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- Official Newspaper of Wells County - Harvey and Fessenden, North Dakota-

A changing of the dental guard

Online subscriptions at www.heraldpressnd.com

by Jennifer Willis

Dr. Delvin Hansen recently retired from his dental practice after 40 years. Hansen came to Harvey in 1981, practicing from the clinic next to St. Aloisius Medical Center. Three years later he relocated to the clinic on 9th Street West.

During his tenure in Harvey, he placed his dental practice on hiatus and joined the Air Force in his 50's as a professional performing dental care. During that time, he spent three years in Germany and the final year of enlistment in Minot. Hansen has, also, performed missionary trips to places such as the Ukraine.

One of Hansen's fondest memories was when an elderly lady in Ukraine kissed him for being the nicest dentist she had ever met.

Hansen said that the greatest improvements in dentistry had occurred due to technology. Dental materials have improved, magnification loupes with LEDs made work easier, digital x-rays and computer systems all helped him perform his job more efficiently.

However, Hansen noted that Dr. Marvin Zerr, who worked with him part-time over the past 19 years, was the most important asset to the clinic.

As for his future, Hansen plans to remain in Harvey, but will be going on missionary trips to places such as Mozambique, Africa. Hansen said that he has discovered "lots of things to catch up on" during his free time.

Hansen began thinking about retirement in 2010, however it was only in the last five years that he seriously began seeking someone



Dr. Delvin Hansen



Dr. Greg Christensen

Deer Lodge, Montana. When his friend and fellow dentist, Sterling Stevens, of Cavalier, told him that Hansen's clinic was on the market, ne was intrigued and soon traveled to the area for a visit. Although he grew up in a large city, Christensen had the opportunity to visit his family's farm on the weekends, giving him a great appreciation for the slower life that a rural area offers. Christensen said he was "impressed with the charming little town" that Harvey is. He noted that the cleanliness and newlypaved streets were attractive elements when considering his move to the area. When not working, Christensen enjoys many of the activities offered in the area including golf, bird hunting, and fishing. He looks forward to a peaceful life, making new friends, and "working alongside the good, hardworking people in the area."

Students want age requirement raised

by Anne Ehni

Wells County could be the first in the state to increase the legal age to purchase tobacco products. State law allows tobacco purchase at age 18.

At its April 2 meeting, the Wells County Board of Com-missioners said it will introduce an ordinance for businesses in its jurisdiction that would raise the minimum age to purchase tobacco products to 21 - but only if the City of Harvey introduces a similar ordinance.

According to Commissioner Stan Buxa, Kotaco in Harvey is outside of the city limits and is the only retail business that is under the jurisdiction of the county

Members of Harvey High School's P.A.C.T. (Preventing Alcohol Consumption in Teens) attended the meeting and asked commissions to support the group's efforts to prevent the sale of tobacco products to people under the age of 21.

Students Katelyn Voeller, Kassidy Kite and Cassie Faul explained what they perceive is happening in the school: Older students are selling tobacco products, including Juul (a smokeless tobacco product), to younger kids in the school.

They're "basically blackmailing them - selling them for three times what they paid for them," one of the students said.

The students explained to the commissioners that Juuls are difficult to detect because they are smokeless and their vapor does not smell like smoke. The nicotine is inhaled in a vapor that is combined with any number of flavors, such as bubblegum or citrus scents that are not detectable as tobacco.



P.A.C.T. members, from left: Cassie Faul, Kassidy Kite, and Katelyn Voeller speak with the Wells **County Commissioners.**

to tobacco through Juul and then move on to other tobacco products," another student explained.

Joye Stolz, R.N., administrator of the Wells County District Health Unit, told the commissioners that Harvey has a 27 percent violation rate of selling tobacco products to teens. Two retailers in Wells County failed the most recent compliance checks altogether - one business in Harvey and one business in Fessenden. She said that 90 percent of the tobacco used by minors is provided by 18- to 21-year-old suppliers.

The City of Harvey takes action to 'move forward'

At the Wednesday, April 10, meeting of the Harvey City Council, Stolz discussed the commissioner's stand on the issue. She ex-

plained to the city that the county will pass an ordinance to increase the age to purchase tobacco products to 21 years of age, contingent on Harvey passing an ordinance for their municipality. The two ordinances would cover all of the retail stores in the Harvey area that sell tobacco products. The ordinance would cover the sale of all tobacco products.

Councilman Don Hoepfer said it was his understanding from discussion at previous meetings that the proposal involved restricting the sale of e-cigarettes and vaporized tobacco only.

Karen Nordby, city auditor, said that the cost to develop a new ordinance for the city would be between \$1,000 and \$2,000. She suggested that the council consider revenue streams and what the impact of this ordinance

"If the county will help pay for expenses of publishing a new ordinance, I am certainly in favor of it," said Councilman Bob Weninger.

After discussion and clarification, the Harvey City Council voted by majority rule to "move forward" with the issue. The city will visit with the county, with its attorney, look at costs associated with the ordinance, and make a final decision at a later date.

"I am in favor to move forward," said council member Melissa Anderson. "This action will show people that we care about our kids and don't want them to purchase tobacco products."

Two councilmen, Rick Eckart and Don Hoepfer, voted against the motion. "I think this is something that needs to be pushed at the state level not in municipalities," Eckart said.

to carry on the dental practice in Harvey. He said it was difficult to find someone willing to relocate to a rural area. Most people prefer larger cities such as Fargo or Bismarck. However, Dr. Greg Christensen has made Hansen's dream of retirement a reality.

Hansen added that Christensen "will be an asset to the community," and that they share the same practice philosophy.

Meet Dr. Christensen

Dr. Greg Christensen recently purchased Dr. Hansen's practice and began operations on April 1.

Christensen, a native of Chicago, Ill., is a 2004 graduate of Marquette University in Milwaukee, Wisconsin. He has most recently been practicing dentistry in "Young kids get addicted

would have on sales.

Lawson trial postponed to July

The federal jury trial of Johnny Lawson and his wife, Christine Lawson, has been postponed to July 22 at 1:30 p.m. in Bismarck.

Johnny Lawson is a former Wells County sheriff.

The court granted the Lawsons' motion to reschedule the jury trial that was to begin on April 23. According to court documents, their legal counsel requested additional time to locate witnesses, complete an investigation, and prepare for trial.

The Lawsons were arrested on February 28 and were each charged in Federal Court with one felony count of theft of government prop-



Harvey High School Prom 2019

These members of the senior class attended the Harvey High School grand march and prom held Saturday, April 6, in the HHS gym. The Great Gatsby was the evening's theme.

Photo by Nicole Armstrong

Parks joins Harvey Police Department as officer

by Jennifer Willis

Officers EJ Parks, left, and Henry Head

EJ Parks joined the Harvey police department in March. With him comes a plethora of experience in law enforcement and military engagement. Originally from Yreka, Calif., Parks has spent time in the army, worked for the federal law enforcement agency and the Bureau of Indian Affairs.

Parks was enlisted with the army for a total of seven years. During that time, he served in Afghanistan and Iraq. At one point, his platoon was attached to a Special Forces team and was responsible for "protecting the compound and assets" within. Parks was awarded several medals and awards for his actions during service.

After leaving the army, Parks enrolled in the Federal Law Enforcement Academy in Artesia, New Mexico. After successfully completing the course, Parks was bounced around from posts in Arizona, California, and Washington state working for the federal police agency along with a brief stint in the Bureau of Indian Affairs working between Fort Yates and Belcourt.

Parks enjoyed the time he spent in North Dakota, so he researched law enforcement

openings in the state. Soon he discovered the spot available in Harvey. Parks said, (I) "love it out here, it's very peaceful and quiet."

While Parks himself is single, he is bringing a companion to Harvey in December. Having qualified for the G.I. Bill, Parks chose to become a k9 police dog handler. In addition to the training required to become a handler, Parks was also given a Belgian Malinois dog. The dog will be trained in narcotics detection and in patrol work. Parks and his canine co-worker will be on call 24 hours a day, seven days a week.

While Parks has previous law enforcement experience, he needed to complete the North Dakota requirements to perform the job in Harvey. Normally an arduous process, the state recognized the need for additional officers in Harvey and pushed the paperwork through faster than normal.

Parks said that acting chief Henry Head has been a good role model and mentor during his transition into the Harvey Police Department. He added that it is good to see an officer that is community oriented rather than focused solely on the crimes and criminals.

Wells County District Court

This report is for public informational purposes and is not a complete representation of all activities or cases heard in the Wells County District Court. All defendants are presumed innocent until proven guilty in a court of law.

On Wednesday, April 10, Judge James D. Hovey presided over the following cases in Fessenden.

Joseph Thomas, of Harvey, was sentenced on three class C felony charges resulting from a December 18, 2018, burglary. Thomas pleaded guilty to conspiracy to commit burglary, burglary and theft of property. He was sentenced to 42 months in prison, with credit for 49 days served. His prison sentence will be followed by three years of supervised probation. As a part of a plea agreement, additional charges of prohibited possession of a firearm and possession of drug paraphernalia were dismissed without prejudice.

Hovey sentenced Thomas as a habitual offender because of



It's Your Birthday!

