

# Xtra

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PRSR STD  
US POSTAGE  
PAID  
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Garrison, ND

ECRWSS

Postal Patron  
Deliver By Monday  
Vol. 40, No. 9  
Monday, June 26, 2023

*The best circulation for your dollar*

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**Advertise with us!**

**FOR SALE BY SILENT AUCTION**  
Government surplus equipment located at the Sheridan County Shop consisting of:

- 1977 International Dump Truck
- Road signs
- Used Motorgrader Tires
- Used Pickup Tires
- Grease cans w/hand pumps
- Receiver hitch load extender
- Fuel additives
- Gun Cases
- Many misc. items too numerous to mention



Unless specified, all items are in fair condition. Items may be viewed at the **Sheridan County shop, 531 5th Ave NE, McClusky, ND** during regular business hours from **8:30 a.m. to 4:00 p.m.** except for larger shop equipment listed above is lined up outside by the **Sheridan County Shop 1/2 mile north of McClusky**. Bids should include the name and bid price on each sheet provided at the Sheridan County Shop. Bids will be accepted beginning **Tuesday, June 20, 2023 at 8:30 a.m.** and **end at 1:00 p.m. Tuesday, June 27, 2023**. Phone in bids by an agent are allowed. The person with the highest bid on each item will have first choice if there are more than one of that item. Payment will need to be made to the County Treasurer before picking up County surplus equipment. County surplus equipment must be picked up no later than end of the day **Friday, June 30, 2023**. If you have any questions or need to schedule to pick up items call the County shop at **#701-363-2396**.

Shade Tree Experts - Business since 1974

## R & C Tree Service

**NOW WORKING IN THE AREA**

Complete Tree Service: Trimming & Removal - Stump Removal  
License & Bond Insured  
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Excellent Work - Fair Price - Free Estimates  
**Call J.P. Roberge 701-334-0381**  
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*Credit Cards Accepted*

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\*Not all products underwritten by Farmers Union Insurance

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719 4th Ave. NE  
Garrison, ND 58540

# SERVICE DIRECTORY

## MEDICAL

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**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)

**Northland HealthCenters**

**Turtle Lake - Dental**  
 Hours: Mon 8-6:30, Tue-Thurs 8-5, Fri - 8-1

**Turtle Lake - Medical**  
 Hours: Mon 7-5, Tue-Thurs 8-5

**701-448-9225**  
[www.northlandchc.org](http://www.northlandchc.org)  
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**Eyecare Professionals**

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 Dr. John Helmers  
 Dr. Emily E. Zinke  
 Dr. Anna L. Helmers

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**Mandan 663-2020**  
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 We guarantee low prices.  
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 701-460-7471 (Steve)  
 szach@restel.net  
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**Joe Wolken** PO Box 925  
 Cell #897-1595 Garrison, ND 58540  
 e-mail: [jwelectric@restel.com](mailto:jwelectric@restel.com)  
 Master Electrician #M2398

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**Marcus Matthews** (701) 898-8771

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 (701) 337-6433 MIKE CELL  
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 GARRISON, ND 58540

MIKE MATTESON | JEAN WITT | MCKAILA BEHLES  
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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](mailto:jwilson@wilsonlawND.com)

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- Business Entities & Planning
- Real Estate & Title Opinions
- Family Law • Criminal Law
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[amoninsuranceagency@gmail.com](mailto:amoninsuranceagency@gmail.com)

Locally owned and operated  
 Serving the Garrison & Minot areas for 23 years.

# 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

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- Hunter Precision Alignments
- Golf Car Sales and Service



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*Vikki Ash*

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Troy & Danielle Hummel, Owners \*Free Estimates & Consultation

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(701) 337-5500

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



*Dirty Dan's* Daniel Saxberg 701-460-0409

- Mowing, Trimming, Cleanups
- Skid Steer Services: Dirt Work, Shelter Belt Cleanups
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DIRT & LAWN CARE Locally owned in Underwood, ND



## CALENDAR

FFL Dealer | Gunsmith | Gun Sales | Reloading Supplies

**Rough Rider Gun Repair**

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



**Saturday, June 24**  
**LORD'S PANTRY FOOD DISTRIBUTION** is held at Trinity Lutheran Church in Turtle Lake from 2 pm -4 pm. No referrals or pre-registration required. All in need are welcome to received food at no cost.

