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## CALENDAR

### SATURDAY, JUNE 1

- RHUBARB FESTIVAL**, Garrison Senior Center, 9 a.m.- 2 p.m.
- CITY LANDFILL OPEN**, Garrison, 8 a.m.- 12 p.m., 1-5 p.m.
- THE THRIFT STORE**, Garrison Area Resource Center, 10 a.m. to 1 p.m.
- THE THRIFT STORE**, 181 Ellsworth St., Makoti, 10 a.m. to 1 p.m.
- NATIONAL TRAILS DAY**, Fort Stevenson State Park, 2 p.m.

### SUNDAY, JUNE 2

**A JAM SESSION** will be held at 6 p.m. at Hazen City Hall. Free to attend for all ages. Coffee and cookies served. Open invitation for musicians to join in, contact Linda Eslinger at 873-5695 for information. The Hazen Senior Citizens will hold a fundraiser, serving a German meal from 4-6, before the Jam Session.

### MONDAY, JUNE 3

- YOGA**, First Congregational Church, Garrison, 8 a.m.
- BONE BUILDERS**, Garrison Senior Center, 10 a.m.
- WASHBURN LIONS CLUB** meets at 6:30 p.m. in the senior center. Meal will be served before the meeting. All are welcome to join!

### TUESDAY, JUNE 4

- THE THRIFT STORE**, 181 Ellsworth St., Makoti, 3-6 p.m.
- "GET HOOKED ON GARRISON" SHOWCASE**, Garrison Auditorium, 5-7 p.m.

### WEDNESDAY, JUNE 5

- YOGA**, First Congregational Church, Garrison, 8 a.m.
- THE THRIFT STORE**, Garrison Area Resource Center, 11 - 5 p.m.
- CITY LANDFILL OPEN**, Garrison, 1-5 p.m.

**ALCOHOLICS ANONYMOUS**, First Congregational Church-UCC, 7 p.m.

### THURSDAY, JUNE 6

- BONE BUILDERS**, Garrison Senior Center, 10 a.m.
- ALCOHOLICS ANONYMOUS**, Garrison Hospital cafeteria (enter through ER), 8 p.m.
- 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.

### FRIDAY, JUNE 7

**TURTLE LAKE SENIOR CENTER** 1:30 p.m. at Turtle Lake City hall.

### MONDAY, JUNE 10

**BADLANDS DINOSAUR MUSEUM**, presentation, craft & Registration for the summer reading program at the Nettle Creek Schoolhouse, 1 p.m.

**MERCER GOLDEN 50'S** at 2 p.m. at the city hall.

### THURSDAY, JUNE 13

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

**MERCER GOLDEN 50'S** at 2 p.m. at the city hall.

**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.

### 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** - 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.

# OPEN RANGE

BY GARY EMINETH

## Memorial Day

The high school band played in the background.

The doors of the Memorial Hall were wide open as if to bid welcome to each person who arrived.

The women in red jackets at the table inside the door smiled as she greeted each one.

Red poppies made their way from her bouquet into eager hands.

On the overhead screen were the words, "Victor B. Wallin Post 141st Memorial Day Service". It's probably been ten years since I attended a gathering of the community to honor those who served their country so valiantly in her various wars and conflicts.

And it was time for me to do so. Time for me to stop and take stock of what was taking place before my very eyes as the band played, the elementary school children's school choir sang, the speaker spoke and the rollcall of Veterans who had died was read.

I remembered. I remembered playing in the band and the circumstances surrounding the names I heard and the faces which had aged considerably, and I realized something. Time had not stood still but had performed a work in this hometown community I had returned to so recently. Tradition happened and timeless truths

had taken hold; thus, the values and foundational principles I now espoused were firmly set in place.

Classmates and old friends were now the community leaders, and their idea of change didn't quite measure up to mine. When the realization dawned that this is the way these folks like it; they don't like change just for change's sake.

Change has to include "better, necessary or practical" and few people have an existential view of life from out here on the North Dakota prairies. This is where freedom rings—in the context of life in a small town. And here I am trying to make sense of what the

future holds for me.

In two weeks, I'll go to the polls and cast my vote for national, state, and local figures on the political landscape.

How will I vote? Does it matter?

In the grand scheme of things, will my vote make any real difference?

The answer to these questions is an unequivocal yes because I learned what things are important in life growing up in a family who lived and participated in activities like the Memorial Day services and parades to commemorate the sacrifice of men and women who served so faithfully in the

armed forces. This happened as I observed and listened to the lives of many parents. And I didn't even realize what was being formed in my heart that would affect the direction of my life.

Since I've been back in Washburn, things have become simpler and more straightforward and how I move ahead to vote and speak out for what I believe will reflect a re-entry to what I call my "formation" years. Hearing those elementary age children sing, "I'm proud to be an American" made me proud to be standing with them as a witness to their future!

# CARD OF THANKS

I wish to express a heartfelt thank you to all of my family and friends for all the love and concern shown to me after my recent surgery. Thank you for all the visits, flowers, cards, meals, all the visits, ect. That I have received. Thank you for all of your thoughts and prayers.

