Publication Title		SERVICE ®	2. Publication Number	3. Filir	ng Date
len Ullin 1 ssue Frequency			219-660 5. Number of Issues Publi		09/2025 nual Subscription Price
EEKLY			52	(if a	any) 00-42.00
. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state			t, city, county, state, and Z	Nan	ct Person cy Bittner
len Ullin 1 ARD		5 dress of Headquarters or General Business Office of Pu			none (Include area cod 1) 348-3325
Len Ullin M Full Names and blisher (Name a ancy Bittne 0 BOX 668 / LEN ULLIN M for (Name and a ancy Bittne 0 Box 668 /	/ 16 ND 5 d Con and c er / 16 ND 5 comp er / 16	5 South B Street 8631 plete Mailing Addresses of Publisher, Editor, and Mana implete mailing address) 5 B Street South 8631-9668 ete mailing address) 5 B Street South	ging Editor (Do not leave l	ilank)	
	Name	and complete mailing address)			
ancy Bittne O Box 668 / len Ulin ND	/ 10	5 B Street South 701-348-3325			
Owner (Do not names and add names and add	t leav dress dress	e blank. If the publication is owned by a corporation, gives of all stockholders owning or holding 1 percent or mees of the individual owners. If owned by a partnership or er. If the publication is published by a nonprofit organize	re of the total amount of s other unincorporated firm tion, give its name and ad Complete Mailing Addre	tock. If not owned by a , give its name and add dress.) ss	corporation, give the lress as well as those
lancy Bittner			PO Box 668 / 105 E Glen Ullin ND 5863		1-348-3325
		, Mortgagees, and Other Security Holders Owning or H		f Total Amount of Bond	s, Mortgages, or
Other Securities. If none, check box.			None  Complete Mailing Addres	ss	
		pletion by nonprofit organizations authorized to mail at r			
The purpose, fu Has Not Ch	function hange	n, and nonprofit status of this organization and the exer d During Preceding 12 Months	npt status for federal incor	ne tax purposes:	
☐ Has Change		ring Preceding 12 Months (Publisher must submit expla of Circulation	nnation of change with this	Average No. Copies	No. Copies of Sing
Glen Ullin				Each Issue During Preceding 12 Months	Issue Published
a. Total Numbe	per of	Copies (Net press run)	2 0 200	459	45
b. Legitimate Paid and/or	(1)	Outside County Paid/Requested Mail Subscriptions stated on PS Form 3541. (Include direct witten request from recipient, telemarketing, and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.)		400	39
Requested Distribution (By mail and outside the mail)		In-County PaldirRequested Mail Subscriptions stated on PS Form 3541.  (include direct written request from recipient, letemarketing, and Internet  requests from recipient, paid subscriptions including nominal rate subscriptions,  employer requests, advertiser's proof copies, and exchange copies.)		1	
	(3)	Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid or Requested Distribution Outside USPS®		0	
	(4)	Requested Copies Distributed by Other Mail Classes (e.g., First-Class Mail®)	Through the USPS	0	
c. Total Paid ar	and/or	Requested Circulation (Sum of 15b (1), (2), (3), and (4)		401	39
	(1)	Outside County Nonrequested Copies Stated on PS F sample copies, requests over 3 years old, requests inbulk sales and requests including association request from business directories, lists, and other sources)	58	5	
d. Non- requested Distribution	(2)	In-County Nonrequested Copies Stated on PS Form 3 copies, requests over 3 years old, requests induced by sales and requests including association requests, nai business directories, lists, and other sources)	a premium, bulk	0	
(By mail and outside	(3)	Nonrequested Copies Distributed Through the USPS I Mail (e.g., First-Class Mail, nonrequestor copies maile limit mailed at Standard Mail® or Package Services ra	d in excess of 10% (es)	0	
	(4)	Nonrequested Copies Distributed Outside the Mail (Intrade shows, showrooms, and other sources)	nade pionap starias,	9	
and outside	(-+)	ted Distribution [Sum of 15d (1), (2), (3) and (4)]		58	5
and outside the mail)	L				
and outside the mail)  e. Total Nonre	reque	(Sum of 15c and e)	<b>&gt;</b>	459	45
and outside the mail)  e. Total Nonro  f. Total Distri  g. Copies not	reque ributio	(Sum of 15c and e) buted (See Instructions to Publishers #4, (page #3))	<b>&gt;</b>	0	
and outside the mail)  e. Total Nonrof. Total Distri g. Copies not	requeribution t Dist	(Sum of 15c and e) buted (See Instructions to Publishers #4, (page #3)) if and g)	<b>&gt;</b>	459	45
and outside the mail)  e. Total Nonro  f. Total Distri  g. Copies not  h. Total (Sum	requeribution t Dist	n (Sum of 15c and e) buted (See Instructions to Publishers #4, (page #3)) if and g) dior Requested Circulation 55 times 100)	<b>&gt;</b>	9 459 87.36	45 87.2
