

Eido Connect

29th
Year

Heart of
Eido Country

EMAILS: MOTT - eido@ndsupernet.com • BOWMAN - connect@ndsupernet.com

FREE Online at eidoconnect.com

Box 247 Mott, North Dakota 58646 • Box 97 Bowman, North Dakota 58623

Mott - 1-701-824-2605 or 1-888-522-2605 - Bowman 1-701-523-4577 or 1-866-523-4577

Mott FAX: 701-824-2927 - Bowman FAX: 701-523-4579

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Vol. 29 No. 14 - Saturday, January 28, 2023

Eido Connect's
Philosophy for 2023

- TIME -

“Sunshine”

Watch for these circulars in
your area for this week!

Buffalo Super Valu - Buffalo
Kennedy's Foods - Hettinger
Oien Grocery - Mott
New England Community Store -
New England
Regent Co-op - Regent
R Family Market - Elgin
Scranton Super Valu - Scranton
Runnings - Baker
Runnings - Hettinger



Jeanette Brodehl, 91 year old from Elgin, ND, has this beautiful amaryllis blooming at her home. She is very excited to see it in the paper. Every week she tells me about something she saw in the Eido. Thanks! Alice Fitterer

“Ugh - somethings not right” and Tommy Turtle wiggled around, trying to replace the comfortable position he was in all winter. “There, that’s better,” and about to fall back into his winter siesta, there it was again. “Was the ground shifting, what’s happening?” he questioned. Reshifting again he moved back into his comfortable position only to be uncomfortable again. “Better see what’s going on, springs not here and I have a few more weeks of sleep,” and Tommy began to free himself from his nest of snow, which had fallen before he buried himself for winter - - but it kept him warm and so far he had a very peaceful hibernation.

“Darn, darn,” was all he heard as he dug his way to the top. “Darn, darn,” he heard again. “Someone woke me!” - - screaming at the top of his lungs stood Old Mr. Groundhog. “it’s not even February,” he screamed. “I should have been able to sleep for another week, wasn’t **time** to get up and something above me was making so much noise, and jumping around”. Tommy Turtle didn’t move. He just listened. Then he saw the culprit.

His friend, Mr. Owl, who slept in the trees, flew in the air - - oh he was Tommy Turtles knight in shinning armor - - he was wise - - everything Tommy ever wanted to be.

But right now Mr. Owl, was crying, and Tommy could see he had been stomping around above Mr. Groundhogs sleeping arrangements. For now Tommy had little concern for Mr. Groundhog who was still ranting and raving about it not being **time** yet to wake up.

Mr. Owl, his friend, what could have happened? Slowly he worked his way over to his friend. “What happened?” he questioned.

Unable to stop crying, between sobs, Mr. Owl told Tommy how he was sleeping in the tree, wind and snow came, knocked him out of the tree, he fell and broke his wing and now - - and he sobbed



again.

Timmy Turtle listened, heart sad, then asked what he could do. “I guess there’s nothing anyone can do - - look, my wing is broken, I can’t fly, it’s cold down here, I have no protection, how can I get around?” - - and the list was endless.

Tommy went over and said, “here get on my back, I will carry you,” Mr. Owl hopped on Tommy’s back and slowly they maneuvered, over the snow. Mr. Groundhog was still screaming because someone woke him. “It wasn’t **time** yet!” he screamed again.

Tommy yelled, “Stop Mr. Groundhog, maybe it is **time**, **time** to wake up, look around and see what is happening around you. Look at poor Mr. Owl, maybe we can help him thru his sadness and broken wing, maybe you have to wake up early and instead of seeing your shadow you can spend this **time** bringing sunshine into other peoples lives - - no more shadows, Mr. Groundhog - - only sunshine.”

EMAILS: MOTT - eido@ndsupernet.com • BOWMAN - connect@ndsupernet.com

FREE Online at eidoconnect.com

Eido Connect

the only place with **100%** coverage!!!!!!!!



Amazing
No one can say life isn’t amazing. This week Vivian’s **A Little Birdie Told Me** page 17 writes an article about New England Coffee Truck. Very good. Don’s **Winter Brain Fog** page 19 sends in article about how the smell or coffee is so good for our disposition - neither have talked to each other, we have no idea what anyone is writing about. All I can say is Amazing. What to you think?

Bowman Theater
 28 S. Main Street
 Bowman, ND
 605-646-5433
 bowmantheater@gmail.com

A Man Called Otto
 Rated: PG-13 • Run time: 2 hours 6 minutes



Jan. 27th - 30th
 Friday • 7:30pm
 Saturday • 7:30pm
 Sunday • 2pm
 Monday • 6:30pm

Co-Sponsored by:
 an anonymous citizen and



See You at the Movies!!

Upcoming Movies:
 80 for Brady (2/3 & 2/10); The Amazing Maurice (2/17); Mummies (2/24 & 3/3);
 Ant-Man and the Wasp: Quantumania (3/10 & 3/17); Jesus Revolution (3/24);
 Creed III (3/31) *Dates subject to change.

Adults: \$8.00
 Students/Seniors/Vets: \$6.00

• Sunday: BYOB (bring your own bag)
 • Now accepting Credit Cards

Eido Connect

we're here to help you grow your business!

100% Coverage!

Giving Hearts Day

Support Jacobson Memorial Hospital Care Center
Feb. 9
www.givingheartsday.org



Funding to construct emergency entrance as depicted



Matching funds donated by First International Bank & Trust



Hosted by: Dakota Medical Foundation
 Questions? Contact JMHCC at 584-2792.



Jacobson Memorial Hospital Care Center
 is an equal opportunity provider and employer.

SUNRISE FOUNDATION, INC.
 Supporting Rural Healthcare

FEBRUARY 9 GIVING HEARTS DAY

WHO WE ARE
 Sunrise Foundation, Inc. is your local 501(c)(3) nonprofit organization that raises funds for Healthcare Scholarships, Loan Repayment Programs for SWHS employees, recruiting healthcare workers, and improving healthcare facilities in our area. All thanks to the money raised in 2022, we were able to offer \$14,000 in Healthcare Scholarships and Loan Repayments. Donate to Sunrise Foundation, Inc. on Giving Hearts Day to ensure our counties continue to have extraordinary care for you, your friends, and your family!

HOW TO GIVE

- 1) Visit givingheartsday.org, click donate, type Sunrise Foundation, Inc.
- 2) Write a check to "Sunrise Foundation, Inc.", write "Giving Hearts Day" in the memo section of the check, and mail it to Sunrise Foundation, Inc, 802 2nd St NW, Bowman, ND. 58623 so it arrives before February 9th.
- 3) Visit us in person to drop off your gift at Lasting Visions and Frontier Travel Center in Bowman, ND on Thursday, February 9th, 2023 from 8 am - 1 pm!

(701) 523-5142 802 2nd St NW, Bowman, ND 58623 Sunriseaswhealthcare.net

www.21angus.com

21 Angus

29TH ANNUAL TOP CUT BULL SALE

Selling 164 Top Cut Bulls

Saturday, January 28, 2023
 at the Ranch in our heated facility, New England, ND
 Lunch starts at 11am MST • Sale at 1pm MST

View our auction and bid online at DVAuction.com

DVAuction
 Broadcasting Real-Time Auctions

RF RON FRYE | MARKETING
 406.600.7514

21 ANGUS Marc Wolf • (701) 579-4221 • New England, ND

AUCTIONEER: Roger Jacobs



Lot 4
21AR JUSTIFIED C086
 REG#20476026
 BW 68 • 205 790 • WR 118



Lot 1
21AR STELLAR C152A
 REG#20469567
 BW 68 • 205 825 • WR 123



Lot 57
21AR RESOURCE C289
 REG#20476140
 BW 80 • 205 704 • WR 106

Featuring these proven sires:



KG JUSTIFIED 3023 47 SONS SELL!



SITZ STELLAR 60 SONS SELL!




SAV RESOURCE 1441 57 SONS SELL!

**Don't be afraid to go out on a limb;
that's often where the fruit is.**

Bowman Rotary & Bowman County High School Music Department Present the 13th Annual **"Pops & Pasta Concert"** *A Night of Music & Pasta*

Sunday, January 29, 2023
5:00 p.m.
Doors open at 4:30 p.m.

**Solberg Gymnasium,
Bowman County School**



Serving Spaghetti, Alfredo, Garlic Bread, Dinner Salad & Dessert

Adult - \$15
K-12 - \$10

Proceeds go to the Bowman County High School Music Department

5th Sunday
Hymn Sing
including specials

Sunday, January 29, 2023
2:00 PM

Hope Congregational Church
400 West Park - Elgin, ND

The Mott Rural Ambulance District will hold its annual meeting on **Wednesday, February 8, 2023** at 6:30 PM at the **Mott Fire Hall.**

The public is welcome to attend.

A Man Called Otto
January 27 - 29

Playhouse Theatre
Mott, ND - Phone 824-2721

SHOWTIME
Friday and Saturday - 7:30 PM
Sunday - 2:00 PM

CHAMPION SUPPORTER
Mainstream Boutique - Dickinson



PG-13
2 hours 6min

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Coming Attractions
I Wanna Dance with Somebody
Maybe I Do
80 for Brady
The Amazing Maurice
Creed
Ant Man & The Wasp; Quantumania
End of the Rope

Please see our face book page for updated information at Playhouse Theatre or call us at 701-824-2721



You don't need a new sunrise to start over, you only need a new mindset.

The Cannonball Sportsmen invite you to attend a fundraiser for the **Mott-Regent High School Clay Target Team**

Join us for a Free Chili Supper and enjoy a night of games and prizes!

When: Saturday, February 11th
Doors open at 6:00 P.M.
Where: The KC Hall in Mott, ND

<p>Gun Raffle</p> <ul style="list-style-type: none"> Dickinson Arms 12 ga Stevens 555 12 ga Savage Sporting Silver 12 ga Savage 17XP 17HMR Savage 64 Precision 22 lr (2) ATI Nomad 410 	<p>Other Raffle Prizes</p> <ul style="list-style-type: none"> Badlands Cooler Pit Boss Grill DeWalt Cordless Combo Kit Various Gift Baskets and more!
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Prize Wheel!
Win a turkey or a pork butt

Door Prizes!



All proceeds will be used for purchasing equipment for the team.

St. Vincent's
St. Henry's
St. John the Baptist
Catholic Church
Schedule for
January 28
January 29
(M) 4:30 pm Sat.
(NL) 10:00 am Sun.
(M) 8:00 am Sun.
(R) 7:00 pm Sat.

Custer Health to Hold Area Clinics

Wednesday, February 8 - Footcare - Carson Manor (410 Grant Street, Carson) - 12:30 - 2:00 PM MT. Call 622-3591 for appointment.

Wednesday, February 8 - Immunizations - Carson Courthouse at Custer Health (106 2 Avenue NE, Carson) Clinic hours are between 9:00 am - 12 noon MT. Call 622-3591 for appointment.

Thursday, February 9 - Footcare - Glen Ullin Senior Center (110 S Main Street, Glen Ullin) - 12:30 - 1:30 PM CT. Call 348-3838 for appointment.

Thursday, February 9 - Footcare - Hebron Senior Center (707 Main Street, Hebron) - 8:30 - 11:30 AM CT. Call 701-622-3591 for an appointment.

Tuesday, February 21 - Footcare and Blood Pressure - Flasher. Call Custer Health at 622-3591 for an appointment.

Senior Nutrition Program

"Flasher Senior Nutrition Program Changes in 2023"

Beginning January 1, 2023, the Senior Nutrition Program will no longer be provided through the Flasher Senior Center.

The Morton County Council on Aging will be partnering with Sweet Creations in Flasher to provide this service. Sweet Creations, located at 121 N Main Street in Flasher, will be offering a daily special from 11 a.m. to 3 p.m. that will qualify as the senior meal.

All individuals age 60 and older will qualify for the senior meal. The meal will be available for dining-in, take-out, and for those who qualify, home delivery. Suggested contribution for the meal is \$5.00.

thru 1-28

Trinity Lutheran Church
Mott, ND

Sunday
Adult Bible Study - 9:30 AM
Sunday School - 9:45 AM
Worship Service - 10:45 AM

Hettinger County Health Maintenance Nurses Calendar for February 2023

Feb. 2nd - New England Senior Center 11am-1:30pm
Feb 9th - Mott Senior Center 10am-12n
Feb. 14th - Regent Senior Center-11-12n
HM in Office--- by apt.
Offering BP,P,wt. For foot care & immunizations or other needs call 824-3215.

The things that empower you - the possibilities - come from within

Life is a unique combination of "want to" and "how to," and we need to give equal attention of both.

BIRTHDAY CARD SHOWER

Better late than never!

LaVonne "Vonnie" Nygaard turned 86 on January 25th



Send Vonnie cards at:
LaVonne Nygaard
c/o Fallon Medical Center - LTC
PO Box 820
Baker, MT 59313-0820

The Management Board of Southwest Public Transit would like to thank

DENNIS BENTSEN

for his many years of dedicated service to our transit agency and to the riders of Adams and Hettinger counties.

Thank you, best wishes, and happy retirement!

Happy Birthday - Owen Blickensderfer

As Owen's favorite news journalist, Paul Harvey, would say, "You know what the news is, in a minute, you're going to hear the rest of the story."

Owen and The Bicycle
You rarely see Owen driving around town in a car. He's on his bicycle. Owen also build a bicycle for two. You can often see Owen and Ann riding together.

Owen has taken many bicycle hikes, sometimes for many miles.

Owen is known for fixing a bike for others.

One day as I was leaving the grocery store, one of Owen's friends came by. I greeted him and he told me he had an accident on his bike. I could see a bruise on his forehead. I called Owen and told him about it. Owen looked him up. I believe the handlebar was broken. Owen went and fixed it for him.

When Kurt spent his final days at home, there were times we needed help for him. We would call Owen and he would come right over.


Be it morning, night, or even in the coldest of winter, he would come riding his bike.

At 8 AM, here comes Owen on the bicycle. Stops to check on his Mom. All is well and off to the Nursing Home to work.

Who could imagine such an amazing Son who would check up on his Dad and Mom. He is always dependable.

And that's the rest of the story.

Who could imagine that a crucified Savior would be the hope of all creation, the glory of our God. And that's another story.



Vermeer




Laufer Vermeer
1805 2ND STREET NW
HETTINGER, ND 58639
PHONE: 701-567-4368

Focus
EYE CARE



701-523-7707
16 W. Divide • Bowman, ND



Service is just a day-in, day-out, ongoing, never-ending, unremitting, persevering, compassionate type of activity.

