

Bowbells

Ardelle McIntyre attended the General Aid WELCA meeting at Bethlehem Lutheran on Wednesday. They had a nice turn out.

Wesley, Elliot and Jacob Rick of Lignite were Saturday overnight guests at Nana and Papa Olsons'. They went to the farm to see the baby calves, chase some cats, check out all the farm equipment, do a nature hike and played bingo with Grandma Clara.

Eddie Redmer went to stay with Auntie Monica and cousins, Ryne, Gabbie and Rizzo in Minot when her parents, Michelle and David had an early morning appointment in Bismarck on Tuesday. She had a great time playing.

Hazel Herman and Michael went to Bismarck this weekend to the fifth birthday party of great granddaughter, Tillie Herman.

Sunday, Ronnie Nelson visited visit Janette Peterson. She really enjoyed their visit.

Sunday brunch guests' of Dan and Bernnie Linster were Jason Linster of Minot, Father Dan Berg of Kenmare, Darris and Lyann Olson.

Many people helped celebrate Pastor Michon Weingartner's 60th birthday and 15 years of being ordained, 11 here in Bowbells, on

Sunday at Bethlehem Lutheran Church. Pastor had the day off with Shirley doing the sermons and Peggy leading the service. The Sunday school kids sang and cake was enjoyed. Pastor's sister and brother-in-law from Wahpeton, came up for the celebration. The decorations were awesome. It was a great morning

Saturday, the Burke Central/Bowbells prom in Lignite was the place to be as our young people dressed up and paraded through the Grand March.

Saturday evening, Brenda Peterson visited Bonnie Nielsen.

The community of Bowbells expresses its sympathy to the family of Gaileen Mahlum.

Saturday evening Michelle, David and Eddie Redmer went to Lignite to the prom. Michelle enjoyed the grand march while David and Eddie kept each other company.

Hazel Herman attended Council on Aging at the Bowbells Community Center on Monday.

Lee and Peggy Anderson spent Friday evening and all day Saturday with Robert and family in Minot. They celebrated Mom and Dad's birthdays, went out for morning caramel rolls, played at Roosevelt Park and walked the neighborhood. It was a great weekend!



What You Eat May Affect Your Vision



Julie Garden-Robinson
Food & Nutrition Specialist

I noticed our backyard was starting to sprout green grass after some April showers. Some of my perennial plants are beginning to peek through the mulch in my flowerbed. I look forward to the pink, red and yellow tulips of spring.

Springtime is a favorite season for many as the colorful blossoming bulbs begin to appear. Of course, growing grass means mowing, but that activity promotes physical activity.

I am thankful about being able to enjoy the colors of spring and our upcoming summer. Unfortunately, not everyone has the ability to see well. As we grow older, we have greater risk of developing age-related vision issues. Regular vision screening can help prevent vision loss.

"Three of my friends have macular degeneration," I overheard someone say the other day.

My ears always perk when I hear about diseases with potential nutrition connections.

Macular degeneration, also called age-related macular degeneration or AMD, is a potential cause of blindness if untreated.

The macula or "yellow spot" is contained within the retina of the eye. It gives us the ability to have central vision and see color, and it allows our eyes and brain to translate light into images.

The macula is about the size of the letter O in 12-point font used commonly in newspapers or magazines. Despite its small size, the macula plays an all-important role.

If the macula is damaged, we may lose our ability to do many

tasks of daily life that require sharp vision. Those activities include driving, seeing faces in front of us and reading smaller print.

The macula is made up of lutein and zeaxanthin, which are two natural colorants, or pigments. They are in the carotenoid family of pigments.

We need to "feed" the macula by eating colorful fruits, vegetables and egg yolks.

Although you may think of carrots as being good for your eyes, other foods have larger amounts of these pigments to nourish the macula.

Corn, orange bell peppers, kale, collard greens and spinach are among the best sources of zeaxanthin. Egg yolks, dark leafy greens, corn and peas are among the best sources of lutein.

Remember that fresh, frozen, and canned vegetables and fruits are all good sources of these nutrients and provide abundant carotenoids.

Are you eating these foods and other colorful fruits and vegetables regularly? Most adults need about 4 to 5 cups of fruits and vegetables daily.

What about carrots and our eyes? Keep eating carrots, too, for lots of reasons. Carrots are rich in carotenoid pigments, and they help protect our night vision, but they do not contain the pigments in the macula.

Green vegetables such as broccoli, orange and red fruits, and vegetables such as pumpkin and tomatoes are all good sources of healthful carotenoids.

Dietary supplements are another option, but think of food first.

Senior Citizens Menus

POWERS LAKE

Call 464-5630 by 8:00 a.m. the day of the meal

Friday, April 19: Shipwreck hotdish.

Monday, April 22: Meal on Tuesday.

Tuesday, April 23: Baked chicken.