e. Total Nonn  f. Total Distri  g. Copies not  h. Total (Sum  Percent Pa  (15c divide	reque tibutio t Distribution of 1 aid ar ed by	buted (See Instructions to Publishers #4, (page #3))  if and g)  dior Requested Circulation 15f times 100)  STATES  SERVICE ®		87.36  unagement, a quester Pub  Average No. Copies Each Issue During	87.2 and Circulati lications On No. Copies of Sim Issue Published
and and courtside the mail)  e. Total Nonro  f. Total Distri g. Copies not h. Total (Sum) POST  Electronic Cop	reque tibutio t Distr n of 1 aid arr aid arr ed by TAL	buted (See Instructions to Publishers #4, (page #3))  if and g)  dior Requested Circulation (54 times 100)  STATES  SERVICE   Utalition	(Re	87.36  Inagement, a quester Pub  Average No. Copies	No. Copies of Sin
and and outside the mail)  e. Total Nonro.  f. Total Distri  g. Copies not h. Total (Sum Percent Part 156 divide UNI)  Electronic Cop  a. Requested b. Total Requ	t Distribution of 1  TEL  TAL  TAL  TAL  TAL  TAL  TAL  TAL	buted (See Instructions to Publishers #4, (page #3))  if and g)  dior Requested Circulation 15f times 100)  STATES  SERVICE ®	(Re	87.36  unagement, a quester Pub  Average No. Copies Each Issue During	87.2 and Circulati lications On No. Copies of Sim Issue Published
and and outside the mail)  e. Total Nonro  f. Total Distri  g. Copies not  h. Total (Sum  POST  Electronic Cop  a. Requested  b. Total Requ (Line 16a)  c. Total Requ  C. T	reque tibutio t Disti m of 1 TAL TAL d and	buted (See Instructions to Publishers #4, (page #3))  if and g)  dior Requested Circulation (54 times 100)  STATES  SERVICE   Paid Electronic Copies	(Re	87.36  unagement, a quester Pub  Average No. Copies Each Issue During	87.2 and Circulati lications On No. Copies of Sim Issue Published
and and outside the mail)  e. Total Nonn  f. Total Distri g. Copies not h. Total (Sum) POST  Electronic Cop  a. Requested b. Total Requ. (Line 16a) c. Total Requ. (Line 16a) d. Percent Pa	reque tibutio t Distributio n of 1 TEL TAL TAL TAL TAL TAL TAL TAL TAL TAL TA	buted (See Instructions to Publishers #4, (page #3))  if and g)  dior Requested Circulation  Statement of (  SERVICE   Paid Electronic Copies  and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies  Copy Distribution (Line 15f) + Requested/Paid Electronic Copies  Copy Distribution (Line 15f) + Requested/Paid Electronic Copies  Copy Requested Circulation (Both Print & Electronic Copies)	(Re	87.36  unagement, a quester Pub  Average No. Copies Each Issue During	87.2 and Circulati lications On No. Copies of Sim Issue Published
and and outside the mail)  e. Total Nonro  f. Total Distri  Total Distri  Total (Sum  POSSI  Electronic Cop  Line 16a  C. Total Requ  (Line 16a)  d. Percent Pa  (16b divide	reque tibutio t Disti m of 1 aid are d bv  TEL TAL and and d and uested uested by	buted (See Instructions to Publishers #4, (page #3)) if and g) dior Requested Circulation Statement of ( SERVICE   Paid Electronic Copies and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies Copy Distribution (Line 15f) + Requested/Paid Electronic Copies (Line 15f) + Requested (Paid Electronic Copies Cop	ctronic Copies  ic Copies  es)	87.36  anagement, a quester Pub  Average No. Copies Each Issue During Previous 12 Months	87.2 and Circulati lications On No. Copies of Sim Issue Published
and and outside the mail)  e. Total Nonro  f. Total Distri  Total Distri  Total (Sum  POSSI  Electronic Cop  Line 16a  C. Total Requ  (Line 16a)  d. Percent Pa  (16b divide	reque tibutio t Disti m of 1 aid are d bv  TEL TAL and and d and uested uested by	buted (See Instructions to Publishers #4, (page #3))  if and g)  dior Requested Circulation  Statement of (  SERVICE   Paid Electronic Copies  and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies  Copy Distribution (Line 15f) + Requested/Paid Electronic Copies  Copy Distribution (Line 15f) + Requested/Paid Electronic Copies  Copy Requested Circulation (Both Print & Electronic Copies)	ctronic Copies  ic Copies  es)	459 87.36  Inagement, a quester Pub Average No. Copies Each Issue During Previous 12 Months	87.2 and Circulati lications On No. Copies of Sim Issue Published
and and outside the mail)  e. Total Nonror.  f. Total Distri g. Copies not of the mail of	reque t Distination of 1  TELL TALL py Cir and d and uested by  State State	buted (See Instructions to Publishers #4, (page #3)) if and g) dior Requested Circulation (Sfilms 100)  STATES  Statement of ( SERVICE ®  Paid Electronic Copies and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Copy Distribution (Line 15f) + Requested/Paid Electronic Copies (Line 15c) + Requested/Paid Electronic Copies (Line 15c) + Requested/Paid Electronic Copies (Line 15f) + Requested/Paid Electronic Copies (Lin	ctronic Copies  ic Copies  es)  are legitimate requests of	459 87.36  Inagement, a quester Pub Average No. Copies Each Issue During Previous 12 Months	87.2 and Circulati lications On No. Copies of Sim Issue Published