**FRONTIER MILITARY DAYS**, Fort Stevenson State Park, 12-4 p.m.

**THE THRIFT STORE**, GARC, 10 a.m. to 1 p.m.

**FOOD PANTRY DISTRIBUTION**, Community Food Pantry, 181

**ELLSWORTH STREET**, Makoti, 10 a.m. to 1 p.m. Drive-up only.

**UNDERWOOD MIDSUMMER CLASSIC CAR AND BIKE SHOW**, Underwood City Park, registration starts at 10 a.m.

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

**WILD PRAIRIE SOLUTIONS LLC**

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Septic System Installation, Repair and Replacement  
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**Sunday, June 25**  
**FRONTIER MILITARY DAYS**, Fort Stevenson State Park, 12-4 p.m.

**CELEBRATION OF LIFE** for Rhonda Seidler and Rochelle Coker, Steve and Karmen Seidler home (1760 34th Avenue NW, Garrison), 12-2 p.m.

**Monday, June 26**  
**YOGA**, First Congregational Church, Garrison, 8 a.m.

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

**Wednesday, June 28**  
**YOGA**, First Congregational Church, Garrison, 8 a.m.

**THE THRIFT STORE**, GARC, 10 a.m. to 4 p.m.

**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



**Thursday, June 29**  
**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

**Thursday, July 6**  
**COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY** from 4 p.m. to 6 p.m. McLean County Residents in need are welcome to food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

**OUTLAW TREE SERVICE LLC**

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TREE REMOVAL • TREE TRIMMING • STUMP GRINDING

- FREE ESTIMATES -  
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**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  
**Garrison Library** is open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.

**Leader - News**  
 701.462.8126 nordaknorth.com

# PRAIRIE FARE

By Julie Garden-Robinson, Ph.D., R.D., L.R.D

## Soaking up the sunshine vitamin

“Mom, you can’t spend our vacation in the gift store!” my kids said.

I wasn’t even buying anything. I was enjoying the cool environment of the gift store. When I stood on the pavement outside, I felt as though I was standing on the surface of the sun.

I ventured out of the gift store a while. I think the shop owner was eyeing me a bit suspiciously, so I bought a bottle of water.

Several years ago, we took our kids on a vacation in August to a sunny state. Unfortunately, I do not fare well in extreme heat and humidity, and the thermometer showed at least 100 degrees.

I obviously survived the heat, and I did not return home with a tan. Unlike a lot of my contemporaries, I was never a sun worshipper in my youth.

Years ago, some of my friends applied a mixture of baby lotion and iodine, and then they fried in the sun for hours. Meanwhile, I was inside or sitting in the shade until early evening when the temperature cooled enough for me to go bike riding.

Now we know that tanning

increases our risk for sunburn, aging of the skin (wrinkling, sagginess) and ultimately, skin cancer. In fact, sun tanning beds are considered a “known carcinogen” (cancer-causing agent) by the Food and Drug Administration.

I am thankful for the lotions that add a little color to our skin safely without sun exposure.

However, sunlight does have positive effects. Without sunlight, plants would not be able to photosynthesize and produce food and beauty in our environment. Sunlight acts as a disinfectant and kills bacteria on surfaces. Adequate sunlight can boost our mood.

The action of sunlight on our skin produces vitamin D. However, you only need two or three short exposures (15 minutes) of sun on your skin per week to make vitamin D.

Vitamin D has numerous potential health benefits. Most of us are aware of vitamin D’s role in helping our bodies use calcium to build and maintain strong bones. Vitamin D is needed to help our nerves convey messages from the brain throughout the body. We need enough vitamin D to sustain our immune system.

Years ago, mothers used to “sun bathe” infants to reduce their risk of rickets, a bone softening condition usually caused by lack of vitamin D. Sun bathing your baby is not a recommended practice. Health experts recommend sun hats and other protective clothing and sunscreen for children.