To add or remove a birth date, send name and date to: Birthdays, The Herald-Press, 913 Lincoln Ave, Harvey ND 58341 or heraldpress@MidcoNetwork.com

April 15:

Brooke Schmeets Jane Swanson Arvadell Leard William Ongstad Elmer Strand Danica Grossman Thomas Keller Gary Petrek Lynn Burleson Gilbert Schmidt Rose Budish April 16: John Jay Seibel Betty Selzler Betty Vetsch JoAnn Bienek Jane Hager Jason Anhorn April 17: Colton Steedsman Terry Kraft Rachel Deck Kim Martin **Toni Houchin** Kristi Riedesel Ann Rafferty John Fredrickson **Richard Campbell** April 18: Floyd Wangen **Ross Schilling** Brittaney Berg Kevin Theige Shaun Christenson Ashley Michelson Joel Anhorn Travis Reddig Christopher Kunz Kyle Wangen Vera Risovi April 19: Jeanette Deede Cory Jones Chad Kline Tina Hager Lara Schuh Brittney Rud Donna Schander **Travis Tesch** Dean Hjelden April 20: Janet Wagner Corey Lautt Mavis Edinger Brent Muscha Lisa Arneson Kyle Seibel Jessica Tipton Delila Hirsch Santana Schneider Tamra Kost Candace Roth **Bob** Irmen **Cliff Gedrose** Gene Rafferty Mariann Olheiser Cynthia Ehni April 21: Jennifer Ammon Kathy Wohl Jennifer Heilman **Elaine Reimche** Michael Rost

Thomas' prior burglary conviction in 2016. With this status, if Thomas violates probation, he could be sentenced to a maximum of 10 years in prison on each count, rather than the standard maximum five-year sentence for class C felonies.

Tyler Fke, of Harvey, pleaded guilty to one charge of driving under the influence of alcohol (DUI). He was sentenced to two days in jail and two years of unsupervised probation. Along with standard conditions of probation, Fike was also ordered to pay fines and fees of \$1,000.

Scott Stringer, of Sykeston, pleaded not guilty to two class B misdemeanors, possession of marijuana and driving while his license was suspended. Stringer has also been charged with a class C felony, offense DUI-fourth offense. A preliminary hearing will be scheduled.

Fred Winchell, of Mandan, was charged with two felonies, burglary and theft of property and two misdemeanors, false reports to law enforcement and drug paraphernalia. A preliminary hearing will be scheduled.

Lacy Krecklau, of Bismarck, was charged with two felonies, burglary and theft of property. A preliminary hearing will be scheduled.

B. M. Hanson Elementary Science Club set to explore

Tuesday, April 16, some of the great young scientific minds of the Harvey community will converge on B.M. Hanson Elementary's gymnasium.

These young scientists will explore some of the following questions: "What is elephant toothpaste? Can sublimation create a tornado? How do roller coasters work? What makes a drone fly? What is gallium?

Attend the Science Showcase

The B. M. Hanson Elementary Science Club of fifth and sixth graders will be hosting their annual Science Showcase to answer these questions. The event starts at 1:30 p.m. in the ym and is open to all.

There will be over 17 displays and experiments to marvel and amaze visitors. You will be able to see the new Science Club T-shirt designed by Ava Stanley. As their slogan says: "Our Sci-

As their slogan says: "Our Science is out of this world!" They hope to see you there.

Fess-Bowdon FCCLA at State Leadership Conference

All 11 active members of Fessenden-Bowdon FCCLA attended the N.D. State Leadership Conference in Bismarck. Approximately 700 student members, advisors, and chaperones gathered April 7-9, to participate in the 74th Annual North Dakota Family, Career and Community Leaders of America (FCCLA) Leadership Conference. The theme was "North Dakota – Believe in Yourself".

Delegates participated in general sessions, workshops, and experienced conference exhibits that assisted in strengthening their leadership abilities.

Keynote speaker was Eddie Slowikowski, speaker and entrepreneur. Using a high energy approach, he took participants on the ride of a lifetime to discover the greatness that lies within us.

Over 230 delegates participated in Students Taking Action with Recognition (STAR) Events, competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. STAR Events offer individual skill development and application of learning through the following activities:

•Cooperative - teams work to accomplish specific goals •Individualized - an individual



FCCLA members at the State Leadership Conference.

member works alone to accomplish specific goals

•Competitive - individual or team performance measured by an established set of criteria.

Top individuals or teams advance to the national competition June 30-July 5 in Anaheim, CA.

Alison Peters earned gold and will advance to nationals with her Entrepreneurship Sr. project. Her project "The Hornets Nest" details the business plan of the school convenience store she started in the Fessenden-Bowdon School this year.

Ellisa Millirans earned silver took first place in the Knowledge

Bowl. This is a state only event for new members to demonstrate knowledge of the organization.

FCCLA: The Ultimate Leadership Experience is unique among youth organizations because its programs are planned and run by members. It is the only career and technical student organization with the family as its central focus. Participation in national programs and chapter activities help members become strong leaders in their families, careers, and communities. FCCLA is supported by the North Dakota State Board for Career and Technical Education.

Fessenden-Bowdon FFA holds Annual Parent-Member Banquet

The Annual Parent-Member Banquet of the Fessenden-Bowdon FFA Chapter was held Monday, April 1, at Fessenden-Bowdon School. The annual banquet was a way for the chapter to recognize accomplishments of its members and the students enrolled in agriculture education. This year the chapter celebrated their 70th year of FFA in Fessenden.

State Parliamentarian Jacy Hague of the Flasher FFA Chapter brought greetings on behalf of the State FFA Association.

The chapter initiated Greenhand FFA members Madison Austin, Anna Copenhaver, Joshua Crowder, Alex Heilman, Tyjah Hornbacher, Regan Jones, Kalyn Keller, Neil LaPlant, Addy Neumiller, Nicole Neumiller and Garin Opdahl. The chapter's creed contestant, Nicole Neumiller, presented the FFA Creed.

Star awards: McKayla Jones-Star Farmer, Conner Fike- Star in Agriculture Placement, and Nicole Neuriller- Star Greenhand.

Oil Can awards for members who excel in the agriculture shop: senior Hendri van Tonder, sophomore Jaxon Fike, and freshmen Alex Heilman and Garin Op-

dani.

Proficiency Awards: Emily Schmitz, Outdoor Recreation Placement; Madison Jones, Poultry Production Entrepreneurship; Colby Jones- Diversified Crop Production Placement; Jaxon Fike, Diversified Crop Production Placement; Mathew Sjoquist-Turf Grass Management; Conner Fike, Grain Production Placement; McKayla Jones, Beef Production Entrepreneurship; Brianna Fike, Beef Production Entrepreneurship: Emily Beck, Equine Production Placement; and Jaeden Thompson, Equine Science Entrepreneurship.

Judging awards: Levi Opdahl-Top Agronomy Judger; Delaney Erfle- top livestock judger; Colby Jones- Top Sales; Nicole Neumiller-Top Food Science Judger; Regan Jones- Top State Fair Exhibitor; Madison Jones-Top Small Animal Care Judger; Hayden Beck- Top Agriculture Mechanics Contestant; Jaxon Fike- Top Quiz Member; Regan Jones and Nicole Neumiller- top Junior quiz member, Nicole Neumiller- top floral member and Conner Fike-Top Environmental and Natural Resources member. A speaking award was given to Nicole Neumilier for Creed Speaking



Proficiency Awards: Front: Emily Schmitz, Brianna Fike, Madison Jones, Emily Beck. Back: Conner Fike, McKayla Jones, Colby Jones, Jaxon Fike, Jaeden Thompson.

a prepared speaking award to Regan Jones and an extemporaneous speaking award to Nicole Neumiller. The 13th annual FFA Volunteer of the Year award was earned by Regan Jones.

Fessenden-Bowdon FFA Alumni President Tom Schimelfening presented seniors Conner Fike, McKayla Jones and Jaeden Thompson with the Fessenden-Bowdon FFA Alumni Scholarship and local FFA alumni achievement awards to Jaeden Thompson and Madison Jones.

The chapter bestowed upon Lindsay Maddock, the Honorary Chapter Farmer Degree for her years of support of the chapter with the livestock judging team.



School Lunches

HARVEY SCHOOLS

Monday, Apr. 15: Chicken nuggets, lettuce, celery sticks, fruit, bread. Tues:: Turkey wrap, lettuce, hashbrowns, cauliflower, fruit, bread, Easter cookie. Wed.: Hamburger gravy on mashed potatoes, green beans, fruit, bread.

Thursday through Tuesday: Easter break

FESSENDEN-BOWDON SCHOOL

- Monday, Apr. 15: Macaroni hotdish, green beans, applesauce. Tues.: Sweet & sour chicken, rice, mixed
- vegetables, peaches. Wed.: Hot dogs, baked beans, mixed fruit. Th.: Chicken patty, peas & carrots, pears.

Fri.: No school MADDOCK PUBLIC SCHOOL

Monday, Apr. 15: Crispitos with cheese sauce, corn, pears. Tues.: Pulled pork, bun, potato wedges, baked beans, cantaloupe. Wed.: Turkey, mashed potatoes, gravy, bun,

green beans, applesauce, ice cream bar. Thur.: Chicken patty, bun, hashbrown wedges, carrots, peaches. Fri.: No school

ANAMOOSE-DRAKE SCHOOLS Monday, Apr. 15: Grilled cheese

Tues.: Pizza popover Wed.: Turkey wrap Thur.: Mexican hotdish Fri.: No school

Senior Menu

Wells-Sheridan County Aging Mon., April 15: Swiss steak, steamed potatoes, corn, fruit, butterscotch pudding.

Tues.: Hamburger steak, au gratin potatoes, green beans, applesauce.

Wed.: Roast pork, mashed potatoes, fr. cut beans, jello/fruit. Th.: Porcupine meatballs, creamed potatoes, mixed veg-

etables, fruit whip. Fri.: Cod filet, potato, vegetable, dessert.