Love  
Carol Lemm

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**June 8, 2024 10:00 am MT**

**TERRY HOMSEY ESTATE AUCTION**  
3279 110X Ave SW - Dickinson, ND (Hwy 22 North, East of RDO Construction)

<p><b>REAL ESTATE</b> - Lot 1 Block 1 Kraliceks 15-140-96 Lot 158 6X300 - 1978 Home w/4 BR 1 1/2 BA split level. 2000 Shop 30'X60'. Fenced back yard. Well. TERMS: \$50K down day of sale, balance due in 45 days. Have your financials in order before bidding. Call Ross 701-290-4001 to view.</p> <p><b>ENGINES / PARTS / SHOP</b> 2) Procar Rally 80/1000 black leather seats-NIB 427 crate motor-rectangular Ford Big Block 396, 454 Big Block Chevy 1990-97 Big Twin Scorpion Billet clutch assembly 39420 2) 2 cyl Edelbrock pistons HKR headers, Big Block oil pan 850 Holley dble pumper 9834 850 Holley dble pumper 4781 850 Holley dble pumper 4781-2 Mallery distributor Big Block intake manifold 11-697 80531 2233 HKR Chevy side mount 8528 HKR side pipes 21003 HKR muffler 21046 HKR side pipe muffler LOTS Big Block Chevy &amp; Hemi part-Lots NIB 4) drag racing slicks, misc tires/rims engine stands, set of 4 wheel dollies VP-110 Racing Fuel 3+ barrels, Nitromethane Powermate 30 gal air comp, shop vac Craftsman tool chest, flood lights, hyd ATV lift air impact &amp; ratchets, elect drill, hyd jacks, nails wrenches, sockets, nut drivers, ext cords</p> <p><b>GUNS / AMMO</b> Lial Sporter .308 Remington 20 ga auto Remington 10 ga M10A pump Winchester M67A .22 S/LLR bolt Remington 222Rem bolt RB stock mauser .243 bolt w/weaver scope Browning Bar .222WIN Mag auto B&amp;L scope Sturm Ruger Mini-14 .223 auto stainless Browning 7mm Rem Mag only auto Antonio Zoli 12 ga 3" mag M22B db brl O/U JC Higgins S&amp;R M20 12 ga pump sound sup IOE Polytex M-14S .308 auto Colt Sporter light weight 7.62x39 L.H. Olym Arms SGW M Car-AR 223/5.56 w/Tasco Thompson M1927 A1 .45 auto semi auto Thompson U.S. Army USA 212 in case gun cabinet, misc ammo</p> <p><b>MAGAZINES / BOOKS / POSTERS</b> Hot Rod, Car Craft, Custom Rodder, Vette Cars &amp; Parts, Air Classics, Big Bikes, Nat Geo, Comic Books, Cookbooks, Adult Magazines-Hustler / PB / PH, Life, War, Readers Digest, Airplanes, more</p>	<p><b>CLASSIC CARS</b> '67 Chevy Corvette Sting Ray-49,344 mi, 500 hp 502 Big Block, Muncie T-22 also w/original 427 390 Muncie M-22 &amp; other original parts-SHARP! '80 Chevy Corvette-427, 430 hp, stock, 43,000 mi '89 Chevy Corvette-5.7 tuned port injection, 52,350 mi '89 Chevy IROC-Z-6.7 tuned port injection, 51,002 mi</p> <p><b>HARLEY DAVIDSON/OTHER MOTORCYCLES</b> '98 Harley Davidson-3,519 mi '91 Harley Davidson-11,221 mi '05 Honda ST-472 mi</p> <p><b>VEHICLES</b> '12 Ford F-150 FX4 crew-4x4, 99,732 mi '05 Ford F-150 crew-4x4 '00 Buick limited-doesn't run</p> <p><b>SNOWMOBILES / RELATED / BOAT</b> '95 ArticCat Thundercat-long track-653 mi '94 ArticCat Thundercat-sh track-1352 mi '2193 ArticCat Thundercats- no motors 8 snowmobile helmets, snowmobile boots '79 Com Pit 345</p> <p><b>YARD / GARDEN</b> STX38 JD mower-5 spd, JD pull type aerator GT262 JD mower-48", fert spreader, kettle grill 029 Stihl chain saw, wagons, garden hose ext &amp; step ladders</p> <p><b>ANTIQUE / COLLECTIBLE</b> waterfall 4pc bedroom set, chrome table, bowl Coronado console radio, galv wash tubs 3/8 gal RW crocks, Aladdin lamp, enamelware dishes, glassware, advertising, mini lighter Coors-1.3.4 wildlife mirrors, ladies/mens hats Old Mill-1.2.5.6.7 wildlife mirrors, kids rocker RedRiver Valley Red Lager mirror, bu baskets Budweiser steins-NIB &amp; bottles, suitcase/trunk Mammy'sBest frychickens crates, swim trunks Beetles &amp; other 8 tracks, Beetles trade cards model cars/airplanes, Boy Scout shirt/medals Carrom game board in orig box, die cast cars McCaughey space helmet in orig box, cameras petrified rock</p> <p><b>LEATHER</b> 6)HD jackets, 1)HD vest, 3)HD caps, HD boots USA eagle jacket, Flame jacket, biker chaps</p> <p><b>HOUSEHOLD / MISC</b> micro suede elect lift chair-hardly used, beds Elenker upright walker, adjust qn bed, sofa dressers, dine table/chairs, corner/other curios office desks/chairs/supplies, kitchen supplies china hutch, coffee/tead tables, stained glass Sanyo &amp; other stereos/speakers, file cabinets</p> <p><b>LOTS of SURPRISES!</b></p>
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Online Bidding on bigger items starting at 1:00 pm MT at [www.gandgauctioneers.com](http://www.gandgauctioneers.com)

## Jim and Tammy Nordquist Farm Auction

Thursday, June 6<sup>th</sup> 2024 @ 10 a.m. - 1660 3<sup>rd</sup> Ave NE, Mercer, ND 58559

Directions: From Pickardville, take 2<sup>nd</sup> Ave NW north for 14 miles. From Mercer, take County 33 north for 11 miles, then turn east on County 8 for 5 miles. Watch for signs.