Maher  **ANGUS RANCH**

46TH Annual Bull Sale
FEBRUARY 3, 2023
1:00 p.m. MT at the ranch Morristown, SD



SAV RAINFALL - 10 SONS SELL



U2 COALITION - 15 SONS SELL



MAR GROUND WORK - 20 SONS SELL



CONNELY DRY VALLEY - 15 SONS SELL



MUSGRAVE COLOSSAL - 15 SONS SELL

Casey & Gina Maher Family
Morristown SD

701-522-3616 or 605-314-2905

maherangus@gmail.com

www.maherangus.com

You can't build a reputation on what you are going to do.

Unless you change how you are, you will always have what you've got.



THE SILVER DOLLAR BAR & GRILL

27 N. Main • Bowman, ND
701-523-5000

**• Lunch Specials •
Jan. 30th - Feb. 5th**

Monday 30th
Sausage, Pork, Bacon & Ale Brat
w/Grilled Onions

Tuesday 31st
Silver \$ Chicken Fried Steak
w/Mashed Potatoes, Gravy and Corn

Wednesday 1st
Meatball Hoagie Covered w/Marinara
& Mozzarella

Thursday 2nd
Hot Hamburger w/Gravy
Plus Mac & Cheese

Friday 3rd
Loaded Fish Sandwich w/Lettuce, Tomato,
Cheese and Soup

Saturday 4th
Loaded Tots w/Taco Meat, Tomatoes, Olives
& Nacho Cheese

Sunday 5th
Enjoy Sunday morning breakfast buffet with
all of your favorite items, including fresh
caramel rolls.

Free Shuttle Service
to and from
the Silver Dollar
701-523-5000

*Order for the best food in town
and pickup at our drive-up
window.*

**BCDC Bingo Plus Food
Every Tuesday @ 6pm
Try our Bingo Specials**

**Salad Bar open
Monday - Saturday
11am-7pm**

*Please check the Silver Dollar
Facebook page for menu updates
or changes*

*Don't forget to book your
Valentine's Dinner with
us, complete w/roses on
February 14th*

*With grocery prices so high,
Let us do the cooking, clean
the table & dishes.*

*Have Fun! Please remember
to gamble responsibly.*

Order ahead • 701-523-5000
for convenient drive-thru pick-up!



Mott KC's Hold 4th Annual Steak Fry

"The Mott Knights of Columbus 2826 would like to send out a big thank you to all of our gracious sponsors that donated to help make our 4th Annual Steak Fry a success. Also thank you to everyone who came out and supported our organization and to all the people who helped out during the evening. Your support is greatly appreciated!"

There is no wrong way to perform an act of kindness.

LOOKING FOR A CHANGE?

Find Careers
at <https://www.wrhs.com>



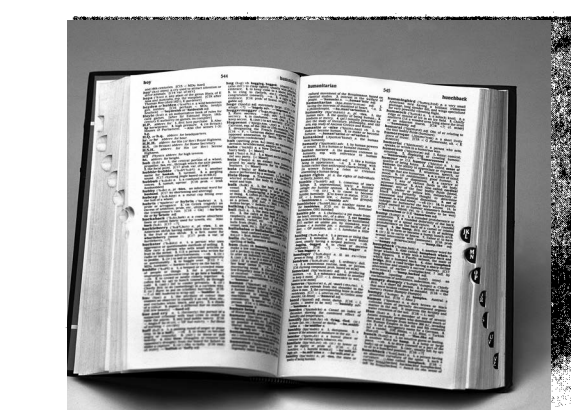



JOIN OUR TEAM TODAY!

Tenant Assistant • Cooks • Housekeeping • Patient Accounts Representative
Clinic Receptionist • Financial Counselor • Dietary Aide • Business Office Clerk
Hospital Ward Clerk • Insurance Credentialing Specialist • Certified Scrub Tech
EMT • Paramedic • Certified Nursing Assistant • Ambulance Drivers
Hospital LPNs and RNs • Advanced Practice Professional PA-C or FNP-C
Respiratory Therapist • Licensed Clinical Social Worker • CRNA
Administrator for WHLC • Human Resources Manager
Systems Support Specialist • Laboratory Medical Technologist
Ultrasound Tech • Radiology Technologist • Clinic LPNs and RNs

Equal Opportunity and Affirmative Action Employer.

Kindness is a Choice



WORDSMITH

Inherent. Could this be where the word heir came from? Look it up. That's what one of my long-in-the-past teachers said to me. She said I was to OMIT a certain page in my workbook and I asked her what OMIT meant and she said, "Look it up". I said "How can I look something up that I can't spell?" She said, "It's spelled just like it sounds."

So I learned to research out of necessity. The best definition of inherent is 'inborn.' That would be in the same category as instinct...wouldn't it? It's an inborn tendency to act or respond in a particular way.

Ok, so Noah Webster left out the I in inherent. A whole lot of words have too many 'silent' letters in them anyway. Ask any blogger.

Take the French EAU, pronounced...OH!...as in Eau Claire. It is French for water. Eau de Cologne is made in...not France...but Cologne, Germany. Expensive perfumes are made from oils leached from flower petals. Less expensive (cheap) perfumes called toilet water is from Old French. The toilet was a dressing table where men and women groomed their hair. The word toilet is from French for a towel that the barber (back yard sur-

geon) heated with EAU and laid it over the face of the man to be shaved. Did you watch "The Untouchables" where Al Capone was about to be shaved by his personal barber? He had a toil over his face before the barber covered it with shaving lather.

That's probably passé. (French: old) Today the guy goes to a barber who cuts his hair with electric clippers. He doesn't style the man's hair. He just cuts it off and guy puts on his JOHN DEERE cap and goes back to work on the combine or the oil rig. The hair grows back, sorta like grass that has been mowed with a dull blade. Could

you call that in-hair-ent? EAU!

Early bathrooms were called water closets. We had a bathroom like that one time. You had to know what you were going to do before you shut the door because there wasn't room in there to change your mind

A person of royalty had a luxurious and very private bedroom, but no water closet. In early America we had an outhouse. Royalty had an in-house outhouse next to his bedroom. His bedroom was called the throne room. If another person of dignity requested an audience with the king and he happened to be easing nature, his servant would say that the King was on the throne and the dignitary would have to wait.

'Throne' is Latin and Old French and means 'seat.'. Kings (or any other ruler) are notoriously the butt of jokes. By saying that the King was on the 'throne' was an in-house, outhouse departmental jest.

What could I do to benefit my community?

Seeking Bids for Cemetery Mowing

Zion Evangelical Lutheran Church is seeking bids for mowing and trimming Zion's Cemetery in Elgin once per month

May through September, 2023, and more often if needed.

See complete description at zelcelgin.com/Cemetery2023.pdf.

Submit bids to:
Zion Lutheran Church
PO Box 56
Elgin ND 58533
Bids must be received by
February 10, 2023.

Apparently nobody else has spare time either, because they always come and use ours.

Family is the most important thing in the world.

Windy's
Bowman, ND

Daily Lunch SPECIALS

Jan. 30th - Feb. 4th
Lunch Specials served 11am - 2pm
** Subject to change*
523-5753

Monday 30th - CLOSED

Tuesday 31st - Loaded Gems
Soup: Chicken Tortilla

Wednesday 1st - Wing Wednesday
Soup: Wisconsin Cheese

Thursday 2nd - Biscuits & Gravy
Soup: Chicken Noodle

Friday 3rd - Chicken Fried Steak, Mashed Potatoes, Gravy & Veggies

Steak Night • Saturday, February 4th Ribeye
Includes: Choice of Potato, Veggie & Salad

Fox Hills Fencing

- Farm & Commercial Fencing
- Waterline Installation
- Erosion Control
- Trenching

701-260-0702
Bowman, ND

CONTACT US

Eido Connect:
Located at 17 E. Divide,
Bowman, ND
Phone : 701-523-4577;
Fax: 701-523-4579; Email:
connect@ndsupernet.com
Hours: Monday - Thursday
8:30 am - 4:00 pm
Closed Friday



Mott Playhouse Theatre Receives New Sign
Thanks to a generous grant received from the Mott-Regent Community Foundation 2022, a component of the North Dakota Community Foundation, the Playhouse Theatre was able to install a new sign in the lobby. Tyler and Ashly Kraenzel from Vizion Signs (formerly Keith Signs) in Dickinson installed the new sign in December 2022. Thanks so much to the MRCF members, Vizion Signs, and our generous community!

AREA COMMUNITY EVENTS CALENDAR

Second Monday of Every Month • Scranton, ND
Scranton Lions monthly meeting at 6:30 p.m. at the Community Center.

Second Monday of Every Month • Scranton, ND
City Board Meeting at 7:00 p.m. at City Hall

Second Tuesday of Every Month • Bowman, ND
Southwest Cancer Survivors support group for anyone touched by cancer. 6:30pm • Bowman United Methodist Church. Questions call: 701-279-6603, 701-523-4657, 701-440-8344, or 701-440-8788.

First Tuesday of Every Month • Bowman, ND
NOTICE TO ALL VETERANS: Post 48 Local American Legion invites and encourages you to join our meetings. Back of the Crystal Bar at 7pm. For more info call Paul White, Adjutant, 701-574-3798.

First Tuesday of Every Month • Amidon, ND
City Council Meeting at 8:30 a.m.

Every Wednesday • Scranton, ND
Scranton TOPS meet at 9:00 a.m. in the Community Center.

Third Wednesday of Every Month • Bowman, ND
The Bowman/Slope Community Cupboard is open from 3pm-5pm. No referrals necessary.

Last Monday of Every Month • Check "Be the Light" on Facebook for the monthly location
Be the Light Suicide Support Group • 6:30pm. Everyone Welcome.

If you have a nonprofit, community event you would like published, free of charge, on the Area Monthly Community Events Calendar,
Send them to: Eido Connect, PO Box 97, Bowman, ND 58623 by 4:00 p.m. Wednesday.

Expressions of HOPE

Forgetting

Ed Kvaale - Bowman Assembly of God Church

A new year is a natural time for us to reevaluate our life physically, financially, and hopefully spiritually also. Paul says in Philippians 3:12-15 "Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus".

Of course, we cannot literally forget everything good or bad in our lives that hold us back from serving Jesus. However, we can seek Jesus and surrender to His grace and forgiveness and trust that His transformation will change us. What is interesting though as you look through the book of Philippians is that Paul is not only wanting to "forget" the bad and the sinful aspects of his old life; Paul is also wanting to forget his past successes of his old life. Those "successes" within a religious worldview which rejected the truth of Jesus would appear to many as a picture of what we want in life: prestige, influence, and power. Yet, the truth is that anything which holds us back from loving and serving Jesus is "rubbish" or garbage. It is worthless. No amount of money, prestige, or power can save us. Only Jesus' grace and forgiveness can save us. This new year I would encourage all of us to reevaluate where we are spiritually and ask the Holy Spirit to show us if we are hanging onto any "garbage" (hurts, pain, bitterness, unforgiveness, etc.) or anything that seems "valuable" that is not as valuable as we think because it is actually an idol preventing us from loving and following Jesus and receiving His grace and forgiveness. Jesus said in Mark 8:34-37 "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? Let us ask Jesus for the strength to follow Him selflessly this new year and "forget" and leave behind what we need to leave behind from 2022.

Southwest PUBLIC TRANSIT

Public Transportation for All Residents of Adams, Bowman, Hettinger & Slope Counties of North Dakota for 30+ years

Out-of-Town Trips Weekly
From your door to Dickinson, Bismarck, Rapid City, Ft. Meade etc.
CALL 800-280-0204
• for schedule, rates and to book a ride

In-Town Trips Daily Monday - Friday
Bowman - CALL 701-523-3241 • 8am - 4pm
Hettinger - CALL 701-567-2476 • 8am - 4pm

Payment sources accepted include:
Medicaid, Medicaid Expansion, VA & Private Pay.

Well maintained vehicles with wheelchair access and trained drivers to service social, employment, educational and medical transportation needs. Minimum 24 hours notice. Veterans Ride FREE to Medical Appointments

OPEN TO THE PUBLIC

Bits and Pieces Quilt Club

will meet on
February 2, 2023
at 9:30 AM at
Our Place Cafe in Elgin
We will be starting
two new Quilts of Valor quilts
Please join us

YOUNG GUNS CONSTRUCTION

- Office -
605-576-3301
- Hunter Kalisiak -
701-523-1289
- Cody Holmes -
605-200-0532
LUDLOW, SOUTH DAKOTA

FOR ALL YOUR BUILDING AND DIRT MOVING NEEDS

God is strength
God is hope
God is truth
God is life
God is LOVE.

We must learn to apply all that we know so that we can attract all that we want.

The farmer has to be an optimist or he wouldn't still be a farmer

AgProMachinery
Sales & Service, LLC

Brake Cleaner
\$3.69 Can

Shop Towels
\$2.49 Roll

Lemmon/Hettinger





ACTION AUCTION
Without a There is No Auction

21st Annual Scheffeld spring
consignment Auction- Saturday,
April 1st, 2023, at 10am MDT.
Taking consignments for the spring
consignment sale now. All types of
farm, ranch, and construction equipment
Call before March 5th to get you items
advertised. Thank you for all your past and future
business. Call Mike Schoch with Action Auction to discuss
rates and consignments, see you at the sale!! 701-290-0756

701-290-0756

thru 2-25

Schock Real Estate
124 Main Ave. S. - P.O. Box 239 - New Leipzig, ND 58562
www.schockrealestatend.com
Martin F. Schock, Broker - 701-584-3053 (H)
Colleen Vetter, Sales - Elgin - 701-584-2535 (H)



BUY 3, Get 1 FREE!
Buy 3, Get 1 FREE on any set of four
passenger or light truck tires in stock
with installation and premium tire coverage. Some exclusions apply.
Offer expires January 31st, 2023.

When you use your
Northwest Tire Credit Card
NWTIRE.com to apply



NWTIRE
Phone: 701-523-5236
105 N Main • Bowman, ND 58623

CERTIFIED SEED

Top Performing Genetics by **AgriPro**

AP Smith – Economic Returns & Later
Bacterial Leaf Streak Tolerance & Straw Strength

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Yield & Straw Strength with Good Disease Tolerance.

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High Protein Variety with Strong Yield History

SY Longmire – Sawfly & Yielder West
Top Yielder with ability to withstand the rest

SY Ingmar – Proven Yield & Protein
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ND NOREEN Winter Wheat – Available Fall 2023!