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"Captain Marvel" PG-13 April 13, 14 & 15 at 8 p.m.

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DEADLINES:

2 p.m. Wednesday: Classifieds and Cards of Thanks 5 p.m. Wednesday: Display ads and news items

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Legislative Report from District 14 State Senator Jerry Klein

Today, April 10, is day 64 at the legislature. There are only a few bills left in committee in their respective chambers - 11 in the Senate and 14 in the House. Some of those issues are pretty big, namely the corrections budget, the K-12 budget, the commerce budget, and the real big one, the human services budget.

There have been constant changes and debate over these budgets and because they are quite complex, they seem to be a work in progress. The deadline to get these bills out of committee and to the floor for a vote

is scheduled for Friday. They will most likely go to conference committees after that.

One of the issues many are talking about is the addition of \$5 million to the parks and recreation budget for the International Peace Garden to expand their greenhouse and add more cactus plants. These funds would need to be matched one to one from non-state funds. Now, as much as we would like to see our Peace Garden improved, and the fact that those funds would need to be matched (they are counting on a Canadian match), there are still a lot of what I would say priorities that need would take precedence. We will stay tuned on this issue.

As I said last week, the conference committee process is in full swing. Of the 71 committees that have been appointed, only seven issues have been resolved. There is talk of finishing on day 74, which would be six days short of our allotted time. There are many budgets and a great deal of policy that will have to be hammered out in the next 10 days. It might be possible - we will see.

How to contact your District 14 legislators

During the 66th Legislative Assembly, a legislator may be reached at the State Capitol by leaving a message with the legislative telephone message center at 1-888-NDLEGIS (635-3447) or 701-328-3373 www.legis.nd.gov

Help Wanted

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Walleye population update for Devils Lake

A couple of weeks ago I highlighted a status report featured on the North Dakota Game and Fish Department's weekly webcast, Outdoors Online, relating to the Missouri River-Lake Oahe walleye fishery. This week, I'll summarize the webcast's recent Devils Lake walleye population update featuring biologist Todd Caspers.

Todd Caspers: The overall walleye numbers are pretty close to average, just a little bit above average. In terms of size distribution, right now most of the size groups of walleyes are right around their long-term averages, except for 15- to 20-inch size group, which is the ones anglers

really like to keep. Those are a little bit below average, and the reason for that is that from 2013 to 2015, we had lower reproduction each of those three years, which is not typical on Devils Lake.

The good news moving forward is that from 2016 to 2018 we had pretty good walleye reproduction, and coupled with stocking efforts in 2016 and 2017, we should again see more "keeper" size walleye for anglers in the next couple of years.

Our overall walleye mortality rates on Devils Lake are on the low end of what is considered average, meaning anglers are not harvesting too many fish.



North Dakota Outdoors

by Doug Leier, Biologist N.D. Game & Fish Department dleier@nd.gov

So additional regulations (size

restrictions) really would have

no impact in improving size

Game and Fish also gets ques-

Caspers: At current (harvest)

tions on protecting walleyes run-

ning up the coulees (Channel A,

levels we do not believe it is really

impacting the population really

at all. A good example of that

would be in 2009 when we had

good coulee fishing that spring,

but we also saw a really good

natural reproduction that year,

our highest reproduction event

Mauvais Coulee) in the spring.

structure of the fishery.



fish to survive well.

Additionally, the majority of walleye that are caught in the coulees north of Lake Irvine and Lake Alice are probably residents of those two lakes, not Devils Lake itself. Springtime walleye harvest from these coulees is not likely to harm the walleye population since Lake Irvine and Lake Alice are relatively lightly-fished lakes since access conditions are currently poor on Lake Irvine, and Lake Alice is a national wildlife refuge where no openwater fishing is allowed. The most serious threat to the walleye population in these two lakes is probably declining water levels, which may lead to winterkill if dry conditions continue.

There is a full section of questions and answers on various versions of walleye size restrictions and the year-round open fishing season on the Game and Fish website at https://gf.nd.gov/ fishing/faq

Exploring Germans From Russia foodways

"I'm more German than you are Norwegian!" my husband exclaimed, grinning at me.

Senate: Jerry Klein (R), Fessenden

Assistant Majority Leader

House of Representatives:

Jon O. Nelson (R), Rugby

Email: jonelson@nd.gov

Email: rweisz@nd.gov

- and -

Robin Weisz (R), Hurdsfield

Email: jklein@nd.gov

He sounded a little too triumphant, I thought to myself.

We were reviewing the results of our DNA testing. I looked at his ethnicity pie charts, and he was correct. He was 82 percent German to my 72 percent Norwegian. He was zero percent Scandinavian, poor guy

How had we survived more than 25 years of marriage?

I could understand why he likes sauerkraut and sausages, I thought to myself.

However, I was more English and Irish than he was, despite his English-sounding last name. The DNA service explained that Viking sailors exploring the coasts were probably the reason for my English and Irish heritage.

My appreciation of corned beef and cabbage on St. Patrick's Day

However, keep in mind that lifestyle, including eating, physical activity and smoking habits, significantly influences our health.

Lately, I have stepped out of my Scandinavian heritage to work on a North Dakota Germans from Russia project.

Here's a little history I have gleaned from the Germans from Russia collection at the NDSU library, available at http://www. ndsu.edu/grhc. In 1763, Russian Czarina Catherine the Great, a former German princess, invited German colonists to Russia with the promise of farmland and more privileges. Many accepted the invitation and colonized the Volga region first. Then in 1803, Alexander I, grandson of Catherine, issued another invitation and Germans settled southern Ukraine near the Black Sea.

In 1871, Czar Alexander II revoked the preferential rights and

German recipe names along the way. We gathered recipes from published cookbooks and recipe cards, and we ran the nutrition analysis.

Some recipes just needed a little clarification. As with many old cookbooks, sometimes an ingredient amount wasn't provided, or the ingredient was mentioned in the directions but not in the ingredient list. "Add some vinegar" is a little vague, for example.

Some of the recipes were fairly healthful "as is" with just a couple of tweaks. Other recipes were fairly high in fat and sodium and low in fiber.

In earlier history, people used what they had available, and they worked very hard physically to produce and prepare foods. We have many labor-saving devices now and burn fewer calories in our labor.

I need to caution people about using old canning recipes from any cookbook, though. Canning recommendations underwent a major re-do during World War II and are updated regularly. Some This knoephla soup recipe has of the canning recipes we find in been modified to make it more heritage cookbooks would not healthful. meet today's safety standards. Visit https://www.ag.ndsu.edu/ food and check out the current Soup: research-tested recipes. We had taste-testers try our slightly updated recipes. We large), peeled and cubed added less salt, used whole milk or half and half instead of heavy cream, and used half whole-wheat flour for white flour in the buns and dumplings.

Prairie Fare

by Julie Garden-Robinson Food & Nutrition Specialist NDSU Extension Service

knoephla soup, and this is the win-

ner. We added some vegetables for

color and nutrition, reduced the

butter and used half whole-wheat

flour in the dumplings. Note that

the dumplings will be light gray as

a result of the whole-wheat flour.

Knoephla Soup

1/2 tsp. pepper (or to taste)

1/4 c. butter, unsalted

1/2 c. onion, diced

3/4 c. celery, diced

3/4 c. carrot, diced

3 c. whole milk

6 c. chicken broth

husband-approved.

This recipe is German-heritage-



NDSU photo

- Knoephla (dumpling) recipe: 3/4 c. whole-wheat flour
 - 3/4 c. white flour

7 Tbsp. whole milk, or more as needed

- 1 egg
- 2 tsp. dill weed
- 2 tsp. parsley

1/2 tsp. ground black pepper (or to taste)

1/2 tsp. salt

Melt butter in large skillet over medium heat. Saute potatoes, carrot, celery, onion and pepper until tender, about 20 minutes. Stir 3 c. milk into potato mixture and heat until almost boiling, about 5 minutes. Remove from heat. In separate pot, bring broth to a boil. To make knoephla (dumplings): Combine flours, 7 tablespoons milk, egg, dill, parsley, salt and pepper. Add more milk a tablespoon at a time until dough is stiff. Roll dough into 1/2-inchthick ropes. Cut into 1/4-inch pieces with knife. Drop pieces into boiling broth. Cover pot and reduce heat to simmer until knoephla begin to float, about 10 6 c. baking potatoes (about 3 minutes. Stir potato mixture into broth and knoephla. Simmer until potatoes are tender. 10 (1-cup) servings. Each serving: 260 calories, 8g fat, 9g pro-tein, 39g carb, 3g fiber, 480mg sodium.





Training provided. Pick up application at The Herald-Press office 913 Lincoln Ave. in Harvey

might be genetic.

I began connecting with longlost and never-met cousins. My husband thought it was a scam and didn't pay a lot of attention until one day. I had written a note to a person with a name that sounded familiar. She wrote back a story with very specific information about my childhood hobby. "This is real!" he said with as-

tonishment as he read the message over my shoulder. "No one would know that!"

I had chosen the kit that helped us connect ourselves to our heritage. However, many testing kits are available, and some can provide hints about future health.

Dakota Datebook

privileges given to the colonist settlers by the manifestos of Catherine II and Alexander I. In 1874, universal military conscription was instituted. The Germans began emigrating to North America and settled everywhere from Canada to Texas. By 1910, about 60,000 Germans from Russia resided in North Dakota

As I read the history, I became a little worried about getting this new ethnic foodways project correct. I know that people don't like others "messing with" their recipes

My student interns and I began developing content and testing recipes. We learned many new

We tried several recipes for

Dakota Datebook is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council.