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- 1947 Oliver 60 with Cultivator, Not Running
- Oliver 88, Parts Tractor
- 1969 Oliver 1650 Gas, Approx. 4000 Hours, Good Rubber, 3 Speed, New Seat
- Oliver 88 Gas Tractor, Runs (Consigned)
- 2006 Yamaha Rhino 660 (Consigned)
- 1975 Dodge 600, 22 FT Rolling Hydraulic Bed, 82,000 Mi
- GI 520 Loader with Grapple, Oliver Mounts
- Oliver 62T Square Baler, Needs Work

- IH 1100 9 Ft Mower
- Vikan Rake, 6 Wheel
- 1982 OMC 229 Mower Conditioner, 10 FT
- 16' Bumper Pull Stock Trailer
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- Oliver Projector Machine, 1960's model with film cannisters and records
- White Projector Machine, 1970's with film cannisters and records
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- OMC Neon Double Sided Sign
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Auctioneer's Note: Jim and Tammy are selling their tractors and the remaining dealership memorabilia from the Norquist Brothers Dealership that closed many years ago in Washburn, ND. There are a great deal of original Oliver, White, Ford and other dealership items that are getting very hard to find. Simulcast Live and Online Bidding will be available on larger items. See website for details near auction date.

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# PRAIRIE FARE

By Amanda Kriens, CCHW

## What should we eat and do as we age?

"I have an old man body now," the person in the restaurant said. "I keep gaining weight."

He wasn't talking to me or my husband. His booming voice carried across the nearly empty restaurant. We heard the saga of his life.

I wasn't trying to eavesdrop. Really, I wasn't. I just couldn't tune out his voice.

The man talked about how easy it was to lose weight in high school. Sometimes he needed to cut weight while in wrestling, and he dropped several pounds easily.

He gained weight in college then easily lost it. He talked about the difficulty of losing weight at his present age. I am guessing he was somewhere in his 50s.

We weren't eating in a health food restaurant, I will admit.

I looked across the restaurant to see what he was eating. I could see that he wasn't eating a salad.

I estimated he had a full day's allotment of calories heaped on his plate. I didn't fly across the restaurant in my dietitian cape or suggest he have a complete physical with his healthcare provider. I would never do that, but he did inspire this column.

My husband and I both requested to-go boxes after listening to his story.

Unfortunately, we cannot stay eating the same number of calories throughout life and expect to stay the same weight. Changes in weight status with age are quite predictable as we grow older, unless we take some action in our nutrition and fitness.

As we grow older, we need to be aware of our physical activity and nutrition, even more so than in our youth. For most people, metabolism slows down and we need fewer calories and a nutrient-rich diet.

We need to get our heart beating with aerobic activity, such as walking around the neighborhood or playing a fun game such as

pickleball.

Adults of all ages need about 150 minutes of moderate-intensity physical activity.

We also tend to lose muscle as we grow older, unless we take some steps to maintain our strength. Muscle-strengthening activities become even more important. Take a class with strength-maintaining exercises.

When your muscles are strong, you can get out of a chair easily, carry in groceries and twist the lids off of containers.

Doing activities such as yoga or standing on one leg helps maintain our balance. This is especially important in reducing our risk of falls.

Nutrition is vitally important in maintaining our health throughout life, but especially as we grow older.

While packaged snack foods may be tempting, some snacks are healthier than others. Making our calories "count" remains important throughout life.

Consider these tips.

Choose foods with little or no added sugars. Compare nutrition labels. Regular soda is high in added sugars with at least 12 teaspoons of sweetener per 12-ounce can. Reserve those bottled calories for occasional treats.

Stay hydrated by drinking plenty of water, even when you may not feel thirsty. Our thirst mechanism may not work as well as we age. Drinking low-fat or fat-free milk and 100% fruit or vegetable juice can help with hydration, too. However, choose whole fruits and vegetables more often than juice.

Choose foods with less sodium and saturated fat to help maintain a heart-healthy diet. Compare the values on the label.

Get enough protein to maintain muscle mass. Choose a variety of protein-rich foods from plant and animal sources. Protein-

rich foods can help maintain our muscles, along with weight-bearing activities.

Focus on these nutrients of concern: potassium, calcium, vitamin D and dietary fiber. Fruits, vegetables and dairy products are excellent sources of potassium, for example. If you follow a strict vegetarian or vegan diet, you probably need a dietary supplement of vitamin B-12. Work with your healthcare provider to determine your needs.

Visit the gov website for a free downloadable list of your calorie and nutrition needs. Visit with a registered dietitian for a good assessment of your current diet.

Instead of a recipe, here are some snack ideas that also provide nutrition in every bite. Try to include two or three of the five food groups (grains, vegetable, fruit, dairy and protein) when you choose a snack:

Hummus (chickpea dip) and whole-wheat pita bread.

Vegetables, such as carrots or broccoli spears, with low-fat or fat-free ranch dip.

Mozzarella cheese sticks with whole-grain crackers.

Baked tortilla chips with black bean and corn salsa.

Dried fruit, such as dried cranberries, and lightly salted nuts, such as almonds.

Low-fat yogurt with sliced fresh fruit.

Popcorn and apple slices.

For a variety of recipes, see [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on "recipes."

See [www.ag.ndsu.edu/nourish](http://www.ag.ndsu.edu/nourish) to learn about our "Nourish" program that is offered both online and face-to-face.

(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.)



