrictions if roads are to be saved this Spring:

SINGLE AXLE – 300 pounds per inch width of tire, plus 2,000 pounds, not to exceed 12,000 pounds

TANDEM AXLE – 300 pound per inch width of tires, not exceed 12,000 pounds per axle

NOT TO EXCEED 6 TONS PER AXLE.

In case road restrictions are not observed it will be necessary to enforce the law regarding such restrictions.

SHERIDAN COUNTY BOARD OF COUNTY COMMISSIONERS

SANDRA FELCHLE, CHAIRPERSON

SHANNON DIETERLE

ROD SCHILLING

Golden Years Birthday
 or Anniversary?

New Baby?

ENGAGEMENT?

Wedding?

•••••
 Call 462-8126 or e-mail
 leadernews@westriv.com
 to get your special day
 into the paper!

GET IN GEAR

PLACE AN AD HERE

701.462.8126

DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor Notes:

*New fishing licenses are now required.

*Permanent ice houses can still be used but can't be left unattended on lakes.

*Be mindful of parking when accessing area lakes; not blocking roadways or snow removal operations.

*Reminder that it's illegal to chase, harass, or pursue any wildlife species with motorized vehicle.

*Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

*April 8: Maple Sugaring

Day, Fort Stevenson State Park, Garrison, 10 a.m.

*April 8: Spring turkey season opens.

Fishing:

Lake Sakakawea elevation, April 3: 1,824.74 feet above mean sea level; 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 7.69 feet.

Missouri River gauge height, Washburn: River stage, 8.56 feet.

*N.D. Game & Fish Dept. game wardens: Little activity on the east end of Lake Sakakawea. No reports from area lakes.

*Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Somewhat improving walleye activity around Steinke Bay on the east end of Lake Sakakawea. Lake Audubon remains slow.

*Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Look for pike activity around back bays on the east end of Lake Sakakawea. Try 6 to 12 feet around Steinke, Centennial, Garrison, Douglas bays. No walleye reports.

*Lake Sakakawea, New

Town: Van Hook Arm and river portion of Lake Sakakawea around New Town remain quiet. Look for pike activity to start once the creeks start running into the back bays.

*Missouri River, Enerbase of Washburn: Some activity on Nelson Lake and Lake Sakakawea.

*Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River and Lake Sakakawea remain quiet with little activity.

*McLean Co. area lakes, Cenex of Wilton: Some activity on Hofer Lake and Lake Sakakawea as well as the open water of Nelson Lake using minnows.

Numbers to know:

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

*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).



The City of Washburn is seeking **three (3) interested individuals to serve on the Special Assessment Committee.**

If you would like to be considered for an appointment to this committee, please send a letter of interest to:

**City of Washburn,
PO Box 467,
Washburn, ND 58577
or email to washaud@westriv.com.**

For more information on this committee position please call the Auditors office at **701-462-8558**.

**CATCH THE GREAT BARGAINS
IN THE CLASSIFIEDS!**

462-8126

**PRESSER
RED ANGUS
ANNUAL SALE**
rescheduled to
**Monday, April 17
1:30 p.m.**
at the Ranch 9 miles north and
2.5 miles west of Mercer.

sale and videos available on DV Auction.
Call 701-447-BULL (2855) · 701-220-0189
Troy and Annette Presser
1035 14th St. NW Turtle Lake, ND 58575

HOME & AUTO
**GREAT RATES
MORE CHOICES
LOCAL SERVICE**

**MIKE
NELSON**

(701)462-3848
611 Main Ave.
Washburn, ND
58577

*Not all products underwritten by Farmers Union Insurance

TOYO TIRES®
Spring REBATE

\$70

April 1st – April 30th, 2023

**Get A \$70 Mail In Rebate
on any set of 4 Toyo Passenger
or Light Truck Tires
In Stock Only**

With installation (must be stated on receipt).
No cash and carry. Must be post marked by May 15, 2023

Cropland values up 15 percent

McLean County region observes second largest increase

North Dakota cropland saw a double digit increase in value from 2022 to 2023, with some parts of the state enjoying more than a 20 percent rise.