### NDSU Extension to offer fall Nourish series

North Dakota State University Extension, partnered with NDSU Health, Nutrition, and Exercise Sciences, is offering programming focused on physical well-being in fall 2025.

Nourish is a free program that provides information and strategies about nutrition and health. The program has been offered as live classes in many North Dakota counties and as self-paced online modules, and it's now offered via live

"Good health is important for enjoying a high quality of life and for maintaining independence in later life," says Sherri Stastny, NDSU professor and project co-director. "This program offers the tools to help us enhance our overall

Nourish is aimed at adults living in rural North Dakota, but any adult is welcome to participate. Participants in the series will learn to promote health and well-being by eating more nutritiously and being more physically active, plus other lifestyle tips and ideas.

Participants who choose the Zoom webinar-based classes will begin Sept.

## Just Joyce

Kim and I went rummaging on Thursday and Friday. There were a couple of sales we hit on Thursday in the rain and wind. CRAZY GIRLS! Lol! We ran into Marge and Robert and had a couple refreshments. We got out of the rain and wind for a little while. Enjoyed it you guys.

Which animal has the largest chest? A Z-bra!

Remove baked on oven spills. Place an ovenproof bowl of water into a preheated oven. Cook at 400% for 20 minutes. The steam will loosen grease and food drippings. After the oven has cooled down, wipe with a damp rag or damp sponge.

Hey Cuz Carleen, love you! Hey Don and Brenda, love you

30. The classes, held every Tuesday at 2 p.m., will be about 45 minutes long and will include time for questions. Each webinar will be recorded. Participants are asked to register for and complete the entire series of classes.

Participants who choose the inperson classes can find their county's schedule at ndsu.ag/nourishcourses as

line modules will receive prerecorded lessons and interactive activities.

This Nourish series will focus on well-being, finding accurate health information, cooking for one or two, maintaining muscles, how pets impact health, building up the immune system, smart medication usage and staying well.

Prizes and certificates will be provided for those who complete at least six classes.

The classes have been held since 2023, and they have proven to be

before the new year."

Registration for the webinar series is open until Sept. 29. Participants are asked to only register for one format.

There is no cost to participate.

The project is supported by a Rural Health and Safety Education program grant from the U.S. Department of Agriculture's National Institute of Food and Agriculture.

In addition to the classes, anyone can sign up for the free monthly Nourish newsletter by visiting the Nourish website. Participating NDSU Extension offices also have Facebook pages

### NOTICE of SALE OF USED EQUIPMENT

NOTICE IS HEREBY GIVEN that the County of Morton, North Dakota will receive bids via online from September 9th until September 22nd, 2025 for the sale of the following used equipment:

- 2-Fixed One-Way Plows
- 2-2020-M7050 Vermeer Disc Mowers
- Falls Motor Grader Wing Balderson Motor Grader Wing
- 3-Pallets of Misc. Hydraulic Parts
- 1978 Dodge 150 2 WD
- 1994 Chevrolet ½ Ton 4x4 1995 Chevrolet ½ Ton 4x4
- 1993 Chevrolet 3/4 Ton 4x4
- 1974 Chevrolet ½ Ton 2WD
- 2-John Deere Motor Grader Front Lift Groups

Bidding will be conducted via online auction at PublicSurplus.com. Interested bidders will be required to register and agree to the terms and conditions of the online auction prior to bidding. The Auction will end on September 22nd, 2025.

Additional information and equipment inspection (by appointment) is available by contacting the Morton County Highway Department, 2916 37th Street NW, Mandan, ND 58554 (701-667-3346). This equipment is "sold as is, where is".