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EST. 1906

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LEMMON LIVESTOCK, INC.
Phone: 605-374-3877

Due to advertising deadlines, we will only be running our
upcoming sale schedules on our report.
If you go to our website www.lemmonlivestock.com
you can view our market report and other information there.
Or find us on facebook under Lemmon Livestock!

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FEB 1, WED: NO SALE DUE TO THE
BLACK HILLS STOCK SHOW
FEB 8, WED: REGULAR SALE WITH SPECIAL FEEDER CALF
& SPECIAL REPL. HFR SALE
FEB 15, WED: REGULAR SALE WITH FEEDER CALF SALE
FEB 22, WED: REGULAR SALE WITH FEEDER CALF SALE &
LARSON XL SIM-ANGUS BULL SALE- 1:00
MAR. 1, WED: REGULAR SALE W/FEEDER CALF SALE &
**GAASKJOLEN ANGUS & ANGUS HYBRID
BULL SALE- 1:00**
MAR. 8, WED: REGULAR SALE W/FEEDER CALF SALE
MAR. 15, WED: REGULAR SALE W/FEEDER CALF SALE &
BRED HFR/STOCK COW SALE
MAR. 16, THURS: EVENSON ANGUS BULL SALE- 1:00

*You can listen to our weekly radio report at www.kbjm.com,
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You can watch & buy during the sale live every week by going
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****Receiving Station Contact:
CURT WILLIAMS, Baker Field Rep-
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*YOU CAN REACH US ON THE INTERNET AT
www.lemmonlivestock.com
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because my work didn't reach the
quality it should have.



Your good thought may lead someone
else to come up with another good thought and an-
other and another, and soon our communities will be
full, once again, with fun, laughter, energy . . .

Send ideas to: Eido Printing - P.O. Box 247
Mott, ND 58646 - eido@ndsupernet.com
or
Eido Connect - P.O. Box 97
Bowman, ND 58623
connect@ndsupernet.com

DID YOU KNOW?

Daily News
By Kathy Craig-Harteis

Today we had brunch at a place called The Daily News Cafe. It seemed aptly named for an old newspaper hack to dine. It turned out to be a good choice. I had delicious seafood crepes with hollandaise sauce and fresh fruit on the side. We got to sit outside on a beautiful warm morning. Rocky was allowed to join us.

We are really enjoying January in Southern California. But truth be told I'm beginning to miss home, little house on the prairie and all of my babies; big and small. Not so much the snow, ice and cold though.

Tomorrow Tom will go out on a charter fishing boat. It's been a lot of years since he's done that here as a kid.

We've been walking a lot. Yesterday we walked about 2 miles down to the beach. Again, it was a beautiful day.

Earlier in the week we had wonderful Italian food. The restaurant owner grew up in Italy. As a boy he knew Andrea Bocelli and Pavarotti. They are two of my favorites so I found it very exciting to meet someone who actually knew them.

It's a wonderful, small world we live in.
Life is good today.

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**As long as there's a few farmers out there,
we'll keep fighting for them**

The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings

HELP WANTED

Bowman Grain has a job opening for a full-time employee with a CDL, forklift experience is a plus but will train the right candidate.

Please call 701-523-3173 ask for Robert White (Manager) or stop and pick up a job application

Bowman Grain
16 4th St. NW
Bowman, ND



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- Malcolm Forbes



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PLAINS AG LLC

FOR THOSE WHO DEMAND MORE

Service Technician — Bowman, ND

Plains Ag LLC/West Plains Inc., a certified Case IH dealer in Bowman, ND, is looking for a top notch individual to perform quality maintenance and repairs on all types of agricultural equipment. This position will be part of our team of people responsible for maintenance, repair, and reconditioning of farm equipment by the use of electronic diagnostic tools, electronic parts catalogs, service manuals and other sources of information and materials.

Candidates should possess good people skills, good communication skills, time management and organizational skills. Qualified applicants will also need a positive attitude, be quality and customer service oriented and have their own tools. Candidates must have physical mobility including being able to lift up to 60 pounds unaided, have the ability to stand for long periods of time, and be able to manage different environmental smells, as these are all required for the position. Position offers guaranteed hourly wage and full benefit package; wage based on experience.

Plains Ag is a Value's led company. We offer competitive wages, 401k retirement plan, health insurance, dental insurance, vision insurance, short-term and long-term disability insurance, life insurance, tool allowance, paid vacation, personal leave days, eight paid holidays and job training. We also have education reimbursement (ask for details, certain restrictions apply).

Applicants must be able to meet and maintain insurable driving status and pass pre-employment drug testing.

If you are ready to work in a great environment with great people, email your resume to hr@plainsag.com

We are an Equal Opportunity Employer

Phone: 701-523-5922 • 1-877-211-0600
Hwy. 85 South • PO Box 58 • Bowman, ND 58623



BOWMAN AUCTION MARKET

Harry Kerr, Owner/Manager • 701-523-5922
Wayne Miller, Fieldman • 701-279-6649 or 701-523-6885

www.bowmanauctionmarket.com

Upcoming Sales

Monday, January 30th - Regular Sale w/ Thielen Ranch Dispersion plus Sheep & Goats
** 150 Rambouillet ewes, mostly solids, bred to Hamp & Dorset, lamb March 1st, excellent set of ewes, have been shed lambed
** 110 Rambouillet ewes, 3's to solids, bred Rambouillet, lamb April 10th, always shed lambed. This offering will also include 15 replacement ewe lambs
Thielen Ranch COMPLETE DISPERSION 60 hd blk cows bred to DeGrande Angus bulls, 4-10 yr old cows, calve March 15th

Monday, February 6th - Regular Sale with Calf Special and Hewson Partial Dispersion
NO SHEEP & GOATS

Friday, February 10th - Honeyman Bull Sale
Sunday, February 12th - Mrrnak Bull Sale
Monday, February 13th - NO SALE

Monday, February 20th - Regular Sale with Smith Saddle Butte Ranch Bull Sale 1pm plus Sheep & Goats

PLAINS AG

FOR THOSE WHO DEMAND MORE

Parts Specialist — Bowman, ND

Do you want to work with a company who invests in their employees and empowers them to be successful in their careers? We are looking for the right candidate to partner with – employees who want opportunities to succeed, experience the challenges and be a part of a successful team at one of the industries' largest privately-owned dealerships in Northern America. Here at Plains Ag LLC/West Plains Inc. our mission is to serve the agriculture customer and community by partnering to meet their needs through a top-notch company.

West Plains Inc., a certified Case IH dealership, is currently accepting applications for a full-time Parts Specialist. The position will involve processing parts orders, warranty, credits, freight shipments, purchase orders and procuring outside parts. Applicant should be self-driven, have good organization and computer skills, and successfully help customers identify and fulfill their parts and accessory needs. Experience working with agricultural parts preferred.

Applicants must possess:

- Excellent organizational, communication and problem-solving skills
- Thrive and multi-task in a constantly changing environment
- Superior customer service skills
- Computer skills with the ability to learn new programs
- Ability to lift up to 60 pounds unaided
- Ability to stand for extended periods of time
- Ability to manage different environmental smells

Plains Ag is a Value lead company. We offer competitive wages, 401K retirement plan, health insurance, dental insurance, vision insurance, short-term and long-term disability insurance, life insurance, paid vacation, eight paid holidays and job training. Salary commensurate with experience.

Applicants must be able to meet and maintain insurable driving status and pass pre-employment drug testing.

If you are ready to work in a great environment with great people, email your resume to hr@plainsag.com

We are an Equal Opportunity Employer

Sales Report • January 23, 2023

Heifers					Cows continued...				
TOWN	#	DES	WGHT	PRICE	TOWN	#	DES	WGHT	PRICE
New England	13	blkbwf	480	186.00	Rhame	2	blk	1428	39.50
New England	28	blk	550	179.50	Scranton	1	blk	1270	69.50
Cows					Scranton	3	blk	1487	69.00
TOWN	#	DES	WGHT	PRICE	Rhame	3	blk	1392	68.50
Scranton	1	bwf	1285	74.50	Rhame	1	blk	1375	68.50
Bowman	1	blk	1435	74.00	New England	1	blk	1400	67.00
Bowman	1	blk	1415	73.50	New England	2	blk	1545	67.00
Rhame	4	blk	1655	73.50	Rhame	1	blk	1180	67.00
Rhame	1	blk	1285	73.50	Rhame	2	redblk	1108	64.00
Rhame	2	blk	1700	73.50	Bowman	1	blk	1315	63.50
Scranton	1	bwf	1375	73.50	bowman	2	blk	1300	61.50
Bowman	1	blk	1815	72.50	Bulls				
Rhame	1	blk	1615	72.50	TOWN	#	DES	WGHT	PRICE
Rhame	3	blk	1418	72.00	Rhame	1	red	1895	111.50
Scranton	1	blk	1125	71.50	Rhame	3	blk	1777	109.50
Scranton	2	blk	1460	71.00	Rhame	2	blkbwf	1853	107.00
Rhame	2	blk	1718	71.00	New England	1	blk	1795	90.50
Rhame	2	blk	1470	70.50	Marmarth	1	bwf	1870	85.00

Check Out Our Website Today!
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Agriculture is the most healthful, most useful and most noble employment of man

THE AFFORDABLE WANT AD CONNECTION

WANTED
Bar Manager/Bartender
 at the
Enchanted Castle
Regent, ND
Call 701-563-4858

EMPLOYMENT OPPORTUNITY: OFFICE COORDINATOR
 Seeking an enthusiastic, well-organized, community-minded individual to manage & assist with event planning, administrative, economic development, & tourism needs. Bookkeeping skills & proficiency with computers are necessary. Design & event planning experience are preferred. Flexible schedule, paid vacation, and pay DOE. Contact Kayla 701.567.2531 or submit a resume & cover letter to cpo@hettingernd.org by 1.30.22.
 Hettinger Chamber | Adams Co. Development Corp | Dakota Buttes Visitors Council
 1-7,14,21,28

Man's Best Friend

 Purebred Mastiff puppies for sale. Dews clipped, 2 rounds of shots, 12 weeks old. \$900 plus delivery. Call Teri at 218-565-1421. Willow River, MN.

FARM/RANCH
FOR SALE: 22 Black Angus Heifers, home raised, no brands, calf April 1st. 701-206-0239 or 701-275-8263. Scranton, ND.
 1/21,28c

FOR RENT
FOR RENT: Apartments - One bedroom furnished for short term rental and a two bedroom unfurnished, Scranton, ND. Call Dale 701-523-8263 for details.
 TFnC

FOR RENT: Adams County Land W 1/2 31-129-91. 237.79 tillable acres, 2 year contract. Call 701-527-5038. Bid must be received by 2-6-23. Mail Bids to: Robert Bohnet, 4401 Overland Rd. Bismarck, ND 58503.
 1-,21,28-2-4c

ABLE, INC. RECYCLING
 101 North Main Street
 Bowman, ND
 701-523-5844
ALUMINUM CANS
25¢/LB
HOURS:
 Monday - Friday
 8 am to 4 pm

Adams County Farm Land For Rent, W1/2 35-129-91, 277.86 tillable acres, 2 year contract. Call or text 701-400-3258. Bids must be received by 1-31-23. Mail to: Wayne Bohnet, 233 N Val Vista Dr. #395, Mesa, AZ 85213.
 1-14,21,28c

In Memory of Tanya Halmans
 Special heartfelt gratitude to her special aunts Helen and Wanda who were more to her. They were like sisters. Special friend Anne and her godchildren Annabell, Mary, and Cory.
 Special cousin and like a sister Amanda, who was by her side.
 Special godchildren Maggie and Zaelyn who were all dear to her heart.
 Special thanks to her uncle Albert for always including her in car shows and to all her aunts, uncles and cousins who were all dear to her.
 Thank you to those who called, sent cards, money, flowers, food and plants. All the thoughtfulness is appreciated by her mother and brother.

Looking For Farm Land to Rent in the Hettinger, Regent, Reeder and Scranton areas. Call 701-928-1804.
 tfn

FOR RENT: Adams County Pasture Land, 551 acres, Section 17-131-91. SW 1/4 16-131-91. 2 Year Contract. Bids must be received by February 10, 2023. Mail to Robert Bohnet 4401 Overland Rd. Bismarck, ND 58503. Call 701-527-5038.
 1-28-2-4,11 pd

FOR SALE
 Nutra-Lix Quality supplements include liquid, barrels and minerals. Meeting your cows nutritional needs is so important for a healthy developing calf, rebreeding and next years calf. Get top production for your herd with Nutra-Lix products by calling Knudson Feeds in Hettinger at 800-585-2444 or 701-567-2444 1-21,28-2-4c

FOR SALE: 1999 Dodge 3500, good engine. Call 701-584-2314. 1-28-2-4c

FOR SALE: 2009 Load Trail bumper hitch Trailer, 83" wide - 12 ft. long - full ramp. Tandem Machinery Trailer, 20 ft. long, 8 ft. wide, beaver tail, fold up ramps. Also 8.25 x 20 truck tires. Assortment of Steel Wheels all sizes. Call 701-440-8946
 1-28c

FOR SALE:
 Payloader with 3rd valve For Sale or Rent Vans
 Gooseneck Flatbed Trailers
 2 New Flatbed with 15,000 axles
 48 ft. Wilson Flatbed
 2 - Semi End Dumps
 2 hyd. hanger doors, new Mack A400
 3 Cat Engines - 3406E, 343, and 353
 Self Contained Snow Blower sits on a Payloader
 96 4700 IHC Mechanic Truck service box.
 6 Standby Generators
 Guard Rail \$4.00 per ft.
 Sucker Rod 3/4", 7/8", 1"
 New 2" Gas Pipe, 40 ft. long
 Poly Pipe 20 in. x 50 ft. long, weighs 2700 lbs. per joint, ideal for culverts
 3 Cabin Boats
 New 30 Gal. Totes - \$10 each
 2005 Excursion Class A Motor Home
 Call for more information.
New recapped tires government surplus size 385/65x725 - 4 tires for \$1,000.00
Loyboy 60 ton Trailer
 New tire chains fitt 20.5 x 25 and 17.5 x 25 and 14 x 24
 New Truck Tire
 245x75x16 New Bridgestone 10 ply tires, on 8 hole wheels \$175 each.
 Snowblower for Skid Steer
Located 11 miles South of Lemmon on 73
Call 605-374-5444
 tfn