Despite high production costs to start 2022, net farm incomes remained high helping facilitate a sharp rise in land prices for 2023, says Bryon Parman, North Dakota State University (NDSU) Extension agricultural finance specialist.

The statewide average land price increase from 2022 to 2023 was 13.46 percent, which is higher than last year's increase of 10.9 percent. Rents were also up considerably, rising 6.82 percent statewide, marking the largest increase in 10 years.

The data for the rental rate and land value changes comes from the North Dakota Department of Trust Lands County Rents and Prices Annual Survey found online at <https://www.land.nd.gov/resources/>

north-dakota-county-rents-prices-annual-survey. The data is then combined into NDSU Extension regions using a weighted average based on the number of county acres.

The largest increase in land values occurred in the east-central and southern Red River Valley regions with both increasing over 20 percent. The north-central region, which includes McLean County, had the next largest increase at 15.5 percent, with the northeastern region up 14.1 percent. The south-central and southeastern regions increased between 11.5 percent and 13.5 percent for the two regions. Smaller increases occurred in the southwestern region at 9.4 percent and the northern Red River Valley which increased 6 percent. The northwestern region tends to fluctuate a bit more due to a lower number of observations, showed the only decline at -0.84

percent.

Overall, the statewide average cropland value moving into 2023 was \$2,863 per acre," says Parman. "The most expensive farmland in North Dakota remains in the southern Red River Valley region at an average of \$5,494 per acre while the least costly is in the northwestern region at \$1,399 per acre."

Over the last five years, the southeastern region cropland values have surpassed the northern Red River Valley, with the southeastern region increasing faster. In the most recent survey, the southeastern regional land values were \$3,886 per acre while the northern Red River Valley values were \$3,605 per acre.

The east-central region was also over \$3,000 per acre for the first time, coming in at \$3,029. The other three regions including the north-central,

northeastern and south-central all came in between \$2,100 per acre and just over \$2,300 per acre. The southwestern region came in just above the northwestern region at \$1,653 per acre.

"Cropland rents were up across the board with the largest increase occurring in the east-central region at 11.88 percent," says Parman. "The south-central and southeastern regions were both up between 8.7 percent and 9.7 percent. The north-central and northern Red River Valley regions were up between 5.6 percent and 6.8 percent while the northwestern, northeastern and southern Red River Valley regions were all up slightly less than 5 percent."

The smallest increase in cropland rent occurred in the southwestern region with an increase of 3.25 percent. The statewide average cash rent on cropland was \$79.90 per acre.

"Overall, 2023 marks the second largest increase in land prices in North Dakota in a row," says Parman. "However, despite the increase in rents accompanying land price increases, the disparity between cash rents and land prices continues to grow wider. The capitalization rates (cap rate) with respect to farmland in North Dakota has been declining for decades."

Parman continues, "The cap rate, which is the cash rent divided by the market value of farm land, in North Dakota in 2023 is around 2.65 percent. In 2012, the cap rate on cropland was closer to 3.8 percent, and in the 1990s cap rates were mostly between 6 percent and 9 percent. The simple cap rate reflects the income generated, relative to the value of land not accounting for capital gains and at 2.65 percent, is the lowest it has been in more than 40 years.

PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

Spring cleaning can make kitchens safer

"When are we going to make soap?" I asked my mother.

"One of these days, we will make soap," she responded.

I was quite persistent and asked almost every day. I was too young to be in school and a bit bored.

I thought we were going to make some pleasant-smelling bath soap with voluminous bubbles. I didn't know that the homemade mixture might have removed my skin.

Finally, the big soap-making day came. Mom opened all the windows on that spring day.

Soap making involved boiling tallow (fat) and lye. I was sent outside for fresh air, and I stayed outside. I never asked about making soap again.

That somewhat slimy brownish soap really worked in cleaning the scuffs from my tennis shoes, though. We had enough "homemade soap" for many years.

According to the Cleaning Institute, soap making dates back thousands of years and involved boiling fat with ashes long ago. Soap making became an art in European countries such as Spain and Italy. The European soap makers often used oil extracted from olives.