The County of Morton reserves the right to reject any and all bids, to waive technicalities or to accept such as may be determined to be in the best interest of the County.

BY ORDER OF THE BOARD OF COMMISSIONERS MORTON COUNTY, NORTH DAKOTA

Dawn R. Rhone

Morton County Auditor

Hello Readers,

dates become available.

Participants who choose the on-

"Our previous participants have been enthusiastic about the information they have learned and their progress on personal health goals," says Julie Garden-Robinson, NDSU Extension food and nutrition specialist and professor. "The colder season of fall is an excellent time to learn something new and to set health goals

Visit www.ag.ndsu.edu/nourish to register and for more information.

catered to their areas.

35, 36, 37

### **August Happenings at** Marian Manor HealthCare Center

Hard to believe that school has already started. Where did the summer go? We have been able to enjoy some days outdoors if it is not smokey, humid, or too windy. The residents have been able to go on van rides. They have enjoyed going on the outings and seeing the coun-

We had worship services in the chapel this month with Rev Zimmerman, Rev. Heller, and Rev. Myers. We also did a couple weeks of virtual services. If the resident would rather watch church services on their tv in their room we assist them with that also.

Father Gary Benz had weekly Mass for the residents and Deacon Lance had one week of Rosary/ Communion. If the residents want to watch services on their tv in their room we assist them with that also. Laura Wehri and Lavon Weinberger helped with the services. Thank you ladies for your help.

The monthly birthday party was hosted by the ladies from the Zion Lutheran Church of Glen Ullin. The lunch was provided by ladies from the Zion Lutheran Church of Glen Ullin. The residents really enjoyed the delicious desserts. Entertainment was provided by Jacob Krein and Sam Schaaf. The residents really enjoyed the wonderful music. Thank you all for coming and making the birthday party extra special. The residents celebrating a birthday this month are: John Grothier, Neil Krischen, Eleanor Wagner, Dalyla Dittus, William Faris, Monroe Beck, Dale Stevens, Leona Schaaf, Nohelani Creasey, Diane Sand, Susan Ficek, and John Underdahl. Happy birthday to all of you!

Monthly games were sponsored by the activity department. Treats were provided by the activity department. The residents really enjoy playing bingo.

We had two new residents this

month- Carol Sprecher from Glen Ullin and Judith Kline of Dickinson. Welcome to the facility.

We had one resident discharged this month- Sandra Martin. We wish her well.

We had no residents enter eter-

A VERY SPECIAL THANK YOU to the families that donated flower arrangements, candy, goodies, fruit and treats for the staff. It was greatly appreciated.

On August 1 a few of the residents enjoyed attending the Morton County Fair.

On August 6 the residents had a great time at Musical Memories with Colleen. We also celebrated National Root beer day and had 1919 root beer at the party.

On August 8 the residents enjoyed playing parachute in the afternoon with Cale Wanner, Zane Gibbs, and Kit and Ned Wanner. Thanks kids for coming and playing parachute with the residents they had a great time!!

On August 10 we had family day. A special thanks to volunteer Veronica Elkins for selling raffle tickets throughout the day. We really appreciated your help!! Also thanks to Alice Delzer for entertaining everyone in the afternoon. Everyone had a great time and enjoyed your music. Thank you.

On Aug 18 a special thank you to Briggs Fast for helping do the morning activities with the residents. The residents enjoyed having you here.

On Aug 22 a special thanks to Lynden Fast for helping with polishing nails. The residents enjoyed seeing you.

On August 25 special thanks to Ron Callen for entertaining the residents with Hymn singing. The residents always enjoy singing all

We have no new employees. Upcoming events: Sept 10 Candlelight Supper at 5:30, Sept 12 Casino tournament at 2:30, Sept 14 Bingo at 2:30, Sept 15 Hymn Singing at 2:30, Sept 17 Musical Memories with Colleen at 2:30, Sept 19 Discussion Group at 2:30, Sept 21 Bingo at 2:30, Sept 24 Birthday Par-



On August 19 we had 2 special guests, Makenna Kottre brought her Great Dane Felix and visited all the residents. The residents had a really great time and enjoyed seeing both of you. Thank you so much Makenna for coming and sharing your pet with us. You made their day!!

Everyone is welcome to attend all activities.

Happy Grandparent's Day on Sept 7!!!

Hope everyone has a great month!!!



# Wednesday, September 17 5pm - 6:30pm Glen Ullin Log Cabin

Burgers, Hot Dogs, and all the fixin's!





dakota*community*bank.com

\*insurance: Not FDIC Insured, No Bank Guarantee, May Lose Value, Not a Deposit, Not Insured By Any Government Agency.