Exclusively breastfed infants usually need vitamin D supplement drops, but the amount given should be on the recommendation of a pediatrician. When you introduce solid foods into an infant’s diet, be sure the foods are rich in nutrients. Check for vitamin D.

Older adults, young children, people with dark skin, and people who cover their skin for religious or cultural reasons are more at risk of vitamin D deficiencies. To know your vitamin D status, you would need lab testing.

Besides the action of sunlight on our skin, we can take in vitamin D from food and dietary supplements. Fortunately, the latest version of Nutrition Facts labels includes vitamin D levels in a serving of the food. You might notice that a lot of food products provide no vitamin D.

Vitamin D has been added to cow’s milk since the 1930s as a public health measure. This fortification of milk was designed to reduce the risk of bone-weakening conditions, including rickets in children and osteomalacia in adults.

Besides milk, vitamin D often is found in fortified cereals and fruit juices. Trout, salmon, canned tuna and egg yolks are among the food sources where vitamin D is naturally present.

For adults 19 and older, the Recommended Dietary Allowance (RDA) is set at 600 International Units (IU). Fortunately, food labels and supplement labels will provide a percent of the daily value. If a food has 30% of the daily value, you have taken in about one-third of your daily requirement.

If you choose a supplement, be aware that vitamin D3 is the form produced by humans and animals. Vitamin D3 has been shown to be absorbed better than D2. Both forms will help with vitamin D deficiency, though.

Be sure to get your vitamin D with a little sun and well-chosen foods, and perhaps, a supplement as additional

insurance during cold months.

Enjoy a salmon steak, which holds up well on the grill. Salmon steaks usually are sliced to a uniform thickness, so they cook evenly. Before you light the fire, coat the rack with cooking spray so the fish won’t stick to it.

**Grilled Salmon**  
1 tablespoon smoked paprika  
1 teaspoon black pepper  
1 teaspoon salt  
1 pound salmon steaks  
About 4 teaspoons honey

Mix the spices together in a small bowl. Rub the mixture evenly over the salmon. Grill for five minutes per side, drizzling lightly with a squeeze from the honey container (about 1 teaspoon per steak) just before they’re done.

Makes four servings. Each serving has 190 calories, 23 grams (g) protein, 7 g carbohydrates, 7 g fat, less than 1 g fiber and 630 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)

## Bill Klemetson Collectable Auction

Saturday, July 8 @ 10 a.m.

2641 76<sup>th</sup> Ave NE – Bismarck, ND 58503

### Collectables

- Seeburg Juke Box
- Monarch Malleable Cast Iron Cook Stove (Sharp!)
- 1972 Suzuki XR 400 Snowmobile (Nice)
- Genuine Mills Vintage Slot Machine
- Gambler’s Choice Poker Machine
- Remington 552 Speedmaster .22
- Syracuse Arms 12 gauge Double Barrel
- Ranger Bolt Action .22
- Daisy BB Guns
- Betty Boop Golf Statue
- Chevrolet Neon Light
- International Harvester Clock
- Texaco Cabinet
- International 1066 Table
- Burma Shave Signs
- 1/16<sup>th</sup> Toys Including International, Caterpillar, Minneapolis Moline, Ford, Allis Chalmer, John Deere, Oliver, Case, and Massey Ferguson
- Miniature Gas Pumps
- Antique Pedal Car

- Metal Signs including 7-UP, Heineken, International Harvester, Minneapolis Moline, Quaker State, Mobil Gas, Texaco, AC, Pennzoil, Chevy, Route 66, Mopar
- Vintage Owners Manuals
- Car & Tractor Emblems
- Horse Drawn Plow
- Pay Phone