FOR SALE: 4 Steel Wheels, 2 - 26" and 2 - 44". Call 701-824-2489. 1-21-28c

FOR SALE: 34 ft. Vibra Chisel, with harrows. Call early. 701-584-2314.
 1-21,28c

For Sale!! Lump coal from the Wolf Mountain mine in Decker, Montana. Quality coal that works great in most any hand fired stoves. Call Knudson Feeds in Hettinger at 800-585-2444 or 701-567-2444 1-21,28-2-4c

FOR SALE: Corn Fed butcher Beef by the half or whole. Will deliver to processor. Jurgens Feedlot, Taylor, ND. Phone 701-974-3628.
 1-28 thru 2-25c

FOR SALE: Real Tuff Quarter Circle Maternity Pen: Livestock Chutes; Ritchie and Franklin Cattle Waterers, Jurgens Farm Service, Taylor, ND Phone 1-701-974-3628.
 1-28 thru 2-25c

FOR SALE: Ashland Wood Stove with extras, like new \$575.00. Vintage Blacksmith Forged Bear Trap \$450.00. Call 701-928-0757 pd

Proseed has generous cash discounts available on great corn, soybean, canola or sunflower seed. Order what you need now before February 5th for a great discount at Knudson Feeds in Hettinger at 800-585-2444
 1-21,28-2-4c

FOR SALE: 2014 Ford F-150 XLT, 5.0 V-8, 174K miles, ext. cab, spray on rock chip protector, bed liner, side rails. Good tires. \$10,669.00 Call 701-373-1432.
 1-21,28 pd


SERVICES OFFERED
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 1-21,28c

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 20 years of building experience
 Licensed and insured. Located in the Mott area.
Joseph Stenberg
 Call
406-212-2832
 tfn

FOR SALE: by Owner. 3 bedroom, 2 bath, detached two car oversized garage. Mott, ND Call 1-978-549-2709.(EST).
 1-14,21,28c

EMPLOYMENT
Help Wanted: Looking for someone to put up about 600 acres of hay ground this year 2023. Land located 10 miles east of Lemmon, SD. Please Call 605-374-5344.
 thru 3-25c

Fulltime Ranch Employee needed in Eastern MT. Experienced in all aspects of ranching. Please Contact Vern 1-406-852-3397 thru 2-25c

FOR SALE:
Ag Sprayer Product
 3 pt., electric pump with wand, - 65 gal. Tank, 10' fold-up booms
\$1,800.00

Call 701-440-8946

FOR SALE: Puppies. Born Dec. 28, 2022. 3/4 English Shepherd, 1/4 Kelpie. Working parents. Would make excellent ranch dogs, handle stock well but calm at home, good with kids. Asking \$300. 605-866-4882.
 1/28-2/4c

HELP WANTED!
C-Store Cashier
Must be 21
C-Store Kitchen
Must be 16
Contact: Brenda
701-824-2623
 or email
mottcstore@mottequity.com
 1-21,28c

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 Please give complete information - 25 words or less \$7.00 per week. 10¢ a word after. Please remit check along with ad. Thank You. Number of weeks to run: _____

 Name _____
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 A razor cannot be sharpened on a piece of velvet.**

A person who really knows it all knows enough to keep quiet.



You are what you do — when you think nobody's looking.

Spring Help Wanted

Competitive Pay
Full & Part Time Positions Available

Scranton Equity Agronomy is looking for qualified help to span our busy spring season. Full and Part Time Positions available. The spring field work season varies from the middle of March and continues through the middle of June. Of particular interest will be candidates who hold a current CDL license. Positions to fill will vary including operating application equipment, tendering product to the farms or fields, unloading or loading fertilizer and chemicals, general yard work to facilitate operations and providing service to customers throughout. Due to the seasonal time frame, pay will be competitive and based on the candidate's experience and qualifications.

Scranton Equity
Interested candidates should contact
Central Office at 701-275-8221
Phil Sulzman Office: 701-275-8124
Cell: 682-351-9626

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The Bowman-Slope SCD is Hiring!

DISTRICT MANAGER & DISTRICT TECHNICIAN



- The SCD District Manager position's primary duties include performing daily management functions for the SCD such as; grant program management, daily SCD financial administration, preparing for monthly board meetings as well as recording meeting minutes, implementation of education and conservation programs amongst landowners, schools, and the community, maintains cooperative relationship with agencies the SCD operates within, manages the SCD equipment rental program, and assists with seasonal tree planting and weed barrier fabric application as needed.
- The SCD District Technician position's primary duties are to manage the tree planting and weed barrier fabric program and provide technical and administrative assistance for conservation programs and grant administration. This position will work with landowners, communities, schools, and other units of government to implement education and conservation programs within the conservation district.

• The position type (full or part-time) and hours are negotiable at the time of interviews. Applications and more detailed job descriptions are available at the Bowman-Slope SCD Tree Shed located at 20 HWY 12 East, Bowman, ND, by calling 701.523.8733, on our website at bowmanslopescd.com or email at bsscd@ndsupernet.com

• Positions are open, and applications will be taken until filled.

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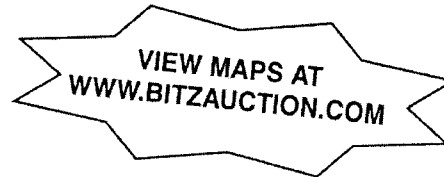
**2709 ACRES
BOWMAN &
SLOPE COUNTIES**

**LAND
AUCTION**

GERALDINE WALLER ESTATE

BOWMAN, ND

WED., FEBRUARY 15, 2023



ONLINE AUCTION
BIDDING STARTS
February 6, 2023
BIDDING BEGINS
TO CLOSE AT
1:00 PM, MT
Wed. Feb. 15, 2023
www.bitzauction.com

SLOPE COUNTY

TRACT 1:

W1/2 Of Section 23-133-102
319 Taxable Acres
199 Acres Cropland. Balance Pasture

TRACT 2:

All Of Section 35-133-102
640 Taxable Acres
373 Acres Cropland. Balance Pasture

BOWMAN COUNTY

TRACT 3:

W1/2 Of Section 29-131-102
320 Taxable Acres
215 Acres Tillable. Balance Grassland.
Includes An Older Home. Presently Occupied

TRACT 4:

E1/2 Of Section 30-131-102
320 Taxable Acres
284 Acres Tillable. Presently All Hayland

BOWMAN COUNTY

TRACT 5:

All Of Section 24-131-103
640 Taxable Acres
171 Acres Tillable.
Presently All Grass & Pasture

TRACT 6:

NW1/4 Of Section 19-131-102
155 Taxable Acres.
All Tillable. Presently Hayland

TRACT 7:

S1/2 Of Section 19-131-102
315 Taxable Acres.
267 Acres Tillable.
Balance Hayland With Kalina Dam

Additional Information: For Online Bidding,
Telephone Bidding Or Other Information
Call Vincent Bitz 701-220-5007 Or Steven Bitz
701-400-6895 Or Contact Us On The Website
www.bitzauction.com Or Steven Or Vince
@BitzRealty.com

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- 10% Earnest Money On Date Of Auction - Balance On Or Before April 28, 2023
- Sellers Will Provide An Up-To-Date Abstract For Buyer's Review Prior To Closing
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- Sellers Will Retain All Presently Owned Mineral Rights



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1-14, 21, 28-29

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 • EXPERIENCE IS HELPFUL, BUT NOT NECESSARY.
 • MUST POSSESS EXCELLENT WRITTEN AND VERBAL COMMUNICATION SKILLS.
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February 8, 2023
 5:30 - 7:00 pm


Open to the Public
 Free to Attend

NO RURAL LIMITATIONS

Annual Meeting

5:30 pm	Business Meeting
5:45 pm	Social & Apps
6:15 pm	Presentation
6:45 pm	Q&A
6:55 pm	Closing

Bowman Golf Course



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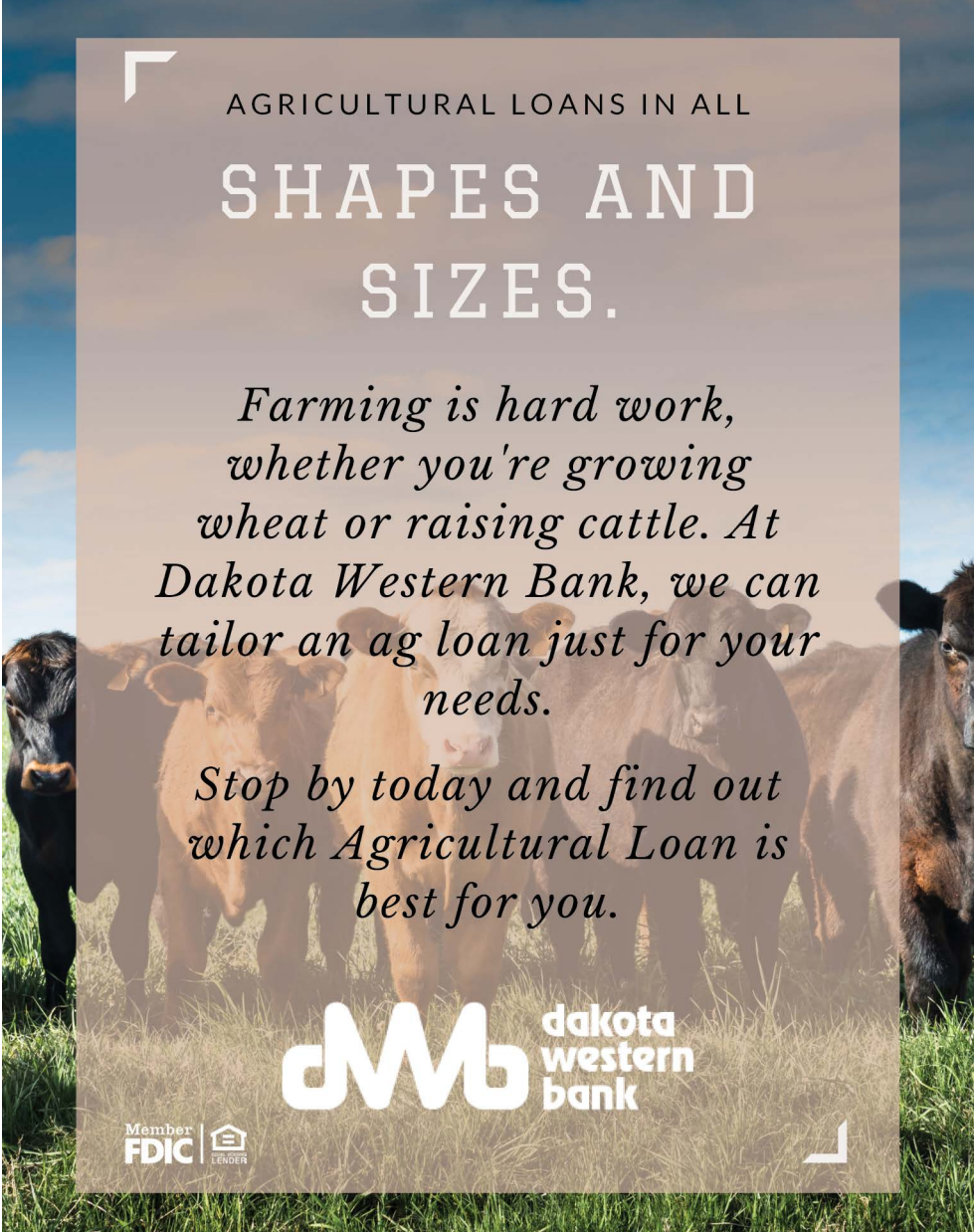
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35th Annual Production Sale



Selling 60 Yearling Bulls

20-Hart State of War 056C 11-MRL Discovery 21A

KOEPLIN'S BLACK SIMMENTALS

Tuesday, February 7, 2023

2:00pm CT • Kist Livestock • Mandan, ND



655K
Purebred

BCLR Cash Flow C820 x Kappes Upgrade 546 Y614
BD: 2-18-22 BW: 85 WW: 806

CE	BW	WW	YW	MCE	Milk	MWW	API	TI
9.8	2.7	89.9	139	5.6	17.0	61.9	136	81



225K
SimAngus™

Basin Payweight 1682 x TNT Jump Start R238
BD: 2-12-22 BW: 88 WW: 884

CE	BW	WW	YW	MCE	Milk	MWW	API	TI
10.6	1.3	86.4	135	7.1	28.9	72.1	136	82



963K
3/4 SM 1/4 AN

MRL Discovery 21A x Mytty In Focus
BD: 2-20-22 BW: 87 WW: 822

CE	BW	WW	YW	MCE	Milk	MWW	API	TI
12.5	0.4	70.6	115	9.3	21.2	56.5	122	73



973K
Purebred

MRL Discovery 21A x PPSR Nophalt 20H
BD: 2-24-22 BW: 95 WW: 775

CE	BW	WW	YW	MCE	Milk	MWW	API	TI
9.0	2.6	72.4	119	7.7	24.3	60.4	118	72



815K
3/4 SM 1/4 AN

KBHR High Road E283 x LRS Elevate 213
BD: 2-7-22 BW: 77 WW: 796

CE	BW	WW	YW	MCE	Milk	MWW	API	TI
14.0	-0.3	88.9	138	7.4	32.2	76.6	148	90



410K
Purebred

Hart State of War 056C x Hooks Shear Force 38K
BD: 2-5-22 BW: 97 WW: 822

CE	BW	WW	YW	MCE	Milk	MWW	API	TI
12.7	1.4	78.9	119	6.5	30.8	70.2	147	81

Planned Mating EPDs

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koeplinranch@hotmail.com
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45th Annual Production Sale

Wednesday, February 22, 2023

1 PM (MST) • Lemmon Livestock Sale Barn, Lemmon, SD



Selling:
70 YEARLING SIMANGUS™ BULLS

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LARSON XL Simmental

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Annual BULL SALE

FEBRUARY 11, 2023

Selling 55 Purebred Gelbvieh, Balancer and Red Angus bulls

AT THE RANCH — NORTH OF DICKINSON, ND.