Overall cleanliness fell out of fashion during the Middle Ages in many parts of the world. Diseases eventually began to be associated with lack of cleanliness. In Japan and Finland, however, regular bathing and saunas, respectively, were popular.

Later, "detergents" were invented. While "soaps" are natural products made from animal or vegetable fat, detergents were invented by chemists. Most of the soaps we use today actually are detergents.

As we know, entire aisles in retail stores are dedicated to various cleaning products.

Cleaning agents are complex. Read the list of ingredients for a lesson in chemistry. Products might include "builders" to prevent minerals in your water from interfering with the actions of the detergent so

your dishes and glasses do not have streaks. Many detergents, including dish detergents, have colorants or fragrances as ingredients, along with their active agents.

As we enter spring, many people refresh their homes by doing some cleaning. Kitchens, in particular, can harbor pathogens (disease-causing organisms) because of the wide range of foods we prepare.

Bacteria love to grow in high-moisture, high-protein foods, and some types of bacteria can linger on surfaces. If we do not clean kitchen surfaces and cleaning cloths effectively, germs can be spread around our kitchens.

Cleaning and sanitizing are different processes. Cleaning removes visible soil (including food particles) and other contaminants from surfaces. "Sanitizing" reduces the amount of bacteria and other germs on surfaces. Chemical agents (chlorine solution) or the hot water cycle in a dishwasher can sanitize.

Surfaces such as counter tops, cutting boards and sinks, should be cleaned then sanitized with a chlorine bleach-water mixture or other suitable sanitizer, especially if raw meat has contacted the surfaces. Read the fine print on the product labels for appropriate amounts to use and any protective equipment or ventilation needed.

A 20-second handwashing process is critical before, during and after preparing food. The "soap" we use to clean our hands likely is a detergent.

These tips are based on information from the Partnership for Food Safety Education and other sources to focus your efforts in a home kitchen where they matter the most.

Be sure to wash cloth rags and towels in the hot cycle in your washing machine. Towels and sponges can be breeding grounds for bacteria. Paper towels are an option for wiping kitchen surfaces and drying your hands.

If you like sponges, change them at least every couple of weeks. The Good Housekeeping Institute recommends soaking sponges in a mixture of 3/4 cup of bleach per gallon of water for five minutes. This process will kill 99.99% of three strains of bacteria, according to their research.

Clean your refrigerator frequently. Experts recommend a once-a-week cleaning using hot water and soap on a soft cloth or paper towel to wipe spills. Avoid using chlorine bleach or abrasives that might harm the gaskets in your refrigerator.

Clean your sink, drain and disposals regularly. Bacteria can grow in a disposal unit, but you can kill bacteria with a solution of 3/4 teaspoon of unscented chlorine bleach per quart of water poured down the drain.

Don't forget to clean the

microwave at home or at work. Partially fill a microwave-safe bowl with water, place in the microwave oven and heat on high for about 4 minutes. After this steaming, use a mixture of hot water and dish detergent to wipe the surfaces. Then dry with a paper towel.

I always feel some satisfaction after cleaning an area of our home. When cleaning your cupboards or refrigerator, you may find some ingredients to use in these muffins. The beans are rich in fiber, and in most recipes, you can substitute up to half of the white flour with whole-wheat flour.

Apple Cinnamon Muffins

- 2 (15.5-oz.) cans Great Northern beans, drained and rinsed
- 1/3 cup low-fat milk
- 1 cup sugar
- 1/2 cup butter (or substitute your favorite oil)
- 3 eggs
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour

- 1/2 cup whole-wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 4 teaspoons cinnamon
- 1 large apple, peeled, finely chopped

Process beans and milk in a food processor or blender until smooth. Mix sugar and butter (or oil) in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda, salt and cinnamon. Gently mix in apples. Spoon mixture into 16 greased or paper-lined muffin tins. Bake at 375 F for 20 to 25 minutes. Cool on wire racks.