**If you find mistakes**

in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!!!

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Meal at 5 p.m. with Meeting to Follow

## VOTE ON SATURDAYS

AT

McLean County Courthouse  
712 5<sup>th</sup> Ave

Washburn, ND 58577

June 1, 2024 8:00 a.m. – Noon

June 8, 2024 8:00 a.m. – Noon

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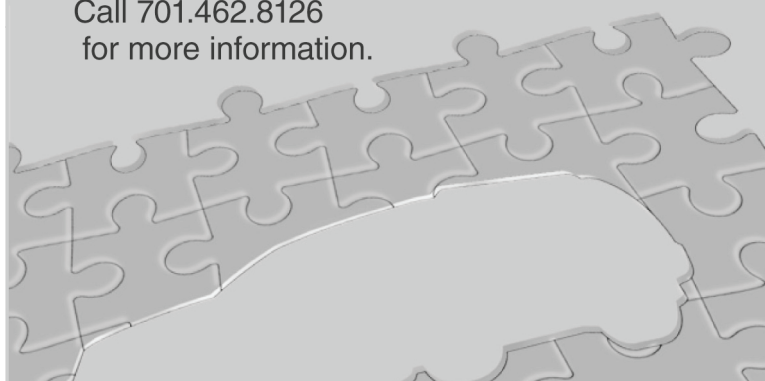
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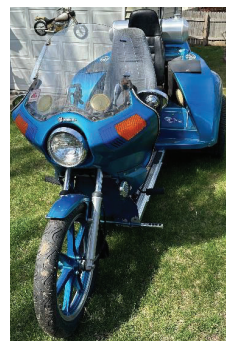
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**Auctioneer's Note:** Russ & Darla have moved and they have decided to downsize and offer some of their collection of Petrolina and other household items. This will be a short sale. Bring a chair and spend some time with us.  
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Krause's Market and the Garrison Fire Department will hold a **Benefit for Shannon Staehr Family** Friday, June 14<sup>th</sup> at the Garrison City Auditorium

*Free will offering SPAGHETTI meal serving from 5-7:30 p.m.*

**SILENT AUCTION** with bidding ending at 8 p.m. Silent auction items can be dropped off at BNC Bank by June 12<sup>th</sup>

A benefit account has been set up at TruCommunity Bank for those wanting to donate.



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# FROM THE FRONT PAGES

## Fort Stevenson breaks world record

They did it. Fort Stevenson State Park officially set the new GUINNESS WORLD RECORDSTM title for the "Most People Making S'mores Simultaneously."

The previous record was set in Texas with a mere 891 people.

On Saturday afternoon 1,150 people ascended to Fort Stevenson. They entered the event site in a single file line to all be officially accounted for as part of the park's 50th Anniversary year.

"We are ecstatic to have achieved this record, knowing it couldn't have happened without the amazing people of North Dakota," Fort Stevenson State Park Manager Chad Trautman said.

"Our 50th anniversary is a significant milestone, and this record attempt was the perfect way to celebrate. All the volunteers and visitors that came together to make history today helped us create an unforgettable event."

— McLean County Independent Central McLean JV

## Baseball triumphs in Beulah Tournament

Last week, the Central McLean JV baseball team capped off their season in spectacular style by clinching the title at the end-of-year JV Baseball Tournament in Beulah.

Demonstrating skill, determination, and a team spirit that bodes well for their future, the young squad emerged undefeated with a flawless 3-0 record.

The tournament journey began with a commanding 7-2 victory over St. Mary's, where Central McLean's pitching and strategic batting set the tone for their tournament run.

--- Central McLean News-Journal

## Washburn area residents honored by opportunity to participate in Honor Flight

Two Washburn area residents had an opportunity of a lifetime recently, as both received the call to participate in a journey with the Western North Dakota Honor Flight. Both Lowell Rader and Mike Kidd traveled to Washington D.C. via the Western ND Honor Flight program, to tour the city and visit the nation's war memorials that reside there.

The Western North Dakota Honor Flight is, according to the non-profit organization's website, "created solely to honor America's veterans for all their sacrifices. We transport our heroes

to Washington, D.C. to visit and reflect at their memorials."

— Leader-News

## Center's Memorial Day to be held at CSHS May 27

A Memorial Day observance service will be held at the Center-Stanton High School Monday morning, May 27.

The event will include guest speaker retired U.S. Army Chief Warrant Officer Kyle Skager and three students from Center-Stanton Elementary School, who will read essays they wrote on freedom.

"This year we added something a little new," said Brian Helmenstein of Center's American Legion Post 90. "Our auxiliary group did a program for fifth and sixth graders where the children were asked to write down what freedom meant to them," Helmenstein said. "From there, I guess they picked three top winners and they will be part of the service."

Elementary students are Kairi Johnson, Kinley Boeshans and Coy Hopfau.

— Center Republican

## Graduates urged to face their Goliaths

Sometimes problems and challenges can look like giants and monsters to people, seemingly too mighty and strong to possibly overcome.

But, drawing on the story of David and Goliath, a pastor in Hazen urged the graduating seniors of the Class of 2024 to find the faith and courage to face the Goliaths in their lives.

Pastor Randy Emgarten from English Lutheran Church was the keynote speaker at the Hazen Baccalaureate Service on May 15. The service was held at the Hazen High School Theater, with the soon-to-be graduates and their families attending.

— Hazen Star

## Two candidates running for Beulah BOE seat for 3-year term

Two candidates are vying for a 3-year-term seat on Beulah Public Schools' Board of Education for the June 11 primary election. Candidates running for the seat include Jessica Schmidt and Blake Seibel. Each candidate was emailed the same set of questions from the Beulah Beacon, in which their answers could not exceed more than 1,750 words overall.