### Hoist & Tools

- Direct Lift #8000 Four Post Hoist (Like New)
- Hotsy Pressure Washer
- Two Kobalt Toolboxes
- Craftsman Tools
- Gearwrench Ratcheting Wrenches
- Craftsman Toolbox
- Anvil
- Kobalt 30 Gallon Air Compressor
- Manual Tire Machine
- Parts Washer
- Drill Press
- Bench Grinder
- Chop Saw
- Daytona 3 Ton Jack
- Craftsman Shop Vac
- DeWalt Cordless Tools
- Bolt Bins (Full)

- Pittsburg Winch
- Babco Bench Vice
- Air Tools
- Tap & Die
- Hose Reels
- Oil & Antifreeze
- Gravity Tanks on Stands
- Wagon Wheels

### Furniture & Mobility Scooters

- American Security Safe
- Couches
- Electric Recliners
- Vintage Westinghouse Fridge
- Heavy Duty Shelving
- Rascal Mobility Scooter (Nice)
- Two Flat Screen TVs
- Broil King Propane Grill (New)
- Much Much More!

Auctioneer’s Note: This is probably the cleanest auction you will go to all year! Everything is in excellent condition. Great collectables including many original signs. Tools are all high quality. Expect surprises!

### Neumiller Auctioneers LLC

Cory Neumiller, Lic. #2069 & Joel Neumiller, Lic. #2070; Neumiller Auctioneers LLC, Clerking Lic. #2071



Go to [Neumillerauctions.com](http://Neumillerauctions.com) for more photos  
Cory Neumiller 701-460-7942 Joel Neumiller 701-220-0983



## Hay land bids:

Available at West Ridge Golf Course. Place bids with Underwood Public Recreation System. Bids are due by June, 26 2023.

Contact Graydon Ash at 701-442-3458.


**GET IN GEAR**  
PLACE AN AD HERE  
701.462.8126

**LATEST NEWS**

## UPCOMING ANNIVERSARY?

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

CALL 701.462.8126 FOR MORE INFORMATION!



**KOTA THEATRE**  
Main St., Garrison  
Adults - \$7 Under 13 - \$5  
Where popcorn is still only 50¢  
Movies start @ 7:30 pm

**Spider-Man: Across the Spider-Verse, PG**  
After reuniting with Gwen Stacy, Brooklyn's full-time, friendly neighborhood Spider-Man is catapulted across the Multiverse, where he encounters a team of Spider-People charged with protecting its very existence. However, when the heroes clash on how to handle a new threat, Miles finds himself pitted against the other Spiders. He must soon redefine what it means to be a hero so he can save the people he loves most. 2h 16m, Action/Adventure 2023  
June 23 & 24.....7:30 pm

**Indiana Jones and the Dial of Destiny, PG-13**  
Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA. 2h 22m, Action/Adventure 2023  
June 30 & July 1 .... 7:30 pm  
July 7 & 8.....7:30 pm

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CALL TONY HEIDRICH "THE BEEF GUY" 701-391-0109  
SELLING BEEF FOR 18 YEARS

**FRONTIER MILITARY DAYS**  
at Fort Stevenson State Park-Garrison  
Saturday & Sunday, June 24 & 25, 2023  
Noon to 4 p.m.

**BOTH DAYS!** Frontier Military Encampment

- CANNON FIRING  
Noon & 3:30 p.m.
- 1870s Period Re-Enactors
- Hands on old-time skills & crafts
- Tour Guardhouse
- SPECIAL ACTIVITY TIMES  
Tomahawk Throwing: 12:30, 1:30, 3 & 4 p.m.  
Butter Making: 1 & 3 p.m.

**SATURDAY ONLY!**  
Falconry & Raptor Presentation  
FREE Root Beer Social following presentation

**SUNDAY ONLY!**  
Hunter Andes "The Elders" Stories of Fort Berthold  
FREE Pie & Ice Cream following presentation

**VISITOR APPRECIATION DAY**  
Sunday: Free entrance into park  
Event sponsored & hosted by: Fort Stevenson Foundation



**AUCTION** **Friday**  
JULY 7, 2023  
SALE TIME: 10:00 AM

**BILL KLEMETSON**  
14801 North 26th Street, Bismarck, ND

FROM BISMARCK, ND: North On Hwy 83 To 71st Ave.,  
2 Miles East ( 26th Street), 6 Miles North To 14801 North 26th Street NE