Shoot 'em up

by Merry Helm

November 29- Charlie Cosgrove was born in Australia in 1861. When he was 21, he and his brother, Bill, moved to Dickinson to try ranching, and Charlie later described some of those early days:

"The Hash-Knife out from Texas was in here. Their cattle, 3,000 head, had a hash-knife brand. In '86, the year the snow blew, the Hash-Knife outfit lost 500 head. There was one damn blizzard after another.

"One day in '86, a feller named Taminlin brought a load of hay to Dickinson on a wagon hitched to two old nags. That same day the Hash-Knife outfit was in here drinking and shooting up the town, and old Taminlin got right on a street corner when the Hash-Knifers took a few pops at him. Taminlin seemed to go down in the hay, and one horse was killed. After the shooting let up, old Taminlin crawled out and said, 'Well, why didn't they get old Ted, too?' He got a good horse from the Hash-Knife outfit for the one they

killed. That outfit would raise hell and tear things galley-west, then pay back for any damage they had done to anyone. They were pretty good that way."

Chateau wine

by Tessa Sandstrom

November 30- Medora's legacy as a tourist town began as early as 1936 when Louis Vallombrosa, the Marquis de Mores' eldest son, donated the de Mores properties to the state of North Dakota. The State Historical Society of North Dakota was made the trustee of the property and began some renovation in May, 1939. On this day of that year, the Badlander reported an interesting event.

The Works Progress Administration (WPA) and the Civilian Conservation Corps (CCC) were conducting much of the renovation. Crews were excavating the basement of the chateau when one of the enrollees discovered several bottles of rare wine that was bottled in Bordeaux, France, in the early 1800s. The discovery generated much excitement around the chateau. Rumors spread that the supervisors took the wine home and drank it, but Marge Neuens Gratton, originally of Medora, said this wasn't so. Her husband was one of the landscape architects working on the project and was present when the wine was discovered. He told Marge about the incident. She said:

"They were grading there and they didn't have large equipment like they have today. They were grading and part of the tractor kind of fell into what became the wine cellar. There are lots of stories that tell about that, but there wasn't really any wine left in those containers. The wine was pretty well dried out so no one got drunk on it. I just heard a story ... that the boys didn't get any of the wine but the supervisors and whatnot got it and took it home, but that isn't true. There wasn't any wine to take home, but it makes a good story for the boys."

Catherine Geiszler Vanourny

by Karen Horsley December 3- On this date in 1909, Charles and Catherine Vanourny had been married only a day, but it's unlikely they were honeymooning. They were, after all, frugal, hard-working Germans from Russia. A 31-year-old widower, Charles had homesteaded his 160-acre farm southeast of Ashley. His new 25-year-old bride, Catherine Geiszler, had the distinction of being the first girl born in McIntosh County.

According to "Women of the Northern Plains" by Barbara Handy-Marchello, Catherine's mother reared her "in the ordinary fashion of the prairie, teaching the oldest to mind the younger ones and to manage some simple household tasks while (mother) worked in the fields. By the age of five ... Catherine looked after the babies while her parents were out of the house" and she was taught to "start the fire to heat the noon meal when the sun reached a certain spot on the floor."

Catherine was only 13 when her life changed dramatically. Capricious, uncontrollable fires were common on the dry, flat prairie. One afternoon, two of her younger sisters had gone to bring in the cows as prairie fires danced nearby. Noting a change in the wind, her mother rushed home from the field and found the girls, each grasping the tail of a terrified cow, racing for home, but little Annie's foot caught in a gopher hole and her mother reached her just as the flames engulfed them.

Hours later, Annie died. Their mother hung on for 15 days, desperately instructing Catherine in the details of housework and childcare despite incredible pain. Drawing her last breath, she asked Catherine to "be good to your stepmother," knowing that her husband would remarry in order to keep his family together.

Less than two months later, he did remarry. Catherine was no doubt a great help to her 18year-old stepmother as they cared for the house and six younger siblings, as well as 13 additional children who would be born to her stepmother. This undoubtedly left Catherine well prepared to start her own family, as she began married life on the prairie, more than one hundred years ago.



The Herald-Press welcomes letters. It's an excellent way to share your opinions. However, certain limitations exist on what we'll publish. Letters MUST include the writer's name, signature, address and phone number as a means of verification. Anything the publisher deems libelous, or anything of a personal nature between private individuals or businesses will not be published. No political candidate endorsement letters will be published. Letters of a political nature which address contestable issues about a candidate will not be published in the final Herald-Press issue before the Nov. 6 election except in response to an issue raised in a previous letter to the editor. All letters are subject to editing at the publisher's discretion. Letters must have a specifically local context. Mass mailings, form letters, or letters of a commercial nature will generally be discarded. The Herald-Press does not warrant the accuracy of information in letters we publish, nor do opinions expressed in letters necessarily represent the opinions of The Herald-Press, its publisher or its staff.

Public Notices

Because it is your right to know

Martin City Council

PROCEEDINGS OF THE MARTIN CITY COUNCIL REGULAR SESSION

Tuesday, March 5, 2019 - 7:00 P.M. All Present. Also Present: Tim Baird Mayor opened meeting and minutes of the February meeting were read and approved Mirek Petrovic has decided to hold off for now or his plan due to less funding being available.

Milton read a letter from Chris Nyhus regarding Tim Baird's problem Bills were presented and approved as fol

lows: Central Plains Water \$30.01; Circle Sanita

tion \$667.50: Shane Hase \$55.41: Otter Tail Power \$39.18 and \$513.43; Arlene Bender \$106.20; Herald-Press \$71.61; Gary Weltz \$180.00: WSI \$250: Anna Weltz \$60.00 Meeting Adjourned.

Arlene Bender, Auditor

NOTICE OF SALE OF STATE LAND OWNED BY THE NORTH DAKOTA DEPARTMENT OF TRANSPORTATION Notice is hereby given that the North Dakota Department of Transportation (NDDOT) intends to sell the former Germantown rest area site on

the basis of sealed bids, with the top three bidders to be afforded the opportunity to orally raise their bids. The property is described as follows: Parcel Number 31A

A square plot containing 5.0 acres in the northeast corner of the NE1/4 of Section 15, Township 148N., Range 69W., 5th P.M.

The intent of this description is to convey the north 466.7 feet of the east 466.7 feet of said NE1/4

Said tract is show on the plat as Parcel No. 31A and contains 3.60 acres, excepting all that portion previously acquired or lying within 33 feet of the section lines.

The legal description was acquired from Warranty Deed, Doc. #144664, recorded on the 7th day of February, 1973, and as shown on Plat 9A of 24, recorded on the 23rd day of April, 1973, as Doc. #144975 in Book HwyP2, page 15.

The Germantown rest area site is located along State Highway 15, approximately eight miles east of Fessenden, ND. The rest area closed in 2017. The site's dimensions, excluding right-of-way reservations of public record, are approximately 433.67 feet (net width) by 361.70 feet (net depth), equating to a net size of 3.60 acres, more or less.

The property is being sold "as is", subject to the following conditions:

1. The sale is subject to all existing public rights-of-way and easements of record. 2. The sale is subject to certain Non-dis-

crimination covenants. Please visit NDDOT's website at www.dot.nd.gov/ for more information including a draft of the quitclaim deed that will be used to convey the property.

3. The purchaser is responsible for payment of all real estate taxes and special assessments (current or delinquent), if any, heretofore or hereafter levied against said real estate;

4. The property is being sold without any warranty as to title.

The market value of this site was estimated by appraisal at \$11,000.00, which will be the minimum bid for this property.

All bidders should inspect the property and inform themselves of existing conditions, and be familiar with conditions of the sale prior to submitting a bid. Please visit NDDOT's website at www.dot.nd.gov/ for more information.

Sealed bids will be publicly opened and announced at 12:00 P.M. (CST) on Wednesday, April 24, 2019 in the meeting room of the KTL Building, 600 Railway Street N, Fessenden, ND. All bidders must be present. The three highest bidders will have the opportunity to orally raise their bid at the time of bid opening.

Notice of Meeting

CRYSTAL LAKE TOWNSHIP

Crystal Lake Township will have a meeting regarding the road issue in section 30. Meeting on April 24th, 2019 at 7:00 p.m. at the Harvey, ND Armory in the Kiwanis Room

(4-13, 4-20, 2019)

Notice of Meeting

HILLSDALE TOWNSHIP

Hillsdale Township will have a Change of Equalization Meeting on April 24, 2019, 7:00 p.m. at the Harvey City Kiwanis Meeting Room, located in the City Hall.

Notice of Sale

All bids must be submitted in a sealed enve lope, the outside plainly marked with the bidder's printed name and address and the phrase, "BID FOR STATE LAND -- GERMANTOWN -- DO NOT OPEN". Bids must be mailed to the Maintenance Division, North Dakota Department of Transportation, 608 East Boulevard Avenue, Bismarck, ND 58505-0700, attention, Greg F. Only mailed bids will be accepted, and Doll. must be postmarked on or before Friday, April 19, 2019

Only sealed bids, submitted on an official bid form, will be accepted. A bid package, including official bid form and other information, is available on-line at www.dot.nd.gov/

Terms of the sale will be cash, with the balance owed to be paid in full within 30 days following opening of bids.