The candidates were given a strict deadline to turn their answers in before 5 p.m. May 10.

— Beulah Beacon

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## WASHBURN RIVERBOAT DAYS Annual Parade

Greetings:

Washburn will again be hosting a parade as a part of Riverboat Days. We invite you to enter your float, band, marching unit, cars, wagons, horses, or whatever suitable parade unit you would be interested in entering.

Parade time is 10:30 am CDT on Saturday, June 1st. We ask that the parade units be at the staging area by 9:30 am. The starting point will be at 4th facing west (Facing the Missouri River Bridge). Matt Richard will be running around helping everyone line up and getting their information. Any Questions contact Matt Richard at 701-460-0034.

**Annual Hiddenwood Sportsmen Club Fishing Derby at Hiddenwood Lake**  
(8 miles south of Makoti)

**Saturday, June 8<sup>th</sup> 10 a.m. to 3 p.m.**

Entry Fees: Adults - \$20.00 (to fish & be entered into the raffle)  
12 & Under Fish for Free

There are prizes for the biggest fish in 3 categories for both adults & kids.  
Backdraft Cafe from Berthold Food Truck will be available!



# THE VITAL ROLE OF BROOD REARING HABITAT FOR PHEASANTS

By Seth Owens

Pheasants and other upland game birds like grouse and partridge require a variety of habitats to thrive throughout the year. Among these, brood-rearing habitat is especially critical for their survival and population sustainability. Understanding the specific needs of pheasants during this period is essential for effective conservation efforts.

## Importance of Brood Rearing Habitat

Brood-rearing habitat becomes crucial immediately after chicks hatch, typically from late spring through summer. During this vulnerable period, pheasant chicks face high mortality rates due to predation and exposure to harsh environmental conditions. Therefore, providing optimal brood-rearing habitat is vital to their survival. Good brood-rearing habitat contains the following facets.

**1. Vegetative Cover:** Adequate overhead and lateral cover are essential to protect chicks from predators and extreme weather. Vegetation like tall wheat stubble, alfalfa regrowth, and cover crops offer the necessary structure to shield chicks while providing easy

access to food sources. This type of cover not only offers protection but also helps in temperature regulation, which is critical for chicks that have not yet developed the ability to thermoregulate.

**2. Insect Abundance:** Nutrition is a key factor for the growth of young pheasants, and they rely heavily on insects during their early days. Diverse plant communities that support a rich insect population are ideal. Areas with a mix of wildflowers, legumes, and bunch-grasses typically offer the best conditions for foraging chicks, ensuring they have access to a high-protein diet that is essential for their development.

**3. Bare Ground:** For ease of movement and foraging, pheasant chicks need areas of bare ground interspersed with vegetation. Effective land management practices, such as disking or controlled burns, promote early-successional plants and help maintain the necessary balance of bare ground and vegetative cover.

**Comparing Brood Rearing to Other Seasonal Habitats** While brood-rearing habitat is indispensable during the first stages of life, other seasonal

habitats also play significant roles throughout the year:

**1. Nesting Habitat:** In the spring, secure nesting cover is essential for egg laying and incubation. This habitat must provide dense, undisturbed vegetation to protect nests from predators and adverse weather conditions. Unlike brood-rearing habitat, nesting sites are chosen primarily for their security and cover rather than proximity to food sources.

**2. Winter Habitat:** During the winter months, pheasants require habitats that offer protection from cold weather and access to high-energy food sources. Dense grasses, shelterbelts, and strategically placed food plots are critical during this period. These habitats must provide both cover and food in close proximity to minimize energy expenditure and reduce exposure to predators.

**3. Food Plots:** Throughout the year, but especially in winter, food plots are essential for providing the necessary nutrition. These plots should be strategically placed near cover to reduce the need for pheasants to venture into open, exposed areas. Corn and grain sorghum are generally the most

reliable food sources, offering the needed sustenance during harsh winter conditions.

## Integrated Habitat Management

Effective conservation for pheasants involves integrating these habitat types to ensure year-round support. Key strategies include the following focal points:

**1. Ensuring Continuity:** Maintaining connected habitats that cater to the different life stages of pheasants—from nesting through brood-rearing to winter survival—is essential for their overall well-being.

**2. Promoting Diversity:** Encouraging a mix of plant species supports a robust ecosystem that meets the diverse needs of pheasants throughout the year. This diversity not only benefits pheasants but also other wildlife that share their habitat.

**3. Adaptive Practices:** Utilizing adaptive land management practices such as rotational grazing, controlled burns, and selective planting helps create and

sustain high-quality habitats. These practices ensure that the habitat remains suitable for pheasants and other wildlife over time.

While each type of habitat plays a crucial role in the life cycle of pheasants, brood-rearing habitat is particularly important for ensuring the survival of young pheasants. By focusing on creating and maintaining these habitats, conservation efforts can significantly improve the sustainability and resilience of pheasant populations.

Seth Owens is a Dakota Edge Outdoors contributing writer and the Education and Outreach Coordinator for North Dakota Pheasants Forever.

Featured Photo: Brood rearing habitat is key in getting young upland birds like pheasants closer to their adult stages, like this young rooster. A combination of vegetative cover with some space and a good selection of insect forage is vital in accomplishing that mission. DEO Photo by Seth Owens/NDPF.