NOTE: All Equipment & Vehicles Have Been Stored Inside And Are In Showroom Condition. Vehicles & Older Tractors Have Been Restored  
Auction Will Be Completed By 12:00 Noon

<b>TRACTORS -</b> SHOWROOM CONDITION	<b>OTHER EQUIPMENT</b>	<b>VEHICLES &amp; UTV</b>
Kubota L4060 Diesel Tractor, Cab, 3-Point, W/LA805 Loader, Dirt Bucket, 156 Hours & 600 CT Sheyenne Black Mac Snowblower (Will Be Sold Separate)	Bush Hog 3 Point Tiller 3 Point Sprayer & Poly Tank Buhler #620 Rotary Mower (2) John Deere 7 Ft. PDA Drills W/Fertilizer	1976 GMC 1/2 Ton High Sierra Pickup, Auto Trans., 4x4, (Restored) 1982 Blazer K-5 BLZ Model, Auto Trans. 2020 Polaris Range XP UTV, Cab, Air, Heat, 3900 Miles, W/Polaris Blade
John Deere 3039 R Tractor, FWA, Roll Guard & Quick Hitch, 15 Hours John Deere 2032 R Tractor, FWA, 77 Hours, With 220 R Loader, Dirt Bucket & Pellet Forks	Frontier 5 Ft. 3 Point Box Blade Buhler 3 Point 5 Ft. Mower IHC 3-Bottom Plow IHC 2-Bottom Plow Antique John Deere 2-Row Potato Planter	
IHC 504 Gas Tractor, 3-Point, TA, New Tires IHC 656 Tractor, Gas, 3-Point, New Tires IHC W-4 Tractor, New Tires	IHC 10 Ft. Chisel Plow 2-Section Harrow 2000 Gal. Fuel Tank W/Pump 1000 Gal. Fuel Tank W/Pump Cement Mixer Small 2-Wheel Trailer	SHOP ITEMS Tweco Wire Feed Welder Acetylene Torch Drill Press Cherry Picker Large Press Floor Jack Air Compressor Moisture Tester Generac Generator, 8000 Watt 20,000 Lb. Porta Power Table Saw Mitre Saw Belt & Disc Sander Bench Grinder Battery Charger Fuel Service Tank
<b>TRAILERS</b> 2006 Felling 6'x15' Trailer, Bumper Hitch W/Ramps Aluma 7712 Tilt Model Aluminum Trailer, 12' HD Trailer W/Flatbed 4'x6' Work Sport Trailer		

VIEW PHOTOS AT [WWW.BITZAUCTION.COM](http://WWW.BITZAUCTION.COM)

LUNCH WILL BE SERVED

**BITZ AUCTION** 6556 Centennial Road, Bismarck, ND 58503

GEORGE A. BITZ ND Lic. #203  
PIUS A. BITZ ND Lic. #123  
VINCENT A. BITZ ND Lic. #204 701-220-5007  
STEVEN BITZ ND Lic. #1006

OWNERS RETAIN THE RIGHT TO REJECT ANY & ALL BIDS

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

[www.bitzauction.com](http://www.bitzauction.com)

Not Responsible For Accidents

# THE CLASSIFIEDS

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

## ANNOUNCEMENTS

NEW IN the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.

36-TFNCCI 58540

**SUPPORT GROUP:** Alcoholics Anonymous Hotline 1-888-680-0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 8 p.m., Sacred Heart Church, 734-6544.

15-TFNPI 58540

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

52-TFNPI 58540

"WANT TO Save some Money?" Check out the specials in this week's XTRA. If you're not receiving the XTRA, call this newspaper and we'll make sure you do.

24-TFNPI 58540

## FARM RELATED

**HEATED SHOP FOR RENT** by the day, week or month. 50x100, has welder, torches and lots of tools. Call Jason, 701-870-0415.