PHG Prairie Kevin K17
Gunner 947G x Eight Seconds C008
93.6% Gelbvieh, Homo Polled
BW- 93, WW- 871



PHG Kody K45
N.H. Blackout 7412E x Fargo 265
93% Gelbvieh, Homo Polled
BW- 81, WW- 770



PHG Kilo K103
Exact Combination x Top Producer 28223
93.8% Gelbvieh, Homo Polled
BW- 85, WW- 911



PHG Kahuna K75
Grinder 39G x Yukon 172Z
93.8% Gelbvieh, Homo Polled
BW- 93, WW- 764



PHG Kindle 267K
Davidson Howard 3E x Lazy MC Jack 119C
50% Balancer, Homo Polled
BW- 84, WW- 768



PHG Kudus K37
Stock Fund 9097B x Paycheck C24
50% Balancer, Homo Polled
BW- 85, WW- 859

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Now is the time to keep your unborn calves healthy by feeding Vitaferm Concept Aid 5 with Mos or Vitaferm Conserve with Mos. Both contain Anaferm and BioMos to support the ability to recover from the affects of stress and gut health.

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FRIDAY FEBRUARY 17, 2023


19TH ANNUAL PRODUCTION SALE
AT THE RANCH • MCINTOSH, SD • 1:00 PM MDT

Selling 80 Angus & Angus Hybrid Bulls


ANGUS - SIMANGUS™ - GELBIEH ANGUS




8052
ELLINGSON TURN KEY X S CHISUM 255
ANGUS




0245
DEEP CREEK COUNTERMEASURE X LT CONVERSE
ANGUS




1641
MOHNER PRESIDENT 2819 X JF RANCHER
3/4 AN 1/4 SM



4424
MOHNER PRESIDENT 2819 X CCC MERRITT
3/4 AN 1/4 GV



5066
SAV CERTIFIED X MAR INDUSTRIAL
ANGUS



0142
KOUJAL JUNCTION 024 X SPECKLER UNANIMOUS 708
7/8 ANGUS 1/8 SM

Building a Better Angus

Reference Sires include:
ELLINGSON TURN KEY • KOUJAL JUNCTION 0124 • SAV CERTIFIED
DEEP CREEK COUNTERMEASURE • MAR GROUNDWORK • QB LAST FRONTIER
MOHNER PRESIDENT 2819 and more

BLAINE & CASSIE MOLLMAN
MCINTOSH, SD
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WWW.GUMBOHILLRANCH.COM

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Rural Residential Properties:

- NEW! 12.47 +/- Acre Rural Residential Property – Lemmon, SD**
Take a look at this well maintained home located outside of Lemmon. Home features attached garage, numerous updates, wood burning fireplace, 5 Bedrooms, 3 Baths and lots of storage space. This property also features a heated detached garage, pole barn and beautiful mature trees for privacy.
- Manufactured Home Located on 3 City Lots – Morrystown, SD**

Agricultural Properties:

- 21 +/- Acres Cropland with 17,000 Bu. Grain Bin Storage – Mott, ND**
- 16 +/- Acres Vacant Land – Mott, ND**

Sold Properties:

- Countryside Inn – Watauga, SD
- 320 +/- Acres of Adams County Cropland
- 1739 +/- Acres Cropland - Golden Valley County, ND
- 160 +/- Acres of Hayland/Pasture –Perkins County, SD
- 480 +/- Acres of Crop, Pasture & Hayland – Sioux County, ND
- 160 +/- Acres of Hayland/Pasture –Corson County, SD
- 320 +/- Acres of Pasture/Hayland – Perkins County, SD
- 14.92 +/- Well Maintained Rural Acreage – Lemmon, SD





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Email: shwshr@sdplains.com
For complete details visit: www.weishaarsales.com

1-28-2,4,11,18

20TH ANNUAL PRODUCTION SALE

BAUMGARTEN CATTLE CO.

Friday, February 3, 2023 • 1:00 p.m. MST

at the ranch south of Belfield, ND (call or check our catalog or website for directions)

78 Horned & Polled Hereford Bulls • 11 Registered Bred Heifers • 20 Commercial Hereford Heifers



BCC SUNRISE 243K ET

DOB: 2/06/22 BW: 77 205 Wt: 714



BCC PROMOTE 224K

DOB: 1/23/22 BW: 76 205 Wt: 707



BCC ADVANCE 1303J

DOB: 8/2/21 BW: 80 205 Wt: 691



BCC DOMINO 227K

DOB: 1/24/22 BW: 86 205 Wt: 736

For catalogs and info, contact: Rollie Baumgarten 701.290.3469 • Jake Baumgarten 701.290.3450
 BELFIELD, ND 58622 • E-MAIL: TRBAUMGARTEN@YAHOO.COM

Bull Calves fed free until April 1, 2023

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BOWMAN

2023 **RANCH**

Angus Bull Sale

February 9th, 2023 @ 1:00 p.m.
 Selling 38 Yearling Angus Bulls
 at the ranch 1 mile south of Rhame, ND



Lot 1 Sitz Stellar 726D Son



Lot 12 LD Capitalist 316 Son



Lot 19 Basin Payweight 1682 Son



Lot 27 Connealy Dry Valley Son



Lot 33 Shipwheel Resource 8531 Son



Lot 36 Paintrock Trapper Grandson

8301 158th Ave SW
 Rhame, ND 58651

Eric and Andrea
 Dillon, Liv, and Grayson Bowman

ph 701-279-6795
 cell 701-440-0278



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Mobridge Livestock



Thursday, February 2, 2023- No Sale. Black Hills Stock Show

mobridgelivestock.com

Contacts:

Jason Anderberg: (605) 848-0038
 Tigh Anderberg: (605) 845-4877
 Casey Perman: (605) 848-3338
 Cole Mettler: (605) 519-1683
 John Hoven: (605) 848-3507

moblvstk@westriv.com - Mobridge Livestock Market
 PO Box 190 - - Mobridge, SD 57601

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 Farmer/Rancher
 this week.
 THANK YOU!**

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Mott, North Dakota

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The controller will be responsible for all duties assigned by the manager.

- Will be in charge of
 - Accounts Receivables
 - Accounts Payable
 - Payroll
- Prepare Patrons Dividends
- Inventory Reporting
- General Ledger/Financial Statements
- Office Staff Supervisor
- Work with Customers
- Teamwork with Employees
- All State, Federal, Monthly, Quarter, Annual Reports

Full time

- Pay depends on experience
- Health Insurance
- Vacation
- Sick Leave
- Holiday Pay
- Defined Benefit Retirement Plan
- 401K Plan

Applicant should have strong communication skills, accounting background and computer skills.

Contact: Sherry J. Friedt
 509 Hwy 8
 Mott, ND 58646

or e-mail resume to: manager@mottequity.com

1-21-23

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 A division of Plains Ag LLC

Parts Specialist

APPLY TODAY

Family Oriented

- Paid Time Off
- 8 paid holidays
- Sick/personal days
- Values led
- Work-life balance/home every night

Excellent Benefits

- 100% company paid health for employee and children
- 401K match after 6 months of hire date
- Dental, vision, life & disability insurance, and more
- Uniforms provided

Quarterly Bonuses

Room for Advancement

and find out what exciting opportunities we have to offer you!

Do we check off all your boxes?

Scan QR Code to Apply
 or visit plainsag.com/employment
 We are an Equal Opportunity Employer



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 West Plains, Inc. Bowman
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Experienced Technicians

APPLY TODAY

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- 8 paid holidays
- Sick/personal days
- Values led
- Work-life balance/home every night

Excellent Benefits

- 100% company paid health for employee and children
- 401K match after 6 months of hire date
- Dental, vision, life & disability insurance, and more
- Uniforms provided
- \$20K education reimbursement (within 5 years of graduation)

Income Bonuses

- Tool allowance
- Certification bonuses
- Quarterly bonuses

Room for Advancement

and find out what exciting opportunities we have to offer you!

Do we check off all your boxes?


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 or visit plainsag.com/employment
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Are you looking to make a great career move in 2023?

Bowman Lodge and Convention Center is looking to add an Assistant General Manager to our growing team. If you have a passion for customer service, are team oriented, self-motivated, looking for opportunities for advancement and growth in the hospitality business we are the company for you.

- Assist the Hotel General Manager (GM) with the day-to-day operations of the property including front desk, housekeeping, maintenance, laundry, and sales.
- The AGM is expected to work in other areas of the hotel when needed to assist with operations, to perform job duties not necessarily contained in this job description.
- Will be responsible to complete the duties of GM during times when the GM is not available
- Energetic, self-motivated leader with strong work ethic required
- Work experience in hotel management, front desk management, receptionist, or similar role a plus
- Excellent communication, organizational and customer service skills required
- Working knowledge of Excel, Word, experience with hotel reservations software and front desk system, Nitevision a plus.

Job Type: Full-time

- Wage Doe/EOE.
- Free shift meal
- Free gym membership
- Paid Vacation
- Relocate assistance available
- Housing assistance available

Education: High school or equivalent (Preferred) EOE



Send resume to lahlers.petersonandassoc@gmail.com

2022-2023 CENEX® GIFT CARDS FOR GALLONS & OIL SALE



November 1, 2022 – February 28, 2023

For every 100 gallons of premium Cenex® Lubricants you purchase, you can earn a **\$50 VISA® gift card**

Products include: bulk and packaged engine oils, tractor hydraulic fluids & gear oils.

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Southwest Grain Petroleum
Office: (701) 483-5157
Savanna Meier: (701) 260-6415
Jared Bookhardt: (701) 260-5235
SWG Lemmon: (605) 374-3318



Dickinson | Gladstone | Richardton | New Salem | Elgin | Killdeer | New England | Reeder | Lemmon, SD thru 2-23

LAND FOR SALE

1113.6 Acres Land Auction in Northern Grant County, ND

Wednesday, February 22, 2023 - 5:00 PM CT
Auction Location: The Blue Room, 201 Main St. S., Glen Ullin, ND 58631

Land Location:
Parcel #1 and #2 located 9.5 miles SSE on Morton County Rd. 88 to Grant County 62nd Ave SW
Parcel #3: located 11.5 miles SSE and 1.5 miles East on 52nd St. SW.
Parcel #4: located 12 miles SSE on 62nd Ave. SW

Sellers: Mike and Betty Steckler Family

Parcel #1: S 1/2 SE 1/4 and S 1/2 N 1/2 of the SE 1/4 - Sec. 10-137-88
Total Acres: (118.12) Tillable Acres: 116.01 or 98% PIN: 50.31

Parcel #2: W 1/2 and the SE 1/4 - Sec. 11-137-88
Total Acres: (477.48) Tillable Acres: 231.94 or 49% Pastureland and Tame Grass Acres: 245.54 - Watered by a Developed Well. PIN: 53.88

Parcel #3: N 1/2 NE 1/4 - Sec. 25-137-88
Total Acres: (78) Tillable Acres: 77.68 or 99.6% PIN: 57.86

Parcel #4: S 1/2 SW 1/4 and the SE 1/4 - Sec. 26-137-88 and the E 1/2 and the SE 1/4 NE 1/4 - Sec. 34-137-88
Total Acres: (440) Tillable Acres on Sec. 26 - 102.23 (Access can be gained by the section line @ 61st Ave. SW) Total Pastureland Acres: 337.77
This pastureland is watered by the Heart Butte Creek that runs through this scenic property.



Auctioneer's Note: The Steckler land has been well managed. Pastureland has ample water, and for the majority of the land there is good access, along with good upland game hunting. This property will be sold in (4) individual tracts. Please view our website @ wolf-fauctioneers.com for additional information and drone video.

For more information contact
Dave Steckler (701) 880-1570 or Shane Wolff (701) 870-9090



1-28-2-4

BOWMAN COUNTY LAND FOR SALE

The following described Bowman County real estate is being offered for sale by the heirs of Louis Holzman on sealed written bids:

PARCEL #1:
TOWNSHIP 132 NORTH, RANGE 99 WEST of the 5th P.M.
Section 26: All, less however 24.66 acres located in the S1/2SW1/4, the specific description of this 24.66 acres to be provided before oral raising of bids. 615.34 acres, m/l

PARCEL #2:
TOWNSHIP 132 NORTH, RANGE 99 WEST of the 5th P.M.
Section 34: NE1/4, less 21.37 acres located in the W1/2 thereof, the specific description of this 21.37 acres to be provided before oral raising of bids. 138.63 acres, m/l

PARCEL #3:
TOWNSHIP 132 NORTH, RANGE 99 WEST of the 5th P.M.
Section 35: NW1/4
160.00 acres, m/l

A bid packet may be obtained from Steven J. Wild at the WILD & WEISS LAW OFFICE, P.C. and conditions for sale are as follow:

1. Seller reserves the right to accept or reject any and all bids and the right to modify all sale terms.
2. Written sealed bids shall be submitted to WILD & WEISS LAW OFFICE, P.C., located at 20 East Divide, P.O. Box 260, Bowman, ND 58623. Said bids will be accepted until 4:00 P.M., MST, Friday, February 17th, 2023. Written bids may be submitted on individual parcel #1, #2, #3, all three tracts, or any combination thereof.
3. Seller hereby EXCEPTS and RESERVES 100% of all oil, gas, coal and all other minerals now owned by party of the first part together with the right of ingress and egress at all times for the purpose of mining, drilling, exploring, operating and developing said lands for oil, gas, coal and all other minerals and the storing, handling, transporting and marketing the same therefrom.
4. The sealed envelope shall be marked "Bid on Holzman land" and the best telephone number to contact the bidder included with the bid.
5. All bids will be opened on Monday, February 20th, 2023 and all bidders will be notified of the high bid for each tract and notified of the time set by Seller to orally raise their bids.

Rejoice in the New Year

Think of what you can do with what there is.



Feel Good Coffee Co.
EST. 2021

Soup of the day!
 Tuesday Creamy Corn Cheddar
 Wednesday Ham and Bean
 Thursday Loaded Baked Potato
 Friday Kneophla

Breakfast
 Breakfast Sandwiches
 Granola
 Protein Balls
 Cinnamon Rolls

Lunch
 Wraps
 Italian - Ham, salmi, cheese, onion, banana peppers, lettuce, and italian dressing
 Chicken Bacon Ranch - Smoked chicken, bacon, cheese, onion, lettuce and ranch
 Buffalo Chicken - Smoked chicken, cheese, onion, lettuce, franks, redhot, and ranch
 BBQ Chicken - Smoked BBQ chicken, bacon, cheese, onion, banana peppers, lettuce, and BBQ sauce
 *** ALL WRAPS CAN BE MADE INTO SALADS UPON REQUEST ***

Charcuterie On The Go Boxes



parked in their front yard and open 9:00-2:00 Monday – Friday until they open their brick and mortar location on Main St.

The Finks have rented a space on Main Street where The Herald was formerly located. Renovations are underway and a tentative opening date in late February: The food truck will still be available for events in the area.