## OUR OUTDOORS

By Nick Si9monson

### Fish Benefit from Dam removal

As lowhead dams fall on and around the Red River, hundreds of miles of habitat is becoming reconnected for the benefit of fish in the main stem of the flow and its tributaries. While lake sturgeon restoration projects beginning in the 1990s have been the impetus for some of these lowhead dam removals and replacements with stair-step rock rapids, the benefits go beyond the reintroduction of just the ancient fish to the Red River and across all species, according to Nick Kludt, Red River Fisheries Specialist for the Minnesota DNR (MN DNR).

"We were excited to see how are the sturgeon, the walleye, and just all of our native species going to respond to that. So, in 2024 through some joint monitoring conducted by some of our offices we kept an eye on those sites, and it was super rewarding to see those fish move from what were some substandard habitat into that newly-restored habitat, spawn there, and use that for a good portion of the spring. So that was just a huge management win for us," Kludt explains.

Perhaps the largest impediment to fish movements on the Red River was the last standing lowhead dam on the main stem near Drayton, N.D. While a popular destination for anglers seeking large catfish which could go no further upstream and were located in the areas below the structure, the aging dam served as a choke

point which cut the north-flowing river in two, limiting the travels of fish upstream into the numerous tributaries located on both the Minnesota and North Dakota sides of the water and its origin near Wahpeton, N.D.

"As far as river mileage [now open to fish movement] goes, you can now basically count the entire Red River basin, within reason, because we just got done modifying Drayton Dam within the last year. So, everything upstream would count for mileage, and then of course all the projects that we've deployed in the tributaries. An exact number is really difficult to calculate just based on the differing ways you might go about doing that," Kludt states.

In 2022 partner groups including the MN DNR, North Dakota Game & Fish Department (NDG&F), U.S. Army Corps of Engineers and the U.S. Fish and Wildlife Service, began the process of replacing the Drayton Dam with a stair-step rapids which would allow fish movement and replace the aging structure which was becoming an infrastructure liability and continued to be a public safety concern. The new structure was in place in late 2023 and site finishing will wrap this year. But the Drayton Dam is not the only lowhead dam to be replaced.

"Of the 77 major barriers around the Red River basin to fish movement – and that's on the main stem and the Minnesota side

– we have removed or modified 48 of those, so that's an incredibly aggressive clearance rate. And we're seeing good response from the fishery," Kludt notes.

The dividends paid in terms of fishery improvement are nearly immediate as well. Beyond the removal of the barrier, new fast-flowing rocky and gravel areas are created over the naturally steep areas of the flows where these dams were previously installed. The new navigable structures and the rapids they create provide ideal spawning habitat for sturgeon and many other species in the Red River, often in the spring after their implementation.

"As far as the sturgeon response to the projects themselves, yeah, we do see sturgeon in those projects in the spring using it to spawn, and they're actually about the third wave of fish to move in and spawn," Kludt details, adding that seasonally, walleyes and suckers spawn first in the restored areas, before the sturgeon, evidencing a diverse benefit from the changes across multiple species.

Plans for more dam removal in tributary rivers along the Red River will continue into the future, with efforts by the NDG&F and others to remove the lowhead dam in Pembina on tap, which will open hundreds of miles of the Pembina River through North Dakota and Canada to lake sturgeon currently being stocked in the flow.

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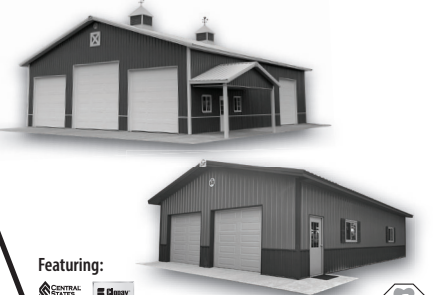
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36-TFNCCI 58540

**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 7 p.m., Sacred Heart Church, 734-6544.  
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21-TFNCCG 58540

## HELP WANTED

**GENERAL CONSTRUCTION LABORERS,** no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contracting LLC  
12-TFN-CH,XT 58540

**Part time route driver needed.** Need valid drivers license. Call Nordak North Publications for details. 463 2201.  
3-TFN58540

 **Benedictine**  
LIVING COMMUNITY | GARRISON  
**HELP WANTED**  
*Come Join Our Team!!*  
**Culinary Services Aide**  
Full-Time. Benefit Eligible  
Starting wage \$15.50  
Apply at [www.blcgarrison.com](http://www.blcgarrison.com)

  
Scan to be connected to job link

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

The McLean County Independent is seeking a **FREELANCE WRITER** for the Max area. Duties include covering events in that area that are happening. Would also research stories and obtain facts, interviewing individuals, providing photographs, investigating newsworthy stories, covering sporting events. If interested, please call 463-2201 or email resume or application to: [darla@nordaknorth.com](mailto:darla@nordaknorth.com)



## HELP WANTED

### HELP WANTED



• **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.*

## LIVESTOCK

**We have the following ship dates scheduled** to ship cows and bulls, Monday May 27th, and Monday, June 10th. As always, have them there by 11 am. Call Darin @701-315-0144 with any questions, also follow us on Facebook.

## 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

## RUMMAGE SALE

**MULTI PARTY RUMMAGE SALE:** Steinwand's house, 203 1st Ave NE, Garrison. Saturday, June 1st, from 9 am to 3 pm. Uniforms, tablets, clothes in various sizes, snow blower, motorcycle and many more items.