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

21-1TCHG 58540

**EQUIPMENT FOR RENT:** Hay Hiker, self-loads, 14 bales; portable diesel welder on trailer. Call Jason, 701-870-0415.

21-1TCHG 58540

**BULK FUEL** sale and delivery. Premium Clear #2 fuel, \$3.68/gallon; Premium Dyed #2 fuel, \$3.25/gallon; Unleaded Gas, \$3.25/gallon. Call for current pricing. Call Jason, 701-870-0415.

21-1TCHG 58540

**CUSTOM SPRAYING** with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5.50 an acre. Will supply chemicals or use your chemicals. Will travel. Call Jason, 701-870-0415.

## GIVEAWAY

23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.

21-TFNCCG 58540

## LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday June 26th, and Monday August 7th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions, also follow us on Facebook.

## MISC. FOR SALE

**FOR SALE:** 3 miles from Garrison. 4-5 seat Twilight Series hot tub with easy to lift off cover and steps. Good working order. Multiple jet settings and lights. Just don't use. 7 feet square. Skirted in insulated light brown siding. Call 701-460-7130 to see. \$1,895.

9-2TCHGXT 58540

## NOTICES

**HAVE YOU BEEN** in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.

1-E-TFN-NC 58577

## PETS FOR GIVEAWAY

**Border Collie/Sheltie Cross** 2 puppies, 1 male/1 female. Good working class, good with children, Loveable, medium sized friends. Please call Kim Vincent 701-462-1838

## REAL ESTATE FOR RENT

1 Bedroom & Studio Apartments for rent. Call Larry 701-463-2320, 701-421-5002

1-TFNCHGX 58540

**For Rent in Washburn** 3 bedroom 2 bath Mobile home. 701-315-0034 \$825 plus deposit. Call or email peyertammy@gmail.com for application.

## REAL ESTATE FOR SALE

**House for Sale;** Riverfront property, 2 1/2 bath, 4 bedroom 1/2 mile from 18 hole golf course. Call 701-400-7793.

## 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.

1-E-TFN-NC 58577

## HELP WANTED: Customer Service Representative

\*\*\*Benefits\*\*\*

- Full Time • Weekends
- Must be able to lift 50 lbs.
- Operate Cash Register • Training Provided

Call Darryl for more details



1619 HWY 83 NW  
Intersection of Hwy 83 & Hwy 37  
GARRISON, ND  
**701-337-2500**

## HELP WANTED

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

## HELP WANTED

White Shield School



- 1 Gifted/Talented Teacher
- Elementary Teachers

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



BAR & GRILL

is looking for

**Servers & Kitchen Staff**

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070



LIVING COMMUNITY | GARRISON

## HELP WANTED

### RESTORATIVE SERVICES CNA

Full-time Days/ M-F

The Benedictine Living Community | Garrison is seeking a Restorative Services CNA. This person serves as the liaison between Therapy Services and Nursing, and is responsible for implementing and maintaining resident restorative programs while assuring resident safety and care. We are willing to train & pay for CNA certification.

Apply at [www.blcgarrison.com](http://www.blcgarrison.com)  
Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"



LIVING COMMUNITY | GARRISON

## Health Information Manager

Full-time position available at the Benedictine Living Community | Garrison.

We are looking for someone who wants to join our strong team and has the following skill set:

- Knowledge of information systems and health application with state and federal regulations.
- Strong organizational skills with the ability to analyze data and recall multiple policies/procedures.
- The ability to audit medical records and evaluate systems and be able to handle multiple priorities.

We offer a great benefit package and competitive wages.

Apply online at [www.BLCgarrison.com](http://www.BLCgarrison.com)  
Or contact Scott Foss (701) 463-2226

"EQUAL OPPORTUNITY EMPLOYER"

## WASHBURN SCHOOL EMPLOYMENT OPPORTUNITIES

The Washburn School District is seeking applicants for the following position for the 2023-24 School Year:

### Kitchen Helper

This is a **20-24 hour per week** position that assists in the kitchen for our breakfast and hot lunch program. Position is open until filled. Salary DOE. Applications may be submitted at: <https://tinyurl.com/WashburnApps>. Contact Dr. Penny Veit-Hetletved at [penny.hetletved@k12.nd.us](mailto:penny.hetletved@k12.nd.us) or 701-462.3221 for any questions. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.