Makes 16 servings. Each serving has 180 calories, 4 grams (g) fat, 5 g protein, 32 g carbohydrate, 4 g fiber and 190 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

valspar

April Clearance Sale

\$10 off per gallon of Valspar Clearance paint.

While supplies last.

Excludes new Inventory

Wagon Wheel Lumber & Hardware, Inc.
Your Building Supplies Pioneer

701-462-8355
Washburn, ND 58577

HELP WANTED

HELP WANTED



BAR & GRILL
is looking for
Servers & Kitchen Staff

Apply in person or call
701-337-2070
Lake Audubon • Hwy 83
337-2070

HELP WANTED



OF GARRISON
Part Time C-STORE, HOT STUFF & BAIT SHOP

Must be able to work nights & weekends.

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

Benedictine
LIVING COMMUNITY | GARRISON
HELP WANTED

Come Join Our Team!!

CNA Full-Time

Not a CNA? We Can Help!

SIGN-ON BONUS

Apply at www.blcgarrison.com

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

HELP WANTED

White Shield School



- Elementary Principal
- School Business Manager
- 2 Elementary Teacher
- 1 Title One Teacher
- 1 Gifted/Talented Teacher
- 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.

NOW HIRING - EQUIPMENT OPERATOR IIs (MAY CONSIDER UNDERFILL)

Are you looking for a rewarding career with an excellent work-life balance, three-day weekends from March to October, overtime opportunities, and room for advancement? If your answer is an enthusiastic yes, please keep reading!

The McLean County Highway Department team is looking for two or more dependable candidates to fill full-time

EQUIPMENT OPERATOR II (EO II)

positions in Garrison. Dependent on the applicant pool, the position(s) may be underfilled at the Equipment Operator I (EO I) level which **does not** require a CDL license to start work. If filled at the EO I level, the successful candidate will be required to obtain their CDL license within the first year of employment. The county will provide training and assistance to the candidate in the CDL licensing process. Applications will be accepted until **4:00 P.M. on Friday, April 14, 2023.**

New team members must reside within 40 minutes travel time of the Garrison Highway Shop. To view the complete job description or to apply, visit www.mcleancountynd.gov/employment.

If filled at the EO II level the salary range is \$44,232.36 - \$64,563.20 (adjustments may be given for verifiable and applicable previous experience); if filled at the EO I level the salary range is \$41,623.11 - \$60,756.80. The county offers 100% employer-paid participation in ND Public Employees Retirement System defined benefit (pension) retirement program and 100% employer-paid low deductible, health insurance for either single or family coverage.

Preference will be given to applicants with prior experience in operation and routine maintenance of construction equipment. High school diploma is **REQUIRED** on first day of work. The determining factor for hiring at the EO I or EO II level will be possession of a Class A North Dakota Driver's License with tanker and air brake endorsement on first day of work.

For further information, contact Lori by phone at (701)462-8541; via email at lfoss@nd.gov; or visit www.mcleancountynd.gov/employment. Résumés may be included with the application but will not be accepted in place of an official application.

McLean County is an Equal Opportunity Employer.

GSSC SECURITY OFFICERS

GENERAL SECURITY SERVICES CORPORATION™

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!



STATEWIDES

HELP WANTED DEAN OF CAREER AND TECHNICAL EDUCATION. NDSCS has a FT, 12-month, position available in Wahpeton, ND. The Dean provides strategic and collaborative leadership for the Division and oversees its academic, personnel, financial, and administrative affairs. Benefits include: Fully paid single or family Health Insurance, Life Insurance, Retirement, Tuition Waivers etc. Screening begins immediately. Interested candidates must submit the online application. EOE. For more information go to: <https://www.ndscs.edu/join-our-team>

REPORTER, Journal Publishing, Crosby, ND. Two newspaper group, circulation of 3000+. Join our award-winning team! Competitive pay, benefits. Cover letter, resume and clips to: journal@crosbynd.com <<mailto:journal@crosbynd.com>> .