In addition to the wonderful roasted coffee and tea Feel Good Coffee Co. offers breakfast sandwiches & burritos, cinnamon rolls, soup of the day, wraps, pulled pork, a charcuterie On-The-Go Box. Meats are smoked on site. The Finks plan to revamp their menu once the shop is open on Main St. and they are looking to hire help in order to expand their services. Free delivery is available in New England from 9:00 - noon.

Feel Good Coffee Co. will also feature local artisans, Twig Zahn will have some of his woodworking on display, coffee related gift items: Cassie will have her artwork for sale as well. Cassie is also working with the school to have students' artwork showcased in the shop.

The Finks are very grateful for the amazing community support they have received and are looking forward to their new adventure. Check out their updates on Facebook for the official grand opening date. To place an order or for more information call: 701-260-9080 or 405-568-0878.

A Little Birdie Told Me: "Things Are About to PERK-UP on Main St. in New England!"



701.206.0129

vmhdez62@gmail.com

Eido Connect

A Little Birdie Told Me

By: Vivian Hernandez

A Little Birdie Told Me: "Feel Good Coffee Co. in New England, ND is Soon to be More Than a Food Truck." Owners, Richard & Cassie Fink moved to New England in 2016 and live in Cassie's Grandpa's house.

Cassie worked in banking in Dickinson for 15 years when it was time for a change. Cassie was looking for something where she could meet people and have fun at the same time. A coffee shop was the perfect fit.

Richard was born in Arkansas and worked around the country before moving to North Dakota in 2010. He met Cassie



on-line and they were married a year and a half later, an on-line success story! Richard worked for an oil field supply company until they went out of business

in 2021.

Prior to starting the Feel Good Coffee Co. Richard had been roasting coffee for their personal use and started selling roasted beans in 2021. Richard uses a slow soak method that brings out the natural sugar and flavors of the coffee. Roasting small batches about 2 kilos at a time allows for more control of the roasting process and better coffee. Depending on demand, Richard roasts at least one batch a week: coffee is shipped across the country and even to Hawaii.

Richard built the food truck from scratch in 2022 and Feel Good Coffee Co. was up and "rolling." The food truck is

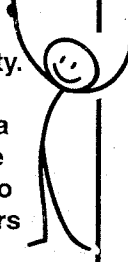


Believe
in the
Magic
of
Working Together

Never
Never
Never

give up
on doing something
good
for your
community.

Your idea
could be
the one to
help others
see
what a special
place you
live in.



PLAINS AG/WEST PLAINS, INC.

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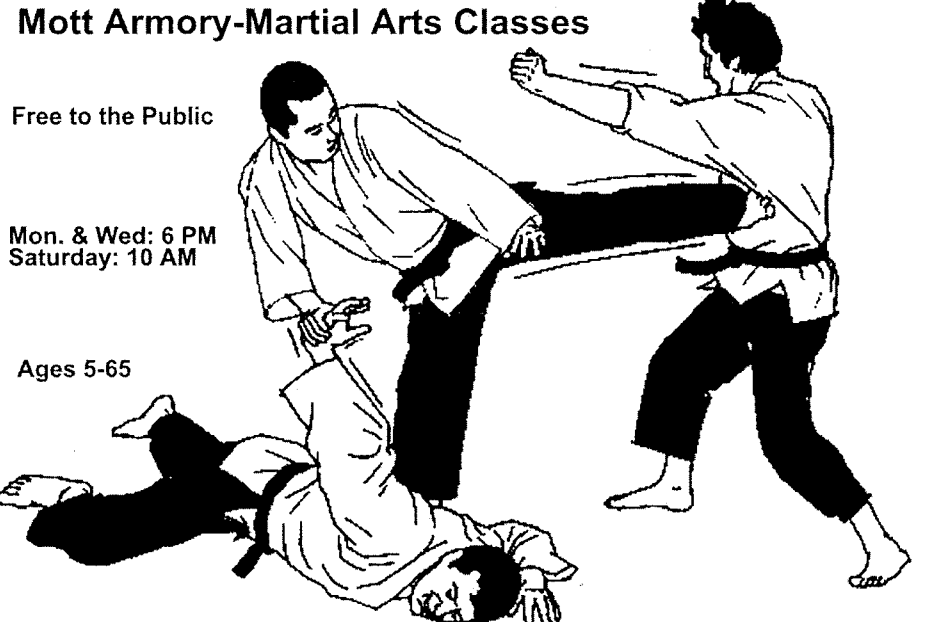
Elgin Library Corner
Greetings,
We are still seeking volunteers at the library if you are interested, like books, enjoy reading and chatting with patrons please come in and talk to Bob or Michell.
We are also asking that all our patrons please come into the library to get their new library cards. We will also ask that at this time you update your information such as address and phone numbers for the system so that you do not get a block on your account.
Some of the many features that our library has to offer is that we have puzzles that may be checked out. There are computers to use that have resources such as the state library which has universal classes for continuing education or just something fun to lean at your own pace such as cake decorating, tutoring for school, languages if you wish to learn another language and many more opportunities.

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~ School News ~

Elgin/New Leipzig Public School

Sunday, January 29th
Open Swimming 1-3 - Adult Water Aerobics 3:30 - 4:30

Monday, January 30th
HS GBB AB vs Beach @ Mott/Regent @ 5:30
Elig Due @ 8:20

Tuesday, January 31st
HS BBB AB @ Beach @ 5:30

New England Public School

Monday, January 30th
• 5:30 p.m. A/B GBB vs. Richardton/Taylor in our gym.

Tuesday, January 31st
• 4:15 p.m. leave time for A/B BBB traveling to Richardton for 5:30 p.m. game vs. Richardton/Taylor.
• 5:30 p.m. A/B GBB vs. Bowman County in our gym.

Wednesday, February 1st
• Religion release at 2:10 p.m.
• St. Mary's: K-10
• Our Redeemer's: Grades 4-6 & Confirmation (7-8)

Thursday, February 2nd
• ___ dismissal for A/B GBB traveling to Hebron for 5:00 p.m. game vs. Glen Ullin/Hebron.

Friday, February 3rd
• Good luck to Addison and the DHS gymnastics team at their meet in Minot.
• 5:30 p.m. A/B BBB vs. Grant Co-Mott/Regent in our gym.

Saturday, February 4th
• 8:00 a.m. start time Hettinger County 4H Archery Shoot in both gyms.
• ___ leave time for A/B GBB traveling to Scranton for 4:00 p.m. game vs. Hettinger/Scranton

Mott/Regent Public School

Monday, January 30
HS GBB (AB) vs Beach @ Mott, Pink Night - The GBB team will have baked goods and some donated items for a raffle. All proceeds will go to the Cancer Center

Tuesday, January 31
Wildfire Day!
7-12 Monthly Assembly, 1:10
K-6 Monthly Assembly, 2:50
HS BBB (AB) @ Beach, 5:30

Thursday, February 2
HS GBB (B) Elgin Tourney
Curriculum Committee Meeting, 7:00 AM
WorkKeys Exam, 12th Grade, 8:15
County Spelling Bee @ New England, 9:00 AM
Parent/Teacher Conferences, 3:30-9:00

Friday, February 3
No School - Parent/Teacher Conference Comp Day
HS GBB (B) Elgin Tourney
HS BBB (AB) @ New England, 5:30

Saturday, February 4
HS GBB (B) Elgin Tourney
FFA Winter CDE Contest @ Watford City

Area School Calendar
January 30th - February 4th

Bowman County

30	31 4pm BBB (ABC) vs Trinity @ Home 5:30pm GBB (AB) @ NE	1 9am FCCLA Districts	2 4pm GBB (ABC) vs H. River @ Home 5pm WR @ Killdeer	3 4pm BBB (ABC) @ RT	4 FFA @ Dickinson TBD Speech @ Beach 11am WR @ Killdeer
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Scranton

30 4pm GBB (ABC) @ H. River	31 4pm BBB (ABC) vs. H. River @ Hettinger	1	2 4pm GBB (ABC) vs Beach @ Scranton 5pm WR @ Killdeer	3 3:30pm BBB (ABC) vs GU-H @ Hebron	4 TBD Girls WR Regionals 10am WR @ Killdeer 4pm GBB (AB) vs NE @ Scranton
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Harding County

30 5:30pm JH BBB @ Bison	31 5pm WR @ Newell 5:30pm GBB (AB) @ Lemmon	1	2 4-8pm P/T Conf. 6pm BBB Conf. Tourn. @ TBA	3 8am-12pm P/T Conf. TBD BBB Conf. Tourn. @ Buffalo	4 TBD BBB Conf. Tourn. @ Buffalo 9am BBB JV/LMC Tourn. @ Buffalo 9am WR @ Ft. Pierre
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Baker, MT

30 4pm JH BBB vs Miles City @ Home	31 2/3:30pm GBB/BBB vs Ekalaka @ Home	1	2 4pm GBB (ABC) @ W. Point BBB (ABC) vs W. Point @ Home	3 HS Jazz Fest. @ Billings 6pm JH BBB @ Dickinson	4 2/3:30pm GBB/BBB @ Colstrip
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WR Divisionals @ Columbus

**Education is not preparation for life.
Education is life itself.**

If you do nothing else today, smile at someone who needs to see you smile

"Winter BRAIN Fog"

By Don Taskila
nd.featurewriter@gmail.com



"Winter BRAIN Fog"... Perhaps we can successfully deal with brain fog, as to say we can better manage Winter Depression, which is medically defined as seasonal affective disorder (SAD) which is triggered by the change of seasons when there's less daylight, (SAD) is more than just feeling blue or lacking energy on 'COLD Winter Days'. It involves persistent, pervasive symptoms of depression. When Winter's dark 'n' gray days are getting "Us" down. When we're suffering from "The Winter Blues", possibly we can outmaneuver these feelings and enjoy more of Life's FUN by using one or more of these science-proven tips.

Increase 'Your Brain's Creativity' by turning on your favorite upbeat songs- listen to cheerful; optimistic music. Some Dutch Scientists have said that fast-paced songs prompt responses in the brain; like when 'Music' helps "Us" fight "The Winter Blues" by subconsciously suggesting that we should rearrange the living room in order to let 'The Fleeting Winter SUN' shine more on 'Our Personal Easy Chair', LOL/ laugh out loud. Perhaps our favorite upbeat songs can make

"Us" more mentally flexible so we can get past thinking 'The Cabin Fever NORM' (irritability- sluggishness- confinement), and think of unusual options- more persistent ideas that can HELP "Us" better manage "Winter BRAIN Fog".

Hot Coffee and, or Tea; each is a reliable pick-me-up. Again, let's applaud the Scientists who have proved that simply inhaling the pleasing aroma of freshly brewed Coffee and, or steeped Tea can wake up our brains, whether we're comparing deals on Winter Gloves, Warmer Snow Boots, or solving Sudoku. Scientists believe that when we inhale the scents of Coffee and, or Tea we can experience an increase in our math skills. (Ripley's Believe It or Not!) Scientific researchers say this is true because we've been trained to associate smells with greater mental alertness. So their thinking is that our brains automatically work harder at tasks requiring calculations like figuring out the best price after applying discount coupons- when we promote 'Our Winter Days' by inhaling/drinking Hot Coffee and, or Tea. 'Not to mention- the added benefit of warming our COLD Hands around

the cup.'

Maybe "Winter BRAIN Fog" can be lessened when we imagine ourselves walking backward, stepping back. A British Study shows that this action signals the brain to go back in time to when memories were filed away, making them more vivid.

Make phone chats even more enjoyable by shutting your eyes. British Scientists say closing our eyes helps to sharpen our recall ability, so we can better remember names, dates, and other details during "Winter BRAIN Fog" moments. It's believed that without visual distraction, our brains give more resources to the brain's memory regions, making them more able to effectively retrieve that short amusing- interesting story about that real experience or person that we wanted to share.

Scientists at The University of Arizona say letting the Sun- light Shine through our windows as we're learning 'Something New', such as trying out a new kitchen recipe or 'Fixing Something' in the shop, allows "Us" to 'THINK THROUGH IT' faster. Studies suggest that exposure to 'The Blue Wavelength Light' in Sunshine activates areas of the brain that help "Us" process new information and retain it longer.

"Gally Wally", those Japanese Scientists say 10 minutes of easy physical activity daily helps to improve multitasking ability in people who didn't think they even had the skill of multitasking. Movement boosts the brain's chemicals needed to handle multiple tasks.

Continuing with 'More De- Finds', this time- from, Scientists at the City University of New York, who say a joyful mood (SMILE-ing) 'UPs' the production of a brain chemical called Dopamine which is responsible for allowing "Us" to feel pleasure, satisfaction, and motivation. Dopamine improves working memory (unlike "Winter BRAIN Fog"). It's believed that an improved working memory helps "Us" handle multiple pieces of information with control at once, helping "Us" individually to coordinate several actions while staying on task. When we have a Long "TO-DO List", perhaps we should Crack-a-SMILE first.

To conclude, at the beginning of my final "Winter BRAIN Fog" paragraph... When "Everything Else" I have attempted has failed, let me 'Cozy up'. Let me wrap myself in a familiar 'Winter WARM Blanket' in my 'Personal Easy Chair'- where I can get my creative juices flowing after a 'NAP'. Psychology Majors say soft surfaces prompt "Out-Of-The-Box Ideas". Let me touch 'n' hold my squishy stuffed animal called "Steve" (who is a 'Close Look-a-Like Brother' to "Curious George"). Perhaps THEN, my brain will be able to adopt flexibility- reasonable responsibility, and forgiveness, enabling me to see more possibilities. In other words, help myself to cancel out 'The Horsey Crap' in my brain.



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Ivadelle Salmon Rites Held

Ivadelle Salmon, 89, of Reeder, ND, passed away on January 13, 2023 at the West River Regional Medical Center in Hettinger, ND.

Funeral Services for Ivadelle were on Saturday, January 21, 2023 at 11:00 a.m. at the



Our Saviors Lutheran Church in Reeder. Deb Molbert officiated with burial that followed in the Rosehill Cemetery, Reeder, ND. There was a Family and Friends Service on Friday, January 20, 2023 at 7:00 pm at the Krebsbach and Kulseth Funeral Home Chapel in Bowman.

Ivadelle was born on the Munro farm north of Reeder on January 21, 1933 to Donald and Bertha Munro. She grew up on the family farm and attended first grade in Reeder. Due to the distance and the harsh winters, she had to board with someone in town and talked about how difficult it was to be away from her folks. Her following grade school years were at the Whetstone School, where she would later teach. She attended high school in Reeder and graduated in 1951. She attended Dickinson State College, and later

Black Hills State College.