5-1 TGRPD5-2TXTRAPD

**PLAZA/MAKOTI CITYWIDE RUMMAGE SALES,** June 1st,9-3.  
6-1TGRXTRA

## SEED FOR SALE

### SEED FOR SALE

**Yellow Peas:** CDC Inca  
**HRSW:**  
LCS Buster, MS Charger, MS Barracuda, MS Nova, MS Ranchero, ND Heron  
**Oats:** CS Camden  
**Flax:** AAC Marvelous  
**Soybeans:**  
**Legacy**  
LS-0239N RR2X,  
LS024-023XF,  
LS044-023XF  
ND21008GT20  
(Keep your own seed)  
*Custom conditioning, treating, inoculating.*  
**DISCOUNTS FOR EARLY ORDER/PAY**

  
**Chris 651-792-5920**  
**Dylan 701-500-7227**  
**Bob 701-720-1808**  
[finkenfarmsandseeds.com](http://finkenfarmsandseeds.com)

## HELP WANTED

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

## Focus is expanding and looking to fill the following positions:

**Occupational Therapist**  
Wanted an Occupational Therapist for Washburn and Underwood area. Tired of long drives? Would you like to work in the community you live? Or are you tired of the busyness in the city and want a quiet drive to work. Focus clinic in Washburn is looking to add OT for Washburn clinic along with Underwood location. Competitive compensation and benefit package. Flexible work and life environment. Learn more about this opportunity by calling the Bismarck office for details 701-258-5058 speak to Kristy the office manager.

**Physical Therapist - Underwood**  
Focus Physical Therapy Clinic is seeking a motivated physical therapist to join our team in the Underwood area. Take advantage of this rare opportunity to advance your career while making a difference in your community by providing exceptional care to patients with diverse conditions including post surgery rehabilitation. We're searching for a dedicated and motivated therapist to join our team in the Underwood area. Offering competitive pay and benefits, ability to optionally invest into ownership along with a supportive work environment, we're committed to helping you succeed. To apply or learn more all call Kristy, clinic manager, at Bismarck clinic 701-258-5058

**Physical Therapist - Washburn**  
Join our dynamic physical therapy team in the Washburn area! Focus Physical Therapy Clinic is seeking a passionate and skilled therapist to join our current physical therapist in our expanding location. Enjoy our new prime location with therapists, nurse practitioners, in house and community referrals creating a waiting list. We provide flexible scheduling, competitive compensation, and a supportive work environment in a close knit community. With multiple locations and a range of available hours you can find the perfect fit for your lifestyle and career goals. Contact Kristy (clinic manager) at Bismarck office 701-258-5058

**License Massage Therapist**  
Looking for an LMT to work in a clinic in Washburn and Underwood. You choose your availability we fill your schedule. Amazing compensation package. Feel like you're your own boss but have all the benefits of working with a group, including in-house referrals, working at a prime location in same office as physical therapist and nurse practitioners. Call Focus for more details ask for Kristy, clinic manager, 701-258-5058.

## EMPLOYMENT OPPORTUNITIES

### Long Term Sub, Full Time, 2024-2025

The Washburn School District is seeking applicants for **TWO** positions of Long Term Sub to cover a maternity leave for spring semester (one from December to March and one from January to April).  
Salary will be competitive and is negotiable, depending on experience.

## TRANSIT DRIVER WANTED

Transit driver wanted for Garrison area.  
No CDL required,  
hours expected to be 6 – 8 hours a day.  
Call 701-224-1876 or 888-682-5826 or email at [westriver.bisman@midconetwork.com](mailto:westriver.bisman@midconetwork.com).

  
**DONUT BE NUTS.**  
**PLACE A SWEET AD IN THE PAPER TODAY!**

## HELP WANTED

### PART TIME ROUTE DRIVER

to deliver newspapers. Clean driving record required. No weekends. Please email your resume to [darla@nordaknorth.com](mailto:darla@nordaknorth.com) or stop in and apply at 91 N. Main Street in Garrison



**STATEWIDES**

**HELP WANTED**

**MCLEAN COUNTY IS FILLING** one or more full-time Equipment Operator III positions in Underwood – great pay, flexible schedule, great work/life balance! For more information, visit <https://www.mcleancountynd.gov/employment/>.

**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.

**STRAW WANTED**

**WANTED: STRAW IN THE WINDROW** – Now contracting Straw for 2024 Harvest – Eastern ND and Minnesota – Wheat, Oat, Rye, Barley – Call Jason 320-815-8484

**SERVICES FOR HIRE**

**PEST CONTROL: PROTECT YOUR HOME** from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 866-892-7677 Have zip code of property ready when calling!

**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: 1-877-548-8176

**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.

**MISCELLANEOUS FOR SALE**

**NEED NEW FLOORING?** Call today to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-866-892-5868

**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. 1-844-592-3691 **PAYING TOP CASH FOR MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-877-548-8415

**LOOKING FOR THE** most complete listing of ND Media? ND Media Guide. Only \$30! Call 701-223-6397, ND Newspaper Association.

**AUTOS**

**DONATE YOUR VEHICLE** to fund the SEARCH FOR MISSING CHILDREN. FAST FREE PICKUP. 24 hour response. Running or not. Maximum Tax Deduction and No Emission Test Required! Call 24/7: 1-844-591-9132

**HEALTH/MEDICAL**

**STOP OVERPAYING FOR HEALTH INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 877-727-7420. You will need to have your zip code to connect to the right provider!