All bids shall be accompanied by a bank cashier's check in the amount of 10% of the total bid, made payable to the North Dakota Department of Transportation. Unsuccessful bidders' checks will be returned the day of sale. Bidders must bring a valid driver's license for identification purposes; checks will not be released without

proof of identity. The high bidder's check will be held as a deposit and deducted from the total bid at the time of final settlement. The high bidder must then remit a second cashier's check by Tuesday, May 28, 2019 for the balance owed. Said deposit to be forfeited in the event that the high bidder fails to comply with the terms of the sale.

The sale is subject to final approval by the Director of the North Dakota Department of Transportation. Seller reserves the right to reject any or all bids, to waive technicalities, or to accept such bids as may be in the best interest of the state.

Conveyance will be via quitclaim deed, which the department will prepare and deliver to the purchaser after settlement. The property is being sold without warranty as to title, and the State of North Dakota will not furnish an abstract of title to the property. The buyer will be responsible for obtaining any desired title insurance at personal expense

To request accommodations for disabilities and/or language assistance, contact Civil Rights Division, NDDOT, 701-328-2978 or civilrights@ nd.gov or TTY 711, as soon as possible.

Questions may be directed to Greg F. Doll Maintenance Division, North Dakota Department of Transportation, 608 East Boulevard Avenue, Bismarck, North Dakota 58505-0700; e-mail: gdoll@nd.gov; phone: (701) 328-2613; or to Wyatt Hanson, District Engineer for the Devils Lake District, 316 6th Street SE, Devils Lake, ND, 58301-3628; e-mail: wdhanson@nd.gov; (701) 665-5100. TOM SOREL, DIRECTOR

(3-30, 4-6, 4-13, 2019)

Notice of Summons

state of North Dakota County of Wells Audrey J. Garcia, Plaintiff Juan Manuel Garcia, Defendant In District Court Southeast Judicial District Case No. 52-2019-DM-00009 Summons

THE STATE OF NORTH DAKOTA TO THE ABOVE-NAMED DEFENDANT:

You are hereby summoned and required to appear and defend against the complaint in this action, which is herewith served upon you by serving upon the undersigned an answer or other proper response within twenty-one (21) days after the service of this summons upon you exclusive of the date of service. If you fail to do so, judgment by default will be taken against you for the relief demanded in the complaint.

NOTICE OF TEMPORARY RESTRAIN ING PROVISIONS under Rule 8.4 of the North Dakota Rules of Court, upon service of this summons, you are and your spouse, are bound by the restraints following:

1. Neither spouse shall dispose of, sell, encumber, or otherwise dissipate any of the parties' assets; except

a. For necessities of life or for the neces sary generation of income or preservation of sets; or b. For retaining counsel to carry on or to

contest the proceeding.

If a spouse disposes of, sells, encumbers or otherwise dissipates assets during the interim period, that spouse shall provide to the other spouse an accounting within 30 days. 2. Neither spouse shall harass the other

spouse 3. All currently available insurance cover-

age must be maintained and continued without change in coverage or beneficiary designation IF EITHER SPOUSE VIOLATES ANY OF THESE PROVISIONS. THAT SPOUSE MAY

BE IN CONTEMPT OF COURT. Dated this 29th day of March, 2019. Steven T. Ottmar - ID #06179 OTTMAR & OTTMAR, P.C. 226 Second Avenue SW/P.O. Box 1397 Jamestown, North Dakota 58402-1397 (701) 252-7229 phone (701) 252-7461 fax sottmar@ottmarlaw.com E-service: office@ottmarlaw.com Attorney(s) for Plaintif (4-6, 4-13, 4-20, 2019)

What is a public notice?

A public notice is information informing citizens of government activities. Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years. North Dakota newspapers also post public notices that are printed in newspapers on www.ndpublicnotices.com at no charge to government units.

Scoreboard

Hornets compete in CNDC Indoor Meet

The Harvey-Wells County Track and Field team was back in action as they competed at the CNDC Indoor Track and Field meet held Friday, April 5, at the Minot State University Dome. The Hornet girls' team finished in third place with 58 points, just three behind second-place Garrison. The girls were led by Makenna Vollmer who finished first in the 55 meter dash and the long jump despite just having one jumping attempt. The 4x800 and 4x160 relays both finished in the runner-up spot with the longer relay having Emily Beck, Lexi Fike, Zoe McKinven, and Makenna Arnold running while the shorter relay was Beck, Fike, McKinven, and Vollmer.

On the boys side, Isaac Felchle placed in the long jump and 400

League Bowling

ROADRUNNER LEAGUE: Firebird Artisan Mills leads league

with 30 wins. HIS Scratch: Karen Konschak 528, Barb Zuther 487. HIG Scratch: Konschak 235, Zuther 191. HIS Hdcp: Dorothy Strauss 671, Zuther 664. HIG Hdcp: Konschak 270, Zuther 250.

MENS PRO LEAGUE:

State Farm Insurance won the last quarter of the season. HIS Scratch: Bruce Snyder 644, Brad Kline 629. HIG Scratch: Kelly Krahler 258, Kline 244. HIS Hdcp:

Snyder 701, Paul Niemi 685. HIG Hdcp: Howard Schaan 262, Krahler 258

TUESDAY MORNING COFFEE LEAGUE:

Cracker Jacks lead league with 37 wins HIS Scratch: Karen Konschak 532, Holly Niemi 478. HIG Scratch: Konschak 206, Niemi 177. HIS Hdcp: Holly Niemi 643, Jane Hager 636. HIG Hdcp: Konschak 237, Hager 233.

CITY MEN'S BOWLING: Independence Fireworks tied with Hurlers at 14 wins each.

HIS Scratch: Brad Kline 609, Stan Lesmeister 580. HIG Scratch: Dick White 256, Lesmeister 219. HIS Hdcp: White 656. HIG Hdcp: White 282.

dash while Madden Thorson placed in 55 hurdles.

Boys team totals: Rugby 124, Benson County 81, Stanley 66, Mohall-Lansford-Sherwood 52, Grant County/ Flasher 43.5, New Rockford-Sheyenne 35.5, Des Lacs Burlington 35, Northern Lights 20, Velva-Drake-Anamoose 20, Bishop Ryan 18, Garrison 17, Glenburn 11, Divide County 9, Warwick 8, South Prairie 8, Harvey-Wells County 6, Rolette/Wolford 5, Bottineau 3 HWC boys results:

Isaac Felchle 8th long jump (18-3.25); 7th 400 dash (57.24) Madden Thorson 6th 55 hur-

dles (9.12) Girls team totals:

Rugby 142, Garrison 61, Harvev-Wells County 58, Des Lacs Burlington 55, Benson County



Chaseley/Bowdon News

Chaseley

After Bible Study on Tuesday, Connie Czech had lunch with Cynthia Gahner in McClusky.

Sunday after church, Donavon and Connie Czech went to Harwood to celebrate a late birthday with granddaughter Brooklyn

Bowdon

48, Grant County/Flasher 30.5,

Northern Lights 25, New Rock-

ford-Sheyenne 24, Glenburn 23.5,

Bottineau 22, Rolette/Wolford

19, Divide County 19, Stanley 15,

Mohall-Lansford-Sherwood 10.

Makenna Vollmer 1st 55 dash

McKayla Jones 3rd shot put

Jasmine Ripplinger 3rd high

Jave Fike 5th 55 hurdles (9.73)

4x160 relay 2nd (1:31.39) Emily

4x400 relay 3rd (4:39.94) Em-

4x800 relay 2nd (10:59.42) Em-

Beck, Zoe McKinven, Lexi Fike,

ily Beck, Lexi Fike, MacKenna

ily Beck, Lexi Fike, Zoe McKin-

Velva-Drake-Anamoose 6

(32-3)

jump (4-7)

Makenna Vollmer

Arnold, Zoe McKinven

ven, MacKenna Arnold.

(7.34), 1st long jump (16-3.75)

Recent Bowdon Raffle winners were: \$75: Red Hoff; \$50: Valgene Kreiter, Anna Munson, Mycha Neumiller, Laurie Dietz, Shannon Mehring, Juiageia Weechmann.

Visit our website at WWW. heraldpressnd.com





Mindt.



Red Hoff



Obituaries



Agnes Schmidt

Agnes Schmidt, 92, Anamoose, passed away Saturday, April 6, 2019 at the St. Aloisius hospital in Harvey.

Agnes Weltz, daughter of Albert and Mary (Hildenbrand) Weltz, was born June 28, 1926 on the family farm southwest of Anamoose where she grew up and attended a nearby country school. Being the oldest child, Agnes, along with her parents, cared for her younger siblings throughout her teenage years.

Agnes was united in marriage to Elmer Schmidt on January 10, 1946 in McClusky. They made their home on a farm south of Anamoose for a time before moving to a farm south of Martin where they farmed and began raising their family. They later moved to a farm west of Anamoose where they lived and farmed until they retired and moved into Anamoose in 1985. Following Elmer's death in December of 2009, Agnes joined her daughter Kathy and family, and had made her home with them since.

Agnes leaves behind her children, Mary Jane Schmidt (Tom Graham) of Poulsbo, WA, Glenn (Teddy) Schmidt of Underwood, Kathy (Leroy) Becker of Anamoose, James (Monica) Schmidt of Anamoose and Stacy Schmidt of Devils Lake; 10 grandchildren; 17 great-grandchildren; sisters, Wyonne (Marvin) Riskevich of Baldwin and Donna Hauser of Sawyer; and her brother, Dennis (Jeanette) Weltz of Anamoose.

She was preceded in death by her husband; her parents; grandson, Chad Becker; and brothers, Clifton, Gerald, Kenneth and Stanley Weltz.