During one of her summers at Black Hills State, she went to the cafeteria for coffee with a roommate who had set her up on a blind date without letting her know. She had coffee, the first of many, with Donald Salmon. They got married on June 4, 1957, at Our Savior's Lutheran Church in Reeder. As a married couple, they spent most of their years in ND where they raised their two daughters. She was a devoted caregiver for Don in his last years.

Ivadelle's first career was teaching. She taught in several rural schools and pointed out that her duties included shooting skunks that hung around the outhouse. (Her aim was good!) She later taught in Reeder. In her second career as an insurance agent, she earned many certifications, won numerous awards, and often exceeded her male counterparts—an achievement she was rather proud of. She retired in her mid seventies. She loved running into former students and clients, remembered everyone, and spoke warmly of her interactions with them. Ivadelle also treasured her time and conversations with her nieces and nephews and was always ready to lend a listening ear. With friends and family, she was known for her loyalty, non-judgmental attitude, and ability to keep information confidential.

Ivadelle was a fiercely devoted mom who instilled the love of reading in both her daughters and encouraged the pursuit of higher education. She enjoyed traveling and especially enjoyed staying with both daughters,

having time with her grandsons, and often referred to these visits as her best summer vacations. However, she always gravitated towards returning to her community of friends and family in Reeder. Over the years, the nightly telephone calls with Sheryl and Susan evolved into nightly Facetime chats about the day's events, the antics of her pups, and lots of laughter. In the last couple years, she reminisced a lot and expressed great gratitude for her life, her family, friends, and neighbors. She frequently said, "I have been so blessed."

Ivadelle was preceded in death by her parents, Donald and Bertha Munro, and siblings, Mary Lou Vadner and Phil Munro. She will be greatly missed by daughter Sheryl Salmon (Mark Davis) and grandson Benjamin of Salt Lake City, UT; daughter Susan Sass (Ron) and grandson Ethan of Elk River, MN; sisters-in-law Lola Munro of Reeder, Mary Austin and Elaine Ketterling of Spearfish, SD, Annette Oppedahl (Dick) of Chapel Hill, NC; numerous nieces and nephews and friends.

Laura S. (Soderstrom) Peters Rites Held

Laura S. (Soderstrom) Peters, 91, of Bowman, ND, passed away peacefully in her sleep on Tuesday, January 17, 2023 at the Southwest Healthcare Hospital in Bowman.

Laura Soderstrom was born on June 7, 1931, in Rhame, North Dakota, the only daughter and first child of Engelbert and Annie Soderstrom. Her early years were spent on the family homestead in Griffin. They moved to Bowman when Laura was a young girl. Laura graduated from Bowman High School in 1949 where she was honored to be the Valedictorian of her graduating class.



In 1950, Laura married Eugene Peters in Bowman. Together they raised their family of four sons, Larry, John, Wade and David. For a few years they lived and worked in various areas of the Midwest. Eventually they returned to Bowman where Laura ran a business and pur-

sued her profound interest in local and family history.

Laura's interests knew no bounds, and her quest for knowledge was fed through reading books, engaging others, and traveling.

She will be remembered as a steadfast supporter of family and friends, especially of her sons and their extended families.

Laura was predeceased by her parents, Engelbert (1974) and Annie (1989), her brothers Stanley (1996) and Conrad (2017), and her son Wade (2002). She is survived by Eugene Peters, her sons Larry, John, David and their spouses Virginia, Roberta and Tresha. She is survived by and was a proud grandmother of eleven grandchildren and twenty-five great-grandchildren.

Laura will be dearly missed. Laura's family would like to thank the health care team at Southwest Healthcare Hospital in Bowman for their outstanding care and compassion.

Funeral Services will take place at a later date, with burial to follow in the Bowman Cemetery. Krebsbach and Kulseth Funeral Services in charge of the arrangements.

Emily P. Stadheim Rites Held



Emily P. Stadheim, 95, of New Rockford, ND, formerly of Reeder, ND, passed away on January 17, 2023 at the Lutheran Home of the Good Shepherd in New Rockford.

Funeral Services for Emily was on Saturday, January 21, 2023 at 3:00 p.m. at the Our Saviors Lutheran Church in Reeder. Deb Molbert officiated.

Emily Pearl (Peterson) Stadheim was born May 22, 1927, in Bowman County to Knute and Myrtle Peterson, the third of five children. Emily started school in Marmarth and finished elementary school at the Medicine Hills School after her family moved out to a farm south of Bowman. She attended high school in Bowman and went to work on the Milwaukee railroad after going to school to work as a telegrapher and depot operator in Minneapolis. She bragged of making big wages at \$0.91 per hour.

She was united in marriage to Orval Stadheim on July 7, 1948, in Miles City, MT. They made their home in rural Adams County and together they raised five children. Emily enjoyed playing the piano, crocheting, dancing, and a good crossword puzzle. Known for her wit, kitchen dancing, and feisty commentary she was a beloved mother and grandma.

Emily is survived by her five children, Sandra Stadheim (Yancy Leighton), Patricia (Jarvis)

Hegland, Orval Lynn (DeLyssa) Stadheim, Barney (Barb) Stadheim, and Larry Stadheim; ten grandchildren Jeremy (Carrie) Stadheim, Josh (Brandy) Stadheim, Nathan (Kylee) Stadheim, Alaina (Sage) Olson, Luke (Erin) Stadheim, Teri (Brian) Francis, Jackie (Colby) O'Connell, Jessica (Mike) Frohlich, Jacob (Amanda) Hegland and Jill (Mike) Zietz; 35 great-grandchildren, two great-great-grandchildren and one sister.

Emily is preceded in death by her parents, husband, two brothers, and one sister.

Donna Mae Laufer Rites Held

Donna Mae Laufer, 87 of Regent, ND passed away peacefully at the Richardton Health Care Center in Richardton, ND on Wednesday, January 18, 2023.

Memorial Mass of Christian Burial was held Tuesday, January 24, 2023 at St. Vincent's Catholic Church in Mott, ND at 2:00 p.m. MT. Fr. Chris Kadmas officiating. Donna's ashes will be buried at a later date at the Hettinger Cemetery in Hettinger, ND.

Donna Mae Laufer was born on October 5, 1935 to Charles and Susie (Finke) Banning in Hettinger, North Dakota. She, an only child, was raised and went to school in Hettinger, North Dakota.

On June 3, 1960 Donna married Norman Laufer in Hettinger, North Dakota. They raised their family of five children 17 miles southwest of Mott on the family farm. She enjoyed working on the farm, taking care of her garden and flowers, and sewing many clothes for her kids. Donna worked in Hettinger at various jobs through the years, including Ednas Dress Shop, the Township, and Jerrys Furniture. She enjoyed spending time with her grandkids, doing many crafts and adventures with them. She also enjoyed



having coffee and conversation with her neighbors.

Donna Mae Laufer passed away at the Richardton Health Center, in Richardton, ND.

Grateful for having shared in her life are her children, Penny Kane, Fairburn, SD, Terry (Donna) Laufer, Mott, ND, Tammy (Dan) Markegard, Swan Valley, ID, Jackie (Tyler) Austin, Regent ND, and Lisa (Todd) Messmer, Mott, ND; grandchildren, Nicole (Dustin) Martin, Howard Keoke, Jennifer (Garret) Swindler, Devan Laufer, Joshua (Lindsey) Markegard, Travis (Megan) Markegard, Mandy (Tyler) Green, Samantha (Jaden) Moser, Lindsey (Chris) Zimmerman, Amber (Emerson) Marsh, Nate Messmer and Brett Messmer; great grandchildren, Nevada and Phoenix Martin, Dante and Kayleigh Keoke, William and Ashlynn Swindler, Grayson and Tucker Markegard, Mia, Kallie, Dalton, Hazel and Logan Markegard, Rylee and Kaycee Green, Austin Moser, Carlen and Camden Zimmerman, Griffen Hoheisel, Madison and Briggs Marsh and numerous nieces, nephews and other family members.

Donna was preceded in death by her parents Charles and Susie Banning, husband Norman Laufer, son Terry Laufer, and grandson Howard Keoke.

Condolences to Donna Mae Laufer's family can be sent through our website at www.evansonjensenfuneralhome.com

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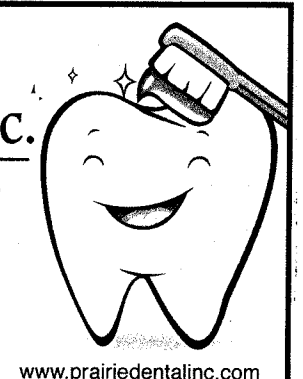


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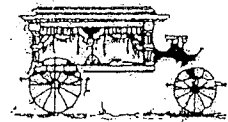
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Emanuel Will Rites To Be Held

Emanuel Will, 89, of Elgin, ND, passed away January 24, 2023, at Jacobson Memorial Hospital, Elgin.

Funeral services will be held Saturday, January 28, 2023, at



11:00 a.m. Mountain Time at Hope Conservative Congregational Church, Elgin. Burial with military honors will be held at 11:00 a.m. Central Time on Monday, January 30, 2023, at the North Dakota Veterans Cemetery south of Mandan, ND.

Emanuel was born March 6,

1933, in Elgin, to Edward and Clara (Gunsch) Will. He grew up on the family farm North of Elgin and attended the Old New Leipzig School.

Emanuel was inducted into the US Army on May 15, 1953, serving during the Korean War. He was honorably discharged on May 13, 1955, at which time he returned to Elgin and began farming on the family farm.

On April 15, 1959, he was united in marriage to Dorothy Bentz. Emanuel and Dorothy made their home on the family farm planting small grains and raising cattle until his retirement in 2012.

While farming and raising cattle, Emanuel also worked for several local businesses over the years, including, bartending at Zacher's Bar, driving milk truck for Duane Heidt Trucking and gas truck for the local Farmer's Union-Cenex. Emanuel worked for many area farmers throughout his life, lastly at Pahl Farms.

Emanuel hauled cattle for area ranchers to weekly sales. He enjoyed sitting at the Sale Barn, telling stories, and meet-

ing all sorts of people.

Perhaps some of his happiest times were while working as part of the "road crew" for local polka band, "The Pals." Emanuel would set up and tear down, as well as handle the very delicate sound check for each performance.

Following Emanuel's retirement in 2012, he took great pride in collecting toy tractors. He was adamant to collect the toy tractor of every large tractor he owned on the farm. Any opportunity Emanuel had to talk about his tractor collection he took.

Emanuel loved spending time with and sharing stories with Bailey and Bergen of life on the farm and his time in the service. He enjoyed polka music, opening presents, watching bull riding and WWE wrestling on Friday nights.

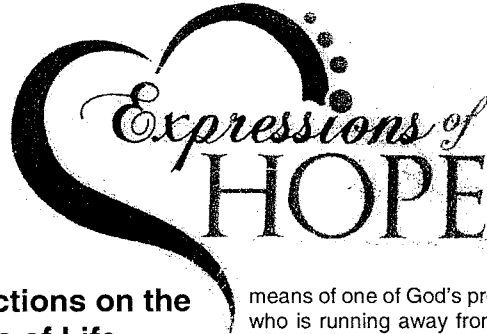
Emanuel was a member of the George W. Snook American Legion Post for 68 years; the Leipzig Township Fire Department; and served Hope Conservative Congregational Church, as a board member and usher for many years.

He is survived by his wife of 63 years, Dorothy; daughter and son-in-law, Darcy (Cletus) Ackerman; two grandchildren, Bailey Clara and Bergen Rose; sister Opal (Leonard) Roth; sisters-in-law, Marcella Will, Erna (Arlan) Bachmann, Elaine Roth (special friend Mike Haslid), Leona Hauck, Claudia Bentz, June Bentz and Audrey Bentz; brothers-in-law, Ervin (Eleanor) Bentz and Vernon Veitz.

He was preceded in death by his parents, Edward and Clara Will, brother Ernest Will, sister Violet McIntire, sisters and brothers-in-law, Gertie (Ervin) Ottmar, Ardella Veitz, Marvin Hauck, Edgar, Milbert, Reinhold and Marvin Bentz; and in-law's John and Lenora (Theurer) Bentz.

Condolences may be sent through our website at www.evansonjensenfuneralhome.com.

Have faith. greater things are on their way.



Reflections on the Words of Life

by Pastor Paul Ferrie, Grace Reformed Church of the Lord Jesus, New Leipzig

We arrive today at Jonah 1:15, where the sailors finally give in to Jonah's instructions to throw him overboard: "So they picked up Jonah and threw him into the sea, and the sea ceased from its raging." Their fear had driven them to cry out to Jonah's God and plead with Him that He would not charge them with innocent blood. Now, it seems, their fear has progressed from terror to reverence and awe: "Then the men feared the LORD exceedingly, and offered a sacrifice to the LORD and took vows" (Jonah 1:16). These sailors have made a life-changing discovery because they have come into contact with the living God. It appears that they have become genuine worshippers of the LORD, of YAHWEH, "I am who I am" (Exodus 3:13-14). And let us not forget that all this happened while Jonah, the prophet of the one true God, was living in disobedience to Him. God brings glory to Himself despite Jonah. Again, we see irony dripping from the account. The prophet has run from God because he doesn't want to see the heathen converted. And what has happened? Even in the midst of his disobedience, the heathen have been converted. True conversion always results in worship of the true God. These men aboard the ship have become God-fearers and God-worshippers.

Looking back over the chapter up to this point, we cannot help but marvel at the amazing plan of God. We see a few sailors whom we would never have thought could have an opportunity to hear the gospel. Yet, by

means of one of God's prophets who is running away from Him, God brings them the message under conditions of a life-threatening storm and draws them to Himself. Oh, we should never doubt that God will get His man—whether it be a Saul on the Damascus road, heading to kill Christians, or some pagan sailors in a far-off land that it seems would never have an opportunity to hear the message of salvation.

Jonah, in the meantime, in a state of disobedience, has lost the will to live. The child of God will certainly make himself miserable when living in deliberate disobedience to the Lord. No doubt, at this point the crew of the ship assume Jonah is now drowned. But God has prepared

a "deliverance" which the last verse of the chapter tells us about and which, Lord willing, we shall consider next time.