HUMAN RESOURCES DIRECTOR/RISK MANAGER. Williston State College – Williston, ND. This is a 12-month position with full benefits. The Human Resources Director/Risk Manager serves the President, faculty, and staff by developing, planning, implementing, and administering all aspects of the human resource function. Go to <https://willistonstate.edu/about/Employment/> for more information.

DIRECTOR OF FACILITIES MANAGEMENT. NDSCS has a FT, 12-month, position available in Wahpeton, ND. Responsible for carrying out the planning, maintenance, and operations for all campus facilities, structures, HVAC systems, equipment, grounds, ware-

house, utility systems, pavements and remote locations. Benefits include: Fully paid single or family Health Insurance, Life Insurance, Retirement, Tuition Waivers etc. Screening begins immediately. Interested candidates must submit the online application. EOE. For more information go to: <https://www.ndscs.edu/join-our-team>

A place in the heartland is calling your name. In an area that boasts some of the region's best hunting, fishing and outdoor recreation, Hefty Seed of Hurdsfield, ND is looking for a **SALES AGRONOMIST** to join our established but growing team. With a large acreage available for hunting and many beautiful lakes nearby, the area is perfect for any outdoor enthusiast. A brand new 2280 sq ft home is available this summer for an agronomist who is looking to work in an enjoyable environment while providing dedicated service to our valued customers. The position features top pay and benefits, and we are looking to invest in an individual who will be a great fit at our central location. If you could see yourself in this opportunity, please send your resume and cover letter to mike.riehl@heftyseed.com <<mailto:mike.riehl@heftyseed.com>> or call Mike at 701-962-3343 for more information. We are looking forward to working with you.

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.

EDUCATION/TRAINING 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, 701-929-9679. (M-F 8AM-6PM ET).

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: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 844-254-7522.

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 BEHIND ON YOUR MORTGAGE PAYMENTS? Threatened with foreclosure? Denied a loan modification? Let us help! Call the Homeowner Relief Line to speak with a mortgage specialist. 877-242-2596.

LAND WANTED AG LAND PRICES Skyrocket to All-Time Highs! Thinking of selling? We have buyers! We offer the most competitive commission rate. No hidden

fees! Call Nikolaisen Land Company. 844-872-4289.

REAL ESTATE FOR SALE ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

FARM EQUIPMENT CAT 924K Setup for farming! Enclosed Cab, 4WD, New Front Glass, 10K Hours. Located Billings. Call 406-607-5889.

MISCELLANEOUS FOR SALE DIRECTV SATELLITE SERVICE Starting at \$64.99/mo plus taxes and equipment. 2-Year Price Lock! Free Installation! 165+ Channels Available. Call Now For The Most Sports & Entertainment On TV! 866-530-1662.

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 855-754-3470

DISCOUNT AIR TRAVEL. Call Flight Services for best pricing on domestic & international flights inside and from the US. Serving United, Delta, American & Southwest and many more airlines. Call for free quote now! Have travel dates ready! 866-530-1662.

PROTECT YOUR HOME AND FAMILY with Vivint Smart Home. Call 866-391-9779 today to receive a FREE \$50 GIFT CARD with your purchase. Use promo code: FREE50.

NEVER CLEAN YOUR GUTTERS AGAIN! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-354-0572.

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

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 VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00! 100% guaranteed. CALL NOW! 855-559-1454.

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 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.

Support democracy.
Subscribe to your local newspaper

DAKOTA DATEBOOK

Mess at Camp Rucker

BY MERRY HELM

April 18, 2023 — The war in Korea was raging in the spring of 1951, but North Dakota guardsmen from the 164th infantry and the 188th field artillery units were still in the states, training at Camp Rucker, Alabama. On this date in '51, F.J. Froeschle reported the North Dakotans were doing well. In fact, many had gained as much as 25

pounds, thanks to the ample amount of food being served in the mess halls.

Brothers Orville and Virgil Shipman, of Bismarck, took part in preparing hearty meals for Company A. Led by Mess Sergeant Alois Holzer, the Shipman brothers and nine other men were up by 3:30 each morning preparing meals for 248 men—work

they didn't complete until 7:30 at night.