**VIAGRA and CIALIS USERS!** 50 Pills SPECIAL \$99.00! 100% guaranteed. CALL NOW! 1-866-481-0920

**MISCELLANEOUS**

**INJURED IN AN ACCIDENT?** Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 701-505-8373

**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.

**WARD COUNTY LAND FOR SALE**

**Tract 1: N1/2NE1/4 Section 10-151-85**

**Tract 2: S1/2NW1/4, N1/2SW1/4 Section 11-151-85**

**Tract 3: N1/2NW1/4 Section 11-151-85**

**There is a building site on this tract with a house, machine shed, a barn and 2 grain bins.**

**Minerals:** Seller to reserve all oil, coal, gas and all other minerals the seller may now own of record.

**Terms:** Cash, to the seller upon closing. A check for 10% down upon completion of the oral bidding will be due from each successful bidder on each tract and will be held in the Haugen Farm Realty, inc. trust account as earnest money, with the balance being due at closing on or before October 31, 2024.

**Bids:** Written bids will be accepted until 5:00 pm on Tuesday, June 18, 2024. The top bidders on each tract will have the right to orally raise their bids at 10:00 a.m. on Friday, June 21, 2024. Seller will furnish updated abstracts or a title insurance policy for each parcel. Property is being sold subject to a lease through the 2024 crop year. Seller is reserving the 2024 rental income. Seller will pay the 2024 Real Estate Taxes and all prior years. Seller and buyer will split the fee for the actual closing 50/50. **The seller reserves the right to accept, reject or modify any and all bids and to modify the oral bidding requirements.**

**Information:** Bids may be submitted to and further information, along with bid forms, may be obtained from Ryan Haugen, Haugen Farm Realty, Inc., 3108 S. Broadway, Ste. I, Minot, ND 58701, (701) 839-1451, or from our website at [www.haugenfarmrealty.com](http://www.haugenfarmrealty.com). Bids may also be emailed to [ryanhaugen@rocketmail.com](mailto:ryanhaugen@rocketmail.com).

**HELP WANTED**

**WANTED: ADMINISTRATIVE ASSISTANT/RECEPTIONIST**

**Are you ready to build a career in county government? Join the County Auditor's Team!** McLean County will accept applications until 4:00 P.M. on Friday, May 31, 2024, filling one position as a full-time **ADMINISTRATIVE ASSISTANT/RECEPTIONIST**

within the McLean County Auditor's office. This position is being filled with a clear path for advancement within the department. The successful candidate should have experience in basic accounting, desktop publishing, forms creation, office supply/equipment procurement, inventory management, records management, and a demonstrated knowledge of Microsoft Office. Experience in payroll processing, human resources, and employee wellness programs would be beneficial.

Competitive starting pay ranging from \$36,478.40 to \$41,945.85 annually; adjustments may be given for applicable experience. The county offers a full benefit package including fully paid health insurance for a family or single plan, fully paid retirement, annual leave and sick leave. For further information on this position or to obtain a McLean County job application form, interested individuals may contact Lori at (701) 462-8818 or [lfoss@nd.gov](mailto:lfoss@nd.gov). An application form can be completed at <https://www.mcleancountynd.gov/Employment>. Only official McLean County application forms will be accepted. Resumes may be included with the application but will not be accepted in place of an approved application form.

Engagement? Wedding? New Baby? Birthday? Anniversary? Retirement?

Get your special day in the paper!

**Xtra** 701.462.8126 nordaknorth.com

**LATEST NEWS**

**WE ARE HIRING!**

**GLEN ULLIN**  
**INSTALLER REPAIR TECHNICIAN:**  
 Skilled & friendly technician to handle internet & telecom repairs, installations, and assistance for our members. Open until filled.

**HAZEN & WASHBURN**  
**SEASONAL INSTALLER REPAIR TECHNICIAN:**  
 Installs or maintains equipment and services related to WRT's internet, voice & camera services. Reports to Hazen or Washburn. Open until filled.

**FULL JOB DESCRIPTION & APPLICATION ONLINE:**  
[www.westriv.com/careers](http://www.westriv.com/careers)  
 Questions? call Lexi @ 701.748.4213

**SACA MOVIES**

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




**IF**

After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten IFs with their kids.  
Rated PG, 1h 44m  
May 24 & 25..... 7:30 pm  
May 31 & Jun 1..7:30 pm

**"GET HOOKED on Garrison" Showcase**

**FREE HOT DOGS & BURGERS**



**Tuesday, June 4th 2024**  
Garrison Auditorium  
5:00 pm-7:00 pm  
Free Admission

**Come check out what Garrison has to offer! Various businesses & organizations will be on hand.**

*This event is sponsored by Garrison Chamber of Commerce*



**WILTON'S 125TH EXPRESS RIDERS TRAIL RIDE**

July 12, 2024  
9:00 am-4 pm  
Randy and SuAnn Olson  
17763 Highway 83  
Baldwin, ND 58521

**Free Event**

Please join us as we deliver a Governor's Proclamation for Wilton's 125th Celebration.  
On-site Check in 8-9 AM

Trail ride will begin at 9 AM

- Children under 16 must be accompanied by a guardian
- NO Motorized Vehicles

Wilton Express Riders will be the Grand Marshals in the parade on July 13th, 2024.

**INFORMATION AND REGISTRATION**  
CALL JIM AT (701) 391-9567 OR COLLEEN AT (701) 734-6768  
[HTTPS://MYEVENT.COM/WILTON125](https://myevent.com/wilton125)



# We're hiring!

We want you on our team.

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

- Nursing/CNAs
- Lab
- Dietary
- Housekeeping
- Physical Therapy

Employment incentives may apply!

**Search our open jobs and apply today.**

[www.chistalexiushealth.org/careers](http://www.chistalexiushealth.org/careers)

Questions?

Email: [kara.jones900@commonspirit.org](mailto:kara.jones900@commonspirit.org)  
or call 701-530-7178



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