Friends, the gospel is a message that every person needs to hear. It deals with man's greatest need. We all need to know that we are born in a state of alienation and rebellion against God and that if something is not done to change that, we will go into an eternity of separation from Him in hell. But God has made a way for us to be restored to a right relationship with Him. He sent His beloved Son, the Lord Jesus Christ, to take upon Himself the sins of all His people and pay the penalty for them in full. This salvation is a free gift which is received by faith alone in Christ's payment alone. We are greatly blessed to live in a land where the gospel is still proclaimed, even though our society in general has turned its back on God. Please be sure that you are trusting in Christ alone and can look forward to an eternity with Him in heaven.

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602 Ash Ave., Glen Ullin • 348-9175
8 a.m.-4:30 p.m. CT
Monday, Thursday, Friday
7 a.m.-7:30 p.m. CT Tuesday and Wednesday

Richardton Clinic
215 Third Ave. W., Richardton • 974-3372
Monday 8 a.m.- 5 p.m. MT
Tuesday, Thursday, Friday - 8 a.m.-4:30 p.m. MT
Wednesday 8 a.m.-6:30 p.m. MT

Walk-ins welcome
Emergency care 24/7
Jacobson Memorial Hospital Care Center, Elgin
584-2792
www.jacobsonhospital.org



Menu

Mott Elder Care Menu
for the Week of
January 30 - February 3

For meal reservations call by noon the day before. Leave a message on the Senior Center phone at 824-3304.

All menus are subject to change based on the availability of food.

Monthly Meeting - 2nd Monday of the Month
Potluck - 4th Monday of the Month

Feb. 1= Crispy chicken, rice/gravy, corn, pumpkin dessert

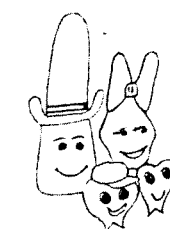
Feb. 2= Hot hamburger sandwich, mashed pot/ gravy, corn, fruit

Feb.3= Pig in blanket, baked potato, beets, whipped jello/fruit

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(701) 575-4261

The Trapper's Kettle Restaurant
Belfield - 575-8585



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Memorial Hospital
Care Center & Clinics

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Business Office Clerk

Full-time. Monday-Friday. This position is eligible for a \$4,000 sign on bonus.

EMS Director

Full-time. Rotating shifts, weekends, and holidays. This position is eligible for a \$2,000 sign on bonus.

Activity Aide

Full-time. This position is eligible for a \$4,000 sign on bonus.

Maintenance Assistant

Full-time; rotating weekends and holidays, and rotating night call. \$4000 sign on bonus.

Visiting Nurse

RN or LPN. PRN (as needed) This nurse will go to patient homes and perform nursing functions. This position is eligible for a \$7,500 sign on bonus and \$25,000 student loan repayment.

Housekeeper

Full-time or part-time housekeeper; rotating weekends and holidays. \$4000 sign on bonus.

Paramedic

Full-time or Part-time paramedic. Rotating shifts, weekends, and holidays. This position is eligible for a \$2,000 sign on bonus. Must hold a current paramedic license.

Certified Nurse Assistant (CNA)

Full-time or Part-time positions

are available. CNA certification required, but we can assist you in obtaining certification if necessary. These positions are eligible for a \$4,000 sign on bonus.

RN clinic nurse

Full-time RN floating between 3 clinics. This position is eligible for a \$7,500 sign on bonus and \$25,000 student loan repayment program.

LPN clinic nurse

Full-time LPN floating between 3 clinics. This position is eligible for a \$7,500 sign on bonus and \$25,000 student loan repayment program.

Radiology Tech

Full-time radiology tech, rotating nights, weekends, and holidays call. Must have a radiology degree, willing to train in CT. This position is eligible for a \$10,000 sign on bonus and \$25,000 student loan repayment.

Registered Nurse (RN)

Full-time or Part-time charge nurse. This position is eligible for a \$7,500 sign on bonus and \$25,000 student loan repayment program.

All full-time and part-time positions are eligible for our competitive benefits package.

Contact Kristin at (701) 584-7247 or kheid@jmhcc.org to apply.

JMHCC is an equal opportunity employer.

Thoughts for the week

by June Schmidt

Winter is still with us and thank goodness for a few days of sunshine and warmer, slightly warmer weather. Although we reside in a northern area, it is not far enough north to prevent at least a few hours of sunlight whenever the clouds part. Sunlight is something that we all need in our lives as it not only provides Vitamin D but can prevent S.A.D. which is short for seasonal affective disorder.

S.A.D. occurs in climates where there is less sunlight at certain times of the year. Symptoms include fatigue, depression, hopelessness and social withdrawal. That is not to say that all of those that do not do a lot of social interaction during the winter months are suffering from S.A.D. Mostly I think we just like being somewhere where we are warm and comfortable. Also maybe explains why some of us in these northern states become snowbirds and fly south where it is noticeably warmer and sunnier.

Even though we like to be in our cozy corners during these winter months, it is important that we realize that without sunshine, our bodies cannot function without a certain amount of vitamin D. Most of us get our vitamins from food and supplements, but the more natural way to get it is plain old sunshine. Not only does getting out once in a while make us feel better, but getting a few rays in our faces helps to replenish vitamin D in a more efficient manner. A vitamin D deficiency, when the level of vitamin D is too low in your body, can cause your bones to become thin, brittle and misshapen. It is often paired with Calcium for that same reason, to prevent osteoporosis, which can cause your bones to break more than normal. Vitamin D also appears to play a role in insulin production and immune function, and how this relates to chronic disease prevention and cancer, however, this is still under investigation. It is beneficial to us all to remember that having fruits and vegetables high in vitamin D are necessary for us all, so they need to be encouraged on a daily basis.

Growing evidence has also demonstrated that Vitamin D has a role in sleep regulation, specifically Vitamin D deficiency

can increase the risk of sleep disorders and is associated with sleep difficulties, shorter sleep duration and nocturnal awakenings in children and adults. Maybe that's why when we were children, our parents encouraged us to bundle up and play outside whenever it was sunny out in the winter time. Not that we had to have much encouragement as we enjoyed getting out of the house even in the winter. Nowadays, it doesn't appear that children enjoy going outside after a certain age. It is more likely that the older a child gets, the less likely they are to go outside unless they are forced into it or they have an agenda of their own. I realize that there is a real desire to stay inside when the weather is cold, but sometimes we must be cruel to ourselves and our loved ones to be kind in the long run. If you are a parent with children that are reluctant to go outside, maybe you have to bite the bullet yourselves and arrange for an outing such as skating or even a family walk. You will all feel good for the effort and all those tasks that you think you need to get done will wait for a while. Time flies by so quickly so its not a bad idea to put aside a chore and enjoy the day before it is gone.

In any case, we all need to find a way to keep our bodies moving and healthy, so why not have a bit of fun with it? Maybe you need to get everybody together for a smoothie party and get some vitamin D that way.

Maybe it's a yoga program that you can get interested in as a family and since you would be doing this in your home, who cares if you fall over a time or two? Just think of the memories that you can create as a family. There are lots of ways

RECIPE OF THE DAY

CABBAGE AND NOODLES

1/2 med. head green cabbage, shredded (about 8 C.)
1/4 C. butter or oil (if you use oil you can use a little less)
2 T. water
1 - 8 oz. pkg. med. egg noodles, cooked and drained
1/2 C. sour cream
1/2 tsp. salt, or to taste
1/8 tsp. pepper

In large Dutch oven sauté cabbage in butter or oil until cabbage is browned, about 10 minutes. Add water, cover and cook over high heat 2 minutes or until water evaporates. Stir in noodles, sour cream, salt and pepper. Turn into 2-quart casserole. Bake in 350° oven for 30 minutes or until hot and lightly browned. Good hot or cold. Makes about 8 servings.

to get what you need besides popping a pill or a gummy, so check them out. Natural is better than synthetic, but if that's the only way you can get them, do that. However it works for you, get your 'sunshine vitamin' daily and you will feel better for it and if you feel better, you will act better and your day will be just that

more enjoyable, at least that is what we hope for. If you don't, the consequences can be dire and may not be felt for years in the future and at that point, they cannot always be reversed. The old phrase of 'An ounce of prevention is worth a pound of cure' may be true. God Bless you All.

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Congratulations to our \$5 Winners

Charles Bender, Elgin, ND - (Mott Winner)
Red Ensminger, Mandan, ND - (Bowman Winner)

Eyeglasses were on Page 9 Sprayer For Sale

(hours for calling)
Monday thru Wednesday (9:00 am - 4:00 pm)

Be sure to check the ads in this weeks

Eido Connect for the lost eye glasses - and win \$5.00
Call (701) 824-2605 - Mott or (701) 523-4577 - Bowman

Printing

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

K T H Q U I C K D R Y I N G E
P O P L A T N Q F H E N P R E
E A O S S I U I P R O O F N V
I S G B T I L A H E O L D E I
E S T E R M R C S O F F S E T
T Y P E E G O O F L P R I R A
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The flowers of all your tomorrows will bloom from seeds you plant today.

It's a picture of a sundog, but if you zoom in (which is the second picture) it's a telephone pole that looks like a cross with the rainbow from the sundog above it. Sent in by Richard "Chopper" Surprenant of Reeder, ND.



Annual Production Sale Wed., February 8, 2023

1 p.m. (MT), Stockmen's West, Dickinson, ND

Selling: 34 Yearling Bulls - Including 2 Bulls from Jill Hotchkiss

- 10 Two-Year-Old Bulls
- 6 Registered Hereford Heifers
- 35-40 Commercial Open Yrling. Hereford Heifers
- 180 Commercial BWF, RWF and Hereford Heifers,
 - Bred & Open (Listed below)

Commercial Heifers

- 40 F1 BWF Heifers from Duane, Garrett & Justin Zent
- 35 F1 BWF Heifers from Trent Martin
- 20 F1 RWF Heifers from Terry Friedt & Aaron Friedt
- 20 Bred Hereford Heifers from Warren Woroniecki
- 30 F1 BWF bred heifers from Warren Woroniecki
- 35 Bred Zent BWF Heifers bred by Jerry Schmidt

AB B G16 Genesis 244 ET • P44395909 • DOB 2/15/22



BW	2.0
WW	65
YW	113
M	31
MG	64
REA	.71
MRB	.43
CHBS	172

This ET son of Genesis is a half brother to last year's top selling bull in the Friedt sale. He is loose hidden deep bodied and long as a rope. Two goolge eyes, red necked and as wide on top as he is on the bottom. Tested Homo polled Retaining 1/4 revenue sharing semen interest Terms to be announced sale day Aaron Friedt 701-590-9597 or Jill Hotchkiss 605-490-1409



BW	5.3
WW	65
YW	110
M	34
MG	67
REA	.58
MRB	.18
CHBS	142

FH 0054H ADVANCE 267 MD ET • 44395856 • DOB: 3/5/22

Another Holden 0054 son that is out of a great Navarro cow. Extra pigment and length in this prospect.



BW	3.3
WW	63
YW	102
M	31
MG	63
REA	.50
MRB	.12
CHBS	129

FH 0054H ADVANCE 224 HJD • 44393921 • DOB: 2/10/22

This Holden 0054 sired calf is the real deal. He is extra long and deep with a big top. Young dam is already making her mark here with her previous 2 calves being a sale bull and replacement heifer.



BW	3.7
WW	55
YW	95
M	34
MG	61
REA	.46
MRB	.05
CHBS	110

FH 242 NAVARRO 1202 • 44410833 • DOB: 4/5/21

A good, smooth made coming two. His dam has been a great producer for us as she was in our ET program.

Sires Represented:

- H5 2185 Domino 799
- HH Advance 0054H ET
- FH Navarro 242 MD
- HH Advance 9102G
- SR Inspire 1060H

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Dusty: 701-730-4335
Aaron & Tatian Friedt
Aaron: 701-590-9597
Lindsey & Drew Courtney
gfriedt@hotmail.com



VIDEOS available in January at www.friedtherefords.com

Mrnak Hereford Ranch

56TH ANNUAL PRODUCTION SALE

100 Performance Tested Hereford Bulls

February 12, 2023

Bowman, ND

1:00 p.m. (MT)



MH 2239 ADVANCE 1540 1ET
Sire: H5 9075 Advance 2239

BW: 4.7 • WW: 68 • YW: 129
MM: 30 • M&G: 64 • REA: 0.59



MH 4119 ADVANCE 1568 1ET
Sire: MH 2239 Advance 4119

BW: 5.8 • WW: 66 • YW: 123
MM: 29 • M&G: 62 • REA: 0.56



MH BN 729 SLINGSHOT 1777
Sire: Nichols Slingshot 729 ET

BW: 1.5 • WW: 50 • YW: 73
MM: 29 • M&G: 54 • REA: 0.33



MH GUNSMOKE 179
Sire: BR 69D Gunsmoke ET 126G

BW: 2.4 • WW: 60 • YW: 95
MM: 20 • M&G: 49 • REA: 0.66

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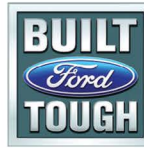
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Bowman, ND • www.bowmansales.net



2022 Ford Escape SE
\$35,875



2022 Ford Edge Titanium
\$51,855



2022 Ford Bronco Sport Big Bend
\$35,230



2020 Ford Bronco Sport Big Bend
\$34,735



2021 Jeep Wrangler Unlimited Sport
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2020 Ford Explorer XLT
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2020 Ford Escape SE
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2019 Ford Escape SE
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2022 Ford Edge SEL
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2019 Ford Edge Titanium
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2022 Toyota Avalon XLE
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2022 Ford Expedition MAX Limited
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2022 Ford Expedition MAX Platinum
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2022 Ford Expedition MAX XLT
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2019 Ford Expedition MAX XLT
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2019 Ford Fusion SE
\$24,900



2016 Ford Fusion SE
\$16,900



2014 Ford Fusion SE
\$16,900



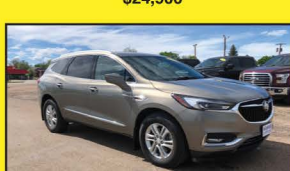
2019 Ford Fusion Titanium
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2019 Ford Fusion Hybrid SEL
\$22,900



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2022 Cadillac XT4 Premium Luxury
\$47,900



2017 Chevrolet Suburban LT
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2019 Dodge Durango GT
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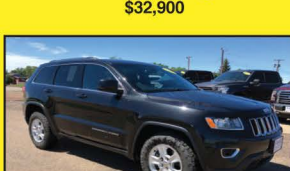
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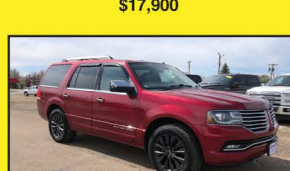
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