The Washburn School District is seeking applicants for the following position for this summer:

### Part Time Custodian

This is a **20-24 hour per week** position that assists with custodial duties in the summer. Position is open until filled. Salary DOE. Applications may be submitted at: <https://tinyurl.com/WashburnApps>. Contact Dr. Penny Veit-Hetletved at [penny.hetletved@k12.nd.us](mailto:penny.hetletved@k12.nd.us) or 701-462.3221 for any questions. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.



**HELP WANTED**

 **Benedictine**  
LIVING COMMUNITY | GARRISON  
**HELP WANTED**  
*Come Join Our Team!!*

- **Housekeeper**
- **Life Enrichment**

Apply at  
[www.blcgarrison.com](http://www.blcgarrison.com)

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

**Coaching Positions Available at GHS**

We are currently seeking applicants for the following coaching positions:

**VARSITY VOLLEYBALL  
JH FOOTBALL  
for the 2023 Fall Season**

Contact Dr. Klemisch or Malynnda Iglehart at Garrison High School at 701-463-2818 for more info.

**Place an ad!**

**363 Eatery**  
is looking for a part-time  
**Cook & Waitress**  
*Flexible hours, nights off.*  
McClusky, ND  
Call 701-363-9902  
and ask for Patty.

 **Benedictine**  
THE MEADOWS  
**Neighbor Assistant /CNA**  
Full time with great benefits.  
If you enjoy working with people we have a great team. If you are not certified we will help you get certified!  
Apply online at [www.blcgarrison.com](http://www.blcgarrison.com)  
Call Tasha Jerome for more information.  
**(701)463-2226**  
"EQUAL OPPORTUNITY EMPLOYER"

 **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!

**TRUCK DRIVER WANTED**  
*Truck driver for propane & fuel. Should have current CDL, Health Insurance, 401k, paid vacation & sick time. Stop in and see Paul for application.*




OF GARRISON  
Hwy 37 • Garrison, ND

**WASHBURN SCHOOL EMPLOYMENT OPPORTUNITIES**

The Washburn School District is seeking applicants for the following coaching position for the 2023-2024 School Year:

- Drama Coach (Fall)**
- Southern McLean Football Cheerleader Coach (Fall)**
- Washburn 7th and 8th Grade Volleyball Coach (2 Positions) (Fall)**
- Assistant Varsity Volleyball Coach (Fall)**
- Washburn Boys' and Girls' Basketball Cheerleader Coach (Winter)**
- Washburn Assistant Boys' Varsity Basketball Coach (Winter)**
- Southern McLean Track Assistant Coaches (Spring)**
- Elementary Volleyball Coach (Spring)**

Position is open until filled. Salary DOE. Applications may be submitted at: <https://tinyurl.com/WashburnApps>. Contact Dr. Penny Veit-Hetletved at [penny.hetletved@k12.nd.us](mailto:penny.hetletved@k12.nd.us) or 701-462.3221 for any questions. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.



**STATEWIDES**

**HELP WANTED**  
**MAYVILLE STATE HAS OPENINGS** for the following Full-time positions: General Accountant, Maintenance Supervisor, Heating Plant Operator, and AHEC Education Coordinator visit [www.mayvillestate.edu/employment](http://www.mayvillestate.edu/employment) for more information and to apply!

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**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).

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**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.

**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.

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**ANNOUNCEMENTS**  
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**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.

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# WE THE PEOPLE

BY DAVID ADLER

## Trump Trial Challenges American Democracy and Rule of Law

A reader's question has captured the history-making nature of the forthcoming trial of former President Donald Trump. "What are the implications of the trial for the Constitution, presidential power and the rule of law?"

The gravity of the nation's first federal indictment of a former president cannot be overestimated. The rule of law, constitutional government, presidential power and, we should add, American Democracy, are on trial.