Funeral: Tuesday, April 9, 2019 at 10:30 a.m. at St. Martin Lutheran Church in Anamoose

Visitation: Monday, from 2 p.m. to 5 p.m. at Nelson Funeral Home in Drake.

Burial: St. Martin Lutheran Cemetery in Anamoose.

Online condolences may be shared at nelsonfuneralhomesnd.com



Cecilia Dosch

Cecilia Dorothy (Rudnick) Dosch, beloved wife, mother, grandmother, great-grandmother, mother-in-law, aunt, sister, and friend to many, passed away peacefully on Thursday, March 28, 2019 at St. Vincent's Care Center.

Mass of Christian burial will be held at 10:30 AM on Monday April 1, 2019 at St. Mary's Parish, 806 E. Broadway Ave, Bismarck.

Visitation will be from 5:00 pm – 7:00 pm on Sunday, March 31st at Eastgate Funeral Service, where a Catholic Daughters Rosary/vigil will begin at 7:00 PM. Burial will be at St. Mary's Cemetery in Bismarck, immediately following the funeral.

Cecilia, daughter of Paul and Hattie (Schuelke) Rudnick was born in McHenry County, ND on December 30, 1934. She grew up in Anamoose, ND, graduated from Anamoose High School and later graduated from St. Alexius School of Nursing in Bismarck.

Cecilia married John Sebastian Dosch on September 20, 1956 at St. Mary's Church in Bismarck. From this union, they were blessed with 10 children.

Over the years, she worked at St. Alexius Hospital, St. Vincent's, Bismarck Baptist Home, and Annunciation Monastery as a nurse and caregiver. Cecilia was a member of Catholic Daughters and St. Vincent's Auxiliary. She was proud to be a recipient of the 20-gallon donation award from United Blood Services.

Cecilia is survived by her children, Mary Ann (Greg) Morford, Kathy (Steve) Rau, Andy (Jen Ho-

Steven K. Stewart

Steven K. Stewart, 49, Bowdon, formerly of Carrington and Chesterton, Ind., died Tuesday, April 9, 2019, at the Carrington hospital. A graveside service will be held at the Peterson Family Cemetery in Bowdon.

Steven Keith Stewart, son of Charles and Ilona (Negus) Stewart, was born May 30, 1969, at Valparaiso, Indiana. He was raised and educated in Chesterton,



erner) Dosch, Jim (Becky) Dosch, Diane (Kennen) Huck, and Steve (Bernadette) Dosch of Bismarck, Tom (Pat) Dosch of St. Cloud, MN and Paul (Mary) Dosch of West Fargo. She is survived by 29 grandchildren - Shawn, Karl, Angela, Brian, Bethany, Tom, Ryan, Evan, Brett, Mariah, Darla, John, Christopher, Benjamin, Andrew, Emily, Nicholas, Jacob, Austin, Tessa, Rachel, Matthew, Landon, Jenna, Dylan, Dawson, Drew, Pacey and Tabitha; Great grandchildren Madeline, Charles, Nolan, Allison, Samantha, Vail, Veronica and one more due in July, as well as her brothers and sisters - Matt, Angeline, Leo, Gilbert and Dolores.

She was preceded in death by her husband of 60 years, John; their daughters, Joyce and Theresa; granddaughter Lindsey; her parents, Paul and Hattie, and brothers, Lawrence and Wendelin.

A special thanks to the caregivers at Northland PACE and St. Vincent's Care Center.

In lieu of flowers, the family requests memorials be given to Light of Christ Catholic Schools in Bismarck.

Go to www.eastgatefuneral. com to share memories of Cecilia and sign the online guestbook.

graduating from Chesterton High School where he participated in the marching band as a drummer. Following graduation in 1988, Steven worked as a security guard and later worked for area restaurants as a dishwasher.

In recent years, Steven resided in Carrington and Bowdon.

Survived by wife, Safi Mahaleen of Seattle, WA; mother, Ilona Stewart and sister, Kimberly Stewart, both of Bowdon.

Nelson Funeral Home, Fessenden



Paul Whitman

Paul Whitman, 85, of Minot, North Dakota, died peacefully at St. Aloisius hospital in Harvey, ND, on April 5, 2019, following an extended illness. Paul was being lovingly cared for by family and caring hospital staff.

A funeral service will be held at 11:00 am Thursday, April 11, at McCabe United Methodist Church, 1030 N 6th St., Bismarck, with Rev. Mark Ehrmantraut and Rev. Jennifer McDonald officiating.

Burial will be at Bethany Cemetery, Robinson.

Visitation will be held one hour prior to the service at the church.

Paul Oren Whitman was born on August 12, 1933, to Marion (Russ) and Frank R. Whitman, at home on the Whitman Ranch near Robinson, the youngest of six brothers. Paul grew to be a part of the busy activity there. He attended school in Robinson and graduated from high school there with the highest grade average ever achieved in Kidder County to that date.

Paul helped on the farm for a year or two, then attended UND for a few semesters. He joined the U. S. Air Force and served most of his service years in Great Britain. One of the main things that he acquired from that time, other than experience, was a Volkswagen Beetle, which he brought home to North Dakota. That was a rarity here, since they had not long been on the market.

He resumed his studies at UND where he took some flight training to tie into what he had learned from growing up amongst brothers who were pilots. He received his degree



eventually in another field. After graduation, he held jobs out of state for a few years. He returned to North Dakota where he became an officer in the North Dakota Truck Regulatory, stationed first in Fargo, then Washburn, and finally Minot. This became home to Paul and after serving for a total of more than twentyseven years in Truck Reg, he retired and continued to live and enjoy life in Minot.

From early childhood Paul valued his faith in Christ. While living in Minot he became a member of Vincent United Methodist Church where he found fellowship and spiritual encouragement. Paul had a special gift for getting acquainted with those he met, remembering names and details about lives. He was greatly comforted by the expressions of concern and affection for him during his recent illness.

Although Paul never married, he was very interactive with his many nieces and nephews and their parents. This was his family, and they reciprocated with love and care. In his retirement years, a cousin and longtime resident of Minot, Arthur Ekblad, was a faithful friend, and often a dinner companion. This enriched Paul's life and enabled him to live independently almost to the end of his life. Paul's family has been so very grateful to Art for his care and attention.

Paul is survived by his brother and sister in-law, Ward and Edith Whitman; several cousins and his many nieces and nephews.

He was preceded in death by his parents; and brothers, Glen, Allen, Harold and Frank.

Go to www.eastgatefuneral. com to share memories of Paul and sign the online guestbook.

Not too big, not too small! With the 2x2 Network, you can get 'em all!

Run an ad this size in ALL NORTH DAKOTA NEWSPAPERS

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(Regions also available.)

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at 701-324-4646 for assistance.



Marlys Welstad

Marlys Koenig Welstad, 91, Minot, ND, passed away Monday, April 8, 2019, at Maple View Memory Care.

Marlys Jeanette Hagen was born on April 4, 1928, the daughter of Melvin and Jenny (Nelson) Hagen, in rural Hamberg, ND. She was raised on the family farm near Bremen, ND, and attended a rural public school until the 8th grade. She then went to high school in New Rockford and graduated from Maddock Agricultural School.

Marlys received her Standard Teaching Certificate from Minot State Teachers College. She taught two years in a rural school. While teaching, Marlys met Fred Koenig through his niece, Lillian. Marlys and Fred were married in 1949. They took over the family farm by Manfred. Marlys and Fred were blessed with three daughters. She was also once married to Sherman Welstad.

After retiring, Marlys moved to Minot. During her retirement, she traveled to Norway, Hawaii, Nashville, Branson, and she spent her winters in Arizona. She liked to attend the Norsk Hostfest and the concerts.

Marlys was involved with the Manfred Community Homemakers Club where she learned many crafts with her friends. She was a member of the First Baptist Church in Fessenden, and then joined St. Mark's Lutheran Church when she moved

to Minot.

Marlys was a wonderful baker. She baked buns, bread, caramel rolls and kuchen. She enjoyed gardening in her huge vegetable garden, canning, reading, word search puzzles, crocheting doilies, knitting and sewing. She spent many hours sewing clothes for her girls. She even sewed each of their wedding gowns. Marlys loved her family and spending time with them all. She especially enjoyed teaching her grandchildren new things.

Everywhere Marlys went, she made lasting friends.

Her loving family includes: Daughters, Shirley Freeze, Murfreesboro, TN, Frances (Ken) Kostad, Minot, ND and Connie (Richard) Oasheim, Cavalier, ND; grandchildren, Darrell Freeze, Troy Freeze, Ryan Freeze, Tiffany Freeze, Jennifer Beswick, Lynn Miller, Elliot Oasheim, Jared Oasheim and Stephanie Haman; 17 great-grandchildren; brother, Delmer Hagen, Sheyenne, ND; sister, Diane (Edward) Bratvold, Inver Grove Heights, MN; sister-in-law, Darla Hagen; and numerous nieces and nephews also survive.

She was preceded in death by her parents, Melvin and Jenny Hagen; husband, Fred Koenig; brothers, Virgil Hagen, and Sherman Hagen; son-in-law, Darrell Freeze; and sister-in-law, LaVonne Hagen.

Visitation: One hour prior to the service at the church on Saturday

Funeral: Saturday, April 13, 2019, at 11:00 a.m. at St. Mark's Lutheran Church, Minot.

Interment: Hillside Cemetery, Fessenden, ND.

Memorials: are preferred to Maple View Memory Care, St. Mark's Lutheran Church of Minot or to the organization of your choice.