Wednesday, April 24: Pork roast.

BOWBELLS

Anyone over 60 who would like a meal delivered please call 377-2376

Friday, April 19: Breaded fish on a bun, diced potatoes, coleslaw, peaches, cookie.

Monday, April 22: Barbecue

pork ribs, baked potato, mixed vegetables, apricots, dinner bun.

Wednesday, April 24: Sloppy Joes on a bun, potato salad, baked beans, jello with fruit.

LIGNITE/COLUMBUS

Call day before to reserve or cancel a meal, 596-3563

Friday, April 19: Chicken and dumplings, herbed green beans, house salad, strawberries with yogurt.

Monday, April 22: Sloppy Joe on a bun, baked beans, oven baked fries, orange juice.

Wednesday, April 24: Chicken drumsticks, scalloped potatoes, seasoned green peas, mandarin oranges, bun.

10225 96th St. NW,
Noonan ND 58765
701-641-7601

CAFE OPEN
HOURS
Mon-Sat: 8 AM to 4 PM
Sun: 12 PM to 4 PM

Read the public notice in our newspaper or go to www.ndna.com click on public notices

Big Dawg Dart Tournament

109 Club in Lignite
Saturday, April 27
\$100 / team - 100% payback
Registration at 12:00 Noon
Darts Fly at 1:00 pm
Come to Play, Come to Watch
or Come for the Side Tournaments & FUN!

BOOKING TREE WORK

now for spring/summer of 2024 in the Kenmare, Bowbells, Donnybrook and Carpio area.

Call Jason 701-848-6740

Columbus City-Wide Clean-Up

April 29-May 6, 2024

A roll off dumpster will be available at the corner of Main St. and 1st Ave. W for the residents of Columbus to deposit unwanted trash, branches, leaves and grass clippings. Branches need to be trimmed to 4 feet or less in length.

ITEMS NOT ACCEPTED:
Paint, used oil, tires, chemicals, large pieces of furniture, animal feces, household waste, and appliances.
Leave a message at 334-3152 if you need appliance pick up at curbside for \$10.00 fee.
Contact: City Hall at 939-5000 or City Maintenance at 334-3828 for questions.

MOTORCOACH TOURS

June 23-27 Wisconsin Dells & House on the Rock
July 28-31 Mystery Tour
August 6-9 Winnipeg "Folklorama"
August 14-17 Black Hills/Medora
September 1-6 Mackinac Island/Apostle Islands/Duluth
October 2-11 Nashville/Dollywood/Smoky Mountains
Oct. 31 - Nov. 6 Branson Holiday Tour #1
November 7-13 Branson Holiday Tour #2

West Pic Travel 1.800.446.2711
info@westpictravel.net | www.westpictravel.net
Contact us for more information!

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Make a Difference in YOUR Hometown!

NDCF.net

NDCF NORTH DAKOTA COMMUNITY FOUNDATION

Spring 2024 Seed Available

Ask about other varieties

Cash Discounts Available!

HRSW
Certified Dagmar
Certified AP Murdock
Certified AP Smith
Certified SY Valda
Certified SY Longmire
Certified CAG Reckless
Certified LCS Buster
Certified ND-Frohberg
Registered ND-Heron
PFS Buns
Certified WB9590
Certified WB9606
Certified WB9719

Durum
Certified ND-Riveland
Certified CDC Defy
Registered ND-Stanley
Certified VT Peak
Certified TCG Ranger
Certified AAC Stronghold

Faba Bean
Certified Fabelle

Barley
Certified AAC Synergy
Certified ND-Genesis
Certified ABI Cardinal

Peas
Certified AAC Profits
Certified Orchestra

Flax
Common York
Common CDC Glas
Certified CDC Rowland

Oats
Certified CS Camden
Certified AAC Douglas
Common Jerry

Corn, Sunflowers, Canola, Cover Crops, and Forage Seed Available

Restaurant For Sale in Bowbells

Nearly turn-key business along Hwy 52 on the east side of Bowbells. All fixtures, furniture and inventory included. The restaurant and the bar for sale next door complement each other.

Seller will consider Contract for Deed. Contact agent for details. Selling this business individually or together with the adjacent bar.

trademark REALTY Kristi Bohl, Realtor®
4614 Memorial Hwy Mandan ND 701-226-5553

Business For Sale in Bowbells

The Joint is turn-key, the only bar/tavern at Bowbells, sits right along busy Hwy 52 and just 15 miles from the Canadian border, so traffic is great. This is a well-run and well-taken care of business, located just outside Bowbells city limits. All fixtures, furniture, and inventory are included. Most everything is "what you see is what you get."

Seller will consider Contract for Deed. Contact agent for details. Selling this business individually or together with the adjacent restaurant.

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Birdsall Grain & Seed LLC.

"A Farmer's Seed Company"

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