Defenders of President Trump, like the former chief executive himself, decry the indictment as part of a long-running "witch hunt," a "political trial" that reflects, they claim, partisan corruption in the FBI and the Department of Justice. This weaponization theme is destabilizing and dangerous, and it raises the question of the citizenry's interest in, and commitment to, an evidence-based system of justice.

There is little exaggeration in saying that our system's credibility is at stake. The previous convergence of political and legal challenges, as seen in the Watergate scandal or the 2000 presidential election, was resolved by a commitment to the rule of law

and belief in the process, by all parties involved.

President Richard Nixon, for example, did not try to tear down the system after the Supreme Court ordered him to turn over the Watergate Tapes, including the smoking gun tape that convinced the nation of his criminal activity. To his credit, Democratic presidential candidate, Al Gore, did not try to destroy the legal system when the Court delivered a ruling that awarded the presidency to George W. Bush, after a bitterly contested presidential election. Both Nixon and Gore demonstrated their commitment to the rule of law.

Implementation of the rule of law lay at the heart of the Constitutional Convention's creation of a new system of government. For the Framers, the rule of law meant the subordination of the president to the law. James Wilson, second in importance to James Madison as an architect of the Constitution, laid bare the founder's understanding of the presidency and executive power in a speech to his colleagues at the Pennsylvania State Ratifying convention. The founding period's most acute constitutional theorist and a future member of the first

Supreme Court, declared: "Not a single privilege is annexed to his character; far from being above the laws, he is amenable to them in his private character as a citizen, and in his public character by impeachment."

The subordination of the president--and former presidents--to the Constitution and the laws of the nation, including amenability to judicial process, includes the expectation of compliance with subpoenas. On this score, the founders brooked no exceptions.

Chief Justice John Marshall, presiding over the treason trial of Aaron Burr, wrote in 1807, "it is not known ever to have been doubted," that the president "may be served" with a subpoena. President Thomas Jefferson, who was subpoenaed in the Burr Trial, agreed with Chief Justice Marshall. Counsel for Jefferson, Alexander McRae, stated that "a subpoena may issue against the President as well as against any other man."

The speeches, lectures, testimony and judicial rulings at the founding demonstrate the subordination of all citizens, without exception, to the rule of law and the judicial process. The Framers' implementation of the rule of law, a grand achievement in the evolution of constitutional government,

represented an American rejection of the English principle that "the King can do no wrong." In the early years of the republic, despite political wrangling and disagreements, there was honest adherence to the American ideal that all men are equal in the eyes of the law, which justified calling a president, even Thomas Jefferson, before a court of justice.

It is this history, and lessons and teachings of those who founded the nation, that justify the federal indictment of Donald Trump. Let us remember that the trial is an event of Trump's own doing. If he had simply complied with the court-ordered search warrant, and the subsequent subpoena, that required the former president to turn over government documents that he had taken to Mar-a-Logo, there would be no indictment and no forthcoming trial, at least on these issues. The essence of the indictment is the unlawful, indeed, wilful retention of the documents.

Instead of turning over the documents, Trump, according

to the indictment, organized an elaborate scheme to hide the papers, and then lied to officials seeking them. Trump also showed the secret documents to people without security clearance and said, that he knew he was not supposed to do that.

It is the maintenance and enforcement of the rule of law that has compelled Special Counsel Jack Smith to indict Trump. There is little doubt that the indictment will further inflame Trump supporters but let us hope that the American people will focus on the evidence introduced at trial and, after a speedy and fair trial, featuring an impartial judge and jury, will accept the verdict.

To say, as the founders said, that nobody is above the law, should not be reduced to a cliché. It is that principle that is under scrutiny today, more so than ever in our history. The rule of law, like democracy itself, rests on Americans' belief in facts and evidence. They must govern Trump's trial and our reaction to its outcome.

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IN THE XTRA! 462-8126**

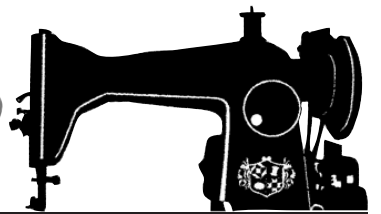
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