Those wishing to sign the online register and share memories may access the online obituaries section at (www.thompsonlarson.com).

Obituary Policy

The Herald-Press publishes obituaries at no cost, but **photos with obituaries require a \$7.00 fee.** Parties desiring specifically-worded funeral announcements may place them through paid advertisements. The notices are bordered and, when possible, appear on the same page as the obituaries.

Church Directory

MARTIN BAPTIST CHURCH Mark Thacker, Interim Pastor, 693-2844 Sun. School 9:30 am., Worship 10:30 a.m.

DRAKE TRINITY LUTHERAN Sun.: Services 9 a.m.; Sunday School 10 a.m.; Communion first and third Sundays.

SEVENTH-DAY ADVENTIST CHURCHES

Harvey: 733 Judy Blvd., 324-5204 Delvin Hansen, 324-2690 Sabbath School 9:45 am; Worship 11 am Manfred: 1510 34th Ave NE Ph: 547-3131 Tom Deede Ph: 547-3131 Sabbath School 10 a.m.; Worship 11 a.m. Goodrich: 218 Frank St. E. Ph: 884-2543 Robin Weisz 962-3299 Sabbath School 9:45 am.; Worship 11 am Bowdon Country: 182 43rd Ave NE Sabbath School 10 am Worship 11:10 am

BOWDON-BREMEN-CONCORDIA

PARISH Pastor Pauline Crowder Box 302, Bowdon, ND 58418 962-3337 bowdonlutheran@daktel.com & Facebook Bowdon Lutheran: 231 Dunham St E Sun school/coffee 9:45 am Worship 11 am. Trinity Lutheran: 5590 Hwy 5, Bremen Worship 9 am 2nd/4th Sundays (below) Fifth Sundays from October-March Sunday school following worship Concordia Lutheran 10 miles NE of Fessenden, 21st St. NE and 1/2 mile W of Hwy 30 Worship 9 am 1st/3rd Sundays (above)

Sunday school following worship

UNITED COMMUNITY BAPTIST CHURCH Anamoose Danelle Olson, Pastor Sunday School 9 am and Worship 10 am

UNITED PENTECOSTAL CHURCH 516 6th St., Harvey Pastor Jeffrey Soberg Service: Sunday 10:30 a.m. Wednesday Bible Study 7 p.m.

FIRST LUTHERAN CHURCH - Harvey 1520 Advent St, Pastor Phil Leer, 324-2548 harveyfirstlutheran.com/firstlc@gondtc.com Sunday: 10 am worship and communion; Adult Forum 8:20; Sunday School 9 am; Adult Choir 9:10 am

ST. PAUL'S LUTHERAN CHURCH Sykeston Richard Biberdorf, Pastor 3rd Sunday of each month: Worship 8:30 am

ST. AUGUSTINE'S CATHOLIC CHURCH Fessenden Fr. Jeff Eppler Daily 5:30; Saturdays 8:30 am April Sunday 8:30 am; May Sunday 11 am

ST. PATRICK'S CATHOLIC CHURCH Hurdsfield April: Sunday 11 am; May: Saturday 7 pm ST. MARGARET MARY CHURCH Drake 605 Main St., P.O. Box 197, Drake stfx@gondtc.com, 465-3284, 465-3780 Saturday Vigil: 1st, 3rd, and 5th Sundays Winter 5 p.m. / Summer 7 p.m. Sunday: 8:30 a.m., 2nd and 4th Sundays. Daily Mass: Mon., Wed., Fri., 8:30 a.m.

ST. CECILIA CATHOLIC CHURCH Fr. Franklin Miller www.stceciliaharvey.org 413 E. Brewster Street, **Harvey**, 324-2144 Saturdays 4:30 p.m.; Sundays 10:30 a.m. Religious Education Wednesdays 6:30 pm ST. ANTHONY CATHOLIC CHURCH, Selz Sundays at 8:30 a.m.

UNITED METHODIST CHURCH of CHASELEY, GOODRICH & McCLUSKY Pastor Warren Rhodes Ph. 363-2420 Chaseley: Morning Worship 8:45 a.m. Goodrich: Family Worship Hour 9:45 a.m. and Family Sunday School 10:30 a.m. McClusky: Family Sunday School 10 a.m. and Family Worship Hour 11:15 a.m.

KIEF LIBERTY BAPTIST CHURCH Pastor Luis Coca Sunday School 9 am; Sunday Worship Service 10 a.m.; Fellowship 11 a.m.

TRINITY BETHANY LUTHERAN CHURCH 820 Adams Ave., Harvey Sunday Worship Service at 10 a.m.

HARVEY ASSEMBLY OF GOD 1020 Millennium Drive 324-4985 Pastor Steve Slaamot Sun. School 9:30 am. Worship 10:30 a.m



Hertz Funeral Homes Harvey & McClusky St. Aloisius Medical Center Harvey First International Bank & Trust Wiest Associates, LLC

LIVING STONE CHAPEL 61 7th Avenue N, Fessenden Jon Couch, Pastor 585-750-1197 Sundays 9:30 am

CORNERSTONE COMMUNITY CHURCH

Pastor Jeff Blomquist 100 N St E, 324-4261 North Campus: 100 N St E 324-2405 South Campus: 220 9th St W 324-4261 **Harvey**, ND 58341 Parsonage 324-2408 Sun. School 9:30 am; Worship 10:30 am

> BOWDON COMMUNITY CHURCH OF GOD

Pastor Dale Peaslee Ph. 962-3681 Sunday School (all ages) 9 a.m.; Service 10:15 a.m.; Wednesday: Prayer Mtg. 6:30 p.m.

FIRST BAPTIST CHURCH Goodrich Pastor Jim Grupp Church 884-2528 Home 884-2587 Sunday School 10-11 and Worship 11-12 First Wednesday: WMS 7:30 p.m. Other Wednesdays: Bible Study 7 p.m.

VICTORY BAPTIST CHURCH Hwy. 3, Harvey Pastor Paul Dyck Sunday: Bible Classes 10 a.m.; 11 a.m. Worship; Bible Study 2 p.m. Wed.: Bible Study and Prayer 7 p.m.

ST. FRANCIS-XAVIER CHURCH 605 1st St. W., Anamoose stfx@gondtc.com, 701-465-3780 Saturday Vigil: 2nd and 4th Sundays Winter: 5 p.m. / Summer: 7 p.m. Sunday: 8:30 a.m., 1st, 3rd, 5th Sundays. Daily Masses: Tues., Thurs., Sat., 8 a.m. heraldpress@MidcoNetwork.com ST. MARTIN LUTHERAN CHURCH Anamoose Paul Nelson, Vacancy Pastor

CHURCHES

Update your information

by sending an e-mail to:

Paul Nelson, Vacancy Pastor Sunday Service 8:30 am; Sunday Schoo 9:30; Communion every 1st & 3rd Sunday.

FAITH LUTHERAN CHURCH - LCMC

209 8th St. East, PO Box 188, **Harvey** Pastor Greg Longtin Ph: 324-2110 harveyfaithlc@gondtc.com Education 9:30 am; Worship 10:30 a.m.

HARVEY GOSPEL CHAPEL PO Box 221, 210 W. 8th St., Harvey 1/2 block west of City Hall Sun.: 11 am Ministry and Sunday School; 1st & 3rd Thurs. 7 pm prayer meeting.

NEW LIFE ON MAIN Pastor Jeff Robison 802 Lincoln Ave., Harvey 324-4011 www.newlifeonmain.org Sunday School (all ages) 9:00 a.m. Coffee Fellowship 10am; Worship 10:20am

UNITED METHODIST CHURCHES OF DRAKE AND MARTIN

Salem Methodist Drake: Worship 8:30 a.m Fellowship 9:30 a.m. Martin United Methodist: Worship 10 a.m. Fellowship 11 a.m. U.M. Women meeting first Monday 2 p.m.

FIRST LUTHERAN CHURCH Fessenden Pastor Shirley Teske Sunday School/Confirmation 9:10 am Sunday Worship at 10:30 a.m. Easter Sunday: No Sunday School

Service Drug & Gift Harvey Nelson Funeral Home Fessenden Dakota Heritage Bank First State Bank of Harvey Harvey Farmers Elevator Harvey Warehouse Grocery The Herald-Press

People and Events



Six generations

Front: Mother Elida Aceves, of Bismarck, holding daughter Leao, and great-greatgreat-grandmother Florence Wold, of Harvey. She resides at St. Aloisius Long Term Care, Harvey. Back: Great-great-grandmother Sandra Karlsbraaten, of Maddock; great-grandmother Paula Lee, of Fargo; and grandmother Heather Cook, of Bismarck.



County names Keller as road foreman

Brent Keller, of Fessenden, was hired as the Wells County road foreman, effective April 3. Keller, a Fessenden native, has worked for the county road crew for the past 16 1/2 years as blade operator based out of Fessenden.

H.E.A. Scholarship

The Harvey Education Association will again offer a H.E.A. Scholarship. Harvey teachers raise funds for the scholarship through various activities. The organization wishes to encourage and support students who have chosen the field of education as their vocation.

Scholarship applicants must be college students who have chosen to enter the teaching profession. It will be available to those entering their junior or senior years as college students. Applicants must have attended the Harvey school system.

Application deadline is May 15, 2019. Access applications at the school web page or by contacting Lori.Schimke@k12.nd.us or Susan.Schmiess@k12.nd.us

Muschas receive soybean award



Peer to Peer instructor Trista Zerr, left, with her students, Ericka Hager, Tim Swang, Kaylee Meckle, Sage Feist, Maria Schmitz, Maggie Raue, Morgan Harness, Autumn Sieg, Jasmine Ripplinger, and Jasmin Goninan.