When asked about a recent report that Camp Rucker had a pepper shortage, the men told Froeschle that pepper was plentiful. It was pepper shakers they were lacking.

"Dakota Datebook" is a radio series from PrairiePublic in partnership with the State Historical Society of North

Dakota and with funding from Humanities North Dakota. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

Look! Up in the Sky!

BY STEVE STARK

April 21, 2023 — Carl Ben Eielson's history-making 1928 flight over the North Pole in his orange Lockheed Vega was reported on this date in North Dakota papers, but another colorful flight made smaller, more hysterical than historical headlines in the state.

A broken wheel on a refrigerator car 18 miles

west of Jamestown caused the derailment of 15 railroad cars. There were no reported injuries except for bruised and damaged fruit, which reportedly went flying trackside in all directions. The track suffered damage to about 15 lengths of rail.

"Dakota Datebook" is a radio series from PrairiePublic in partnership with the State

Historical Society of North Dakota and with funding from Humanities North Dakota. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

Place an Ad today!

St. Catherine's Annual Soup, Sandwich, & Dessert

Monday, April 17th
Serving from: 11:00 am-2:00 pm & 4:00-7:00 pm

Catholic Church of St. Catherine
104 Main Ave., Turtle Lake

Soup -- \$2.50
Sandwich -- \$3.00
Dessert -- \$2.50
Beverage included
Please call 448-9289
April 17th for home delivery.



Beat the winter blues and leave the shoveling to us!

Join The Meadows Independent/Assisted Living for 1 to 6 months; you choose. No long-term commitment!

- No shoveling, cooking, or cleaning!
- Stay independent and active
- Meet new friends
- Try it before making a permanent decision

We provide meals, social activities, and maintenance while you enjoy a beautiful, fully furnished apartment. Fitness room, wellness programs, spiritual care, transportation, salon/barber shop, health care, laundry, garage, and more are available—all on-site!

Excellent rates! Call today: (701) 463-6237



719 4th Ave. NE
Garrison, ND
www.blcgarrison.com

LAKE SAKAKAWEA LAKE SIDE VIEW

LAND AUCTION

126.14 Acres in Mercer County - Located 1/4 mi. South of Lake Sakakawea & 1/2 mi. East of Hazen Bay

Thursday, May 4th, 2023 @ 6:00 PM CT

Auction Location: Pick City Hall - Pick City, ND 58545

LEGAL DESCRIPTION:
LOT 3, 4, 5, 6 & THE N46 ACRES OF THE N2 SW4-SEC.35-147-86 (126.14 ACRES)

Tillable Acres: 40.07 (PIN 86.11)
Pastureland & Other Acres: 86.07

Driving Directions:
From Hwy. 1806 NE of Hazen, ND or SW of Pick City, ND - 2 miles N on Cty Rd 29, 0.6 mile N on 49th Ave NW & 0.5 mile W. on section line.

There will be no online bidding for this auction, but telephone bids will be accepted.

For Additional information contact:
Shane Wolff (701) 870-9090 or Scott Johnson (701) 840-1233
Seller: Amy Johnson



Auctioneers Note: Here's a rare opportunity to have a chance to buy a lake side view of Lake Sakakawea! This parcel offers 40.07 acres of tillable land & 86 acres of deep wooded ravines of pasture ground that runs towards Lake Sakakawea. Included are natural springs, beaver dams, fantastic hunting & what could be a developer's dream property!

For additional information on this auction and upcoming auctions go to www.wolffauctioneers.com

WOLFF AUCTIONEERS LLC

SHANE WOLFF
LIC. #2
701-983-4573
701-870-9090

HEAD CLERK
PAULA JO WANNER
LIC. #664
701-870-1406 (BUS.)

Visit our web site: www.wolffauctioneers.com



Open 4th
Thursday of
Every Month

Food Pantry Distribution Day - Garrison

Thursday, April 27th • Noon-2 p.m. and 5-7 p.m.

DRIVE-BY PICK-UP ONLY IN ALLEY

Donations/memorials accepted at: GARC, PO Box 1002, Garrison, ND 58540 or make a donation directly to our account at Krause's.