Harvey Kiwanis hosts Peer to Peer class

Harvey Kiwanis hosted a group of students and their instructor from the Harvey High School at the April Kiwanis meeting. This group is involved in the Peer to Peer Leadership or Mentoring class led by Trista Zerr. Zerr also is the special education teacher for K-12.

At the start of the 2018-2019 school year, Harvey High School offered the Peer to Peer Leadership class. Students learn about a variety of disabilities and how to create and promote positive, lifelong friendships. A part of the class is discussing the disabilities we might not see.

"I am hopeful that this class will change how students are treating each other in school, and not just special education students, but all students," said Zerr.

The students said they are assigned a mentee at the beginning of the year and that they need to share at least 15 hours of their time outside of school with them and support their mentees throughout the school day which may include taking notes, working on homework or "hanging out" at lunch or breakfast.

Peer to Peer Leadership or Mentoring is a process through which more experienced individuals encourage and assist less experienced individuals develop his or her potential within a shared area of interest. The resulting relationship is reciprocal - both individuals in the partnership have an opportunity for growth and development. This program originated at Century High School in Bismarck and spread to other Bismarck schools. Harvey is the first rural school to start the Peer to Peer Leadership Class.

The class focuses on all disability areas, in-school activities, out-of-school extracurricular activities, promoting socialization, friendships and independence and disability awareness to gain a better understanding of a variety of areas. It was designed for general education students interested in developing leadership skills and learning about students with disabilities.

These students work together in an integrated, positive fashion, to promote socialization, independence, and strong friendship bonds that last throughout high school and beyond. It will give students the ability to expose students to new social opportunities, and expand their support networks.

This group has been very involved with both the school and community activities. Each month they have sponsored an activity within the school and/or community to help raise awareness. Some activities have been making a float

for the homecoming parade, they were required to design something in the Harvey community that was accessible for all (ie. playground, swimming pool, etc.), carving pumpkins together, shoe project - take a walk in the shoes of someone who has a disability, making weighted lap blankets and fidgits, and volunteering at the Night to Shine event. They also presented People First Language to the high school students to educate them on proper ways to talk to and describe a person with a disability.

These students also opened a new coffee shop at Harvey High School on March 12. The coffee shop will give students the opportunity for more life skills such as communication, working with others, inventory, and following directions. Funds from the coffee shop will be used for more inclusive activities.

"My hopes are that the Peer to Peer Leadership class makes changes to the school community as well as our community as a whole on how we treat others," Zerr said. "I want to see students become more empathetic and understanding of the people around them and those who have a disability."

Kiwanis supports youth in the community.



Free assistance for resources

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Justin and John Muscha, of Fessenden, were recently honored for being among the nation's highestproducing soybean farmers of their region in the 2018 Asgrow® National Yield Contest.

The Muschas captured the award with a yield of 68 bushels per acre.

FCS scholarships

Six area high school seniors have each been awarded a \$1,000 scholarship from Farm Credit Services of North Dakota.

McKayla Jones, of Bowdon, and Jacob Strobel, of Denhoff, were among those chosen for their outstanding scholastic and leadership achievements during high school. Selection was based on academic record, personal attributes, vocational promise, leadership and financial need. Applicants were also required to be from an actively farming and/ or ranching family, or planning to pursue a career in farming or some aspect of agriculture.

Cards of Thanks

Cash in advance only. **DEADLINE:**

3 p.m. Wednesdays 20 words or less \$9.00 and 15¢ each add'l word

The family of Gerald Schroeder wishes to extend our sincere thanks to our family and friends for your many acts of kindness, condolences, and support. We also send our gratitude and appreciation to Dr. Paul Gunderson, Pastor Leer, Women of First Lutheran, Scott Swang, Judy Titus, Military Rites by Harvey VFW and American Legion posts, and the Harvey Ambulance and Firemen Honor Guard. Our apologies if we have missed anyone.

Sheila Schroeder Jade Schroeder Jodi and Steven Meckle Lauren Meckle Ashleigh and Blake Field

Ride?



Free Transportation for Sheridan County Veterans Sheridan County call to schedule a ride 701-341-4018 Wells County call to schedule a ride: 701-341-4010

Drake and Anamoose area veterans are also eligible



North Dalacta Department of Veterans Affairs Main Office: 701-239-7165 Sheridan County VSO Office: 701-465-3329 Wells County VSO Office: 701-341-4010



Saturday,

April 13, 2019

A weekly section of The Herald-Press delivered to over 5,000 homes in the Harvey-Fessenden trade area





701-324-2244



Must be 18 or older with valid driver's license. Applications may be sent to: City Auditor, 120 West 8th St., Harvey ND 58341 Wage DOE. Application deadline is May 1, 2019.

Jesus has just been rejected by the leaders of the Jewish nation and they were making plans to kill Him. His response was to commune with the Father and then reach out to all people with an invitation to come to Him for salvation. "**Come to Me**, all you who labor and are heavy laden, and I will give you rest." Matthew 11:28. A rest from our unattainable labors to make peace with God. Christ

the Wells County Courthouse or mailed to: 700 Railway St N #37; Fessenden, ND 58438. For more details call Brent at 701-341-0167 between 8:00 am and 4:00 pm.

be able to get a Class B Driver's License. Experience

preferred. Applications must be received in the Wells County

Auditor's Office by April 13th, 2019 to be reviewed.

Applications may be dropped off at the Auditor's Office in

Northern Appraisal & Realty, Inc. 917 Alder Ave., Harvey, ND 58341

Phone 701-324-4799 Fax 701-324-4798 e-mail: realty@NorthernAppraisalAndRealty.com Website: www.northernappraisalandrealty.com

RESIDENTIAL PROPERTY

Harvey

900 Alder Ave, Harvey 3 bdrm, 2 bath, attached single garage, double detached garage \$74,000 PRICE REDUCED! \$69,000 SALE PENDING: 400 Emerson Ave, Harvey 2 bdrm, 1 bath, detached sngl garage \$35,500 PRICE REDUCED! \$30,000 405 Emerson Ave, Harvey 3 bdrm, 1 bath, detached single garage \$42,000 713 Ludy Rivd, Barvey 5 bdrm, 2 bath, attached 2 car garage \$179,000

713 Judy Blvd., Harvey 5 bdrm, 2 bath, attached 2 car garage \$179,000 Hwy. #3 NE - 18 acre rural property in Wells County. \$225,000 PRICE REDUCED! \$175,000 New Listing: 225 Clark Ave., Harvey 4 bdrm, 2 bath, Ranch w/attached garage \$119,000

Fessenden New Listing: 915 4th St. NE, Fessenden 6 bdrm, 2 bath, attached dbl garage \$120,000

COMMERCIAL PROPERTY & LAND

Sheridan County Land 160 Acres - \$144,000 Sheridan County Land 40 Acres - \$49,900 160 Acres in Kidder County \$200,000 917 Lincoln Ave. - Laundromat and Office Rental - Price reduced to \$79,000 1000 Lincoln Ave - Commercial Bldg Price Reduced \$39,000 98 Main St. S, Fessenden. Steel building - car wash, office space.\$60,000 PRICED REDUCED! \$40,000 Hwy. 52 & 3 Bypass, Harvey. Faul Manufacturing, Inc. Includes the building & land. \$250,000 "The Hangover" Bar, 710 Lincoln Ave., Harvey. Price Reduced \$59,000 1025 4th Ave N New Rockford 12 Unit Apartment Bldg. \$249,000







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STORAGE BUILDING

202 Railway Street South, Fessenden - Been thinking about the need for a storage building? Well look no further! This 30x49 Steelmaster Curvature Quonset is set to go. Large 12x12 overhead door along with a walk-in door, concrete floor and 150 amp electrical breaker service. Why not keep those extra toys, cars or maybe even a camper inside out of the elements. For further information CONTACT Vorland Land Company 701-947-5626 or David Larson at 701-341-0314. www.vorlandlandcompany.com



Mennonite Central Committee Upper Midwest Relief Sale Friday, April 26 at Harvey City Hall, 120 W 8th St., Harvey

5:30 p.m. Kids' Auction



Doors & Booths open 2 p.m. to 8 p.m.: Everyone *Pie & Ice Cream *Baked Goods Welcome! *Candy Booths *Kuchen Booth Free Admission! 4:30 to 7 p.m. BBQ or Pulled Pork on a bun, variety of salads & baked potato (Free Will Offering)

Quilts, comforters, woodworking items and many other items for sale! 6:00 p.m. Live Quilt Auction

Questions/comments, please contact Jerry Patzer at 701-635-0117

Wells County Township Officers Association Meeting

Friday April 19th 10:00 AM in the **Festival Hall** Fessenden



St. Aloisius Medical Center

Spring Wellness Days

6:00 to 9:30 A.M.

April 15th St. Aloisius Medical Center in Harvey (enter at main entrance to the hospital)

7:00 to 9:30 A.M.

Monday, April 22 - KTL Building in Fessenden

Blood pressure and panel of 18 lab tests including triglycerides, cholesterol and anemia screen.

\$35 includes continental breakfast. Men can get a PSA test for an additional \$30. Wells Co. District Health Unit will offer immunizations as needed at the Harvey & Fessenden sites.

Please note: No reimbursement by private insurance, Medicare or Medicaid for tests and no physician ordered tests will be done during Wellness Clinics.

Remember - Only water for 12 hours before tests!!