



## RAMBLINGS

By: Josh Ellis  
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### "M'aider"

The great-grandson of the Magic 8-Ball, the Google Machine, tells me that "mayday...mayday...mayday," the international distress signal used by aircraft and ships to indicate imminent danger to life, originated from a phonetical pronunciation of the French phrase *m'aider*, which means "help me." The dusty but trusty Funk & Wagnall defines "imminent" as something unpleasant that is certain to happen very soon.

Thanks to the silver screen, most of us can visualize how this whole mayday thing generally plays out.

A pilot, in imminent danger, their cockpit filled with a chorus of warning alarms beeping and buzzing, is struggling mightily to prove Sir Isaac Newton's silly theory wrong.

"Mayday...mayday...mayday" they say to someone. Someone who is most likely having a much more agreeable experience with gravity.

So it goes.

I always thought the constant beeping and buzzing of the warning alarms would only make a bad situation worse. Maybe they are intended to make the spiral towards the ground so annoying that you welcome the impact?

There are several habits and such that we humans willingly engage in that will often lead to something unpleasant, not imminently, but slowly.

Habits and such that often come with a variety of warnings, warnings that we've heard beeping and buzzing, but choose to ignore and climb onboard and ride out. Sometimes until impact.

Many moons ago, when I was a college baseball player masquerading as a college student, I started using chewing tobacco. Skoal Wintergreen Long-cut was my dip of choice, and though it has been many years since I quit, a craving still finds me on occasion. Not a craving for the acrid taste or the burning sensation on my raw cheek and gums, but a craving for the

way the nicotine would seemingly wash over me, leaving a feeling of calm and contentment in its wake.

Cognitive dissonance is "the mental discomfort experienced when holding contradictory beliefs or behaviors, causing psychological stress that motivates people to reduce the discomfort by altering behaviors, justifying actions, or ignoring evidence."

I was well aware of the beeping and buzzing but I climbed onboard and that feeling of calm and contentment motivated me to ignore those pesky alarms and justify my actions by reasoning that "I only chew when..."

I enjoy playing my guitar and singing, and as you are most likely aware, singing requires a working throat attached to a not dead body. So, my desire to have a working throat to sing old country songs and sad Irish ballads and a not dead body to strum my guitar, was one of the motivations I leaned on to alter my behavior and kick cognitive dissonance to the curb.

Above and beyond music, my family was the prime motivator. I'd feel pretty stupid and selfish explaining to my family that I traded a few years of my health and quality time with them for a nicotine buzz. That "calm and contentment" would seem a bit hollow and meaningless if it resulted in me being unnecessarily dead or burdensome.

There was no imminent threat to my health, but there was research data and the many cautionary tales of those who had, or were, suffering the unpleasant downward spiral resulting from their many years of willfully ignoring the beeping and the buzzing until a "m'aider" plea was made too close to impact to be of much use. To be of much use to them anyway.

Meaningful motivation. The key to straightening up and flying right. Happy mayday...mayday...mayday.

## A Look at the Past

Week of May 6

### 70 years

Mrs. Enoch Christiansen of Flaxton was elected president of the Burke County Interchurch Council.

Installation of more mercury street lights has been going on within the city of Bowbells.

Birth: daughter to Mr. and Mrs. Harry Hoving.

### 60 years

The first attempt at drilling for potash in Burke County has begun as equipment was moved onto the Gunnar Gagnum farm.

Lionel Locke and Chris Sjuve were the top Portal graduates. Sharon Thompson, formerly of Bowbells, was named Top Model in a group of 20 girls who attended charm school.

Honor students named for Bowbells graduating class were Rick Aukerman and Gail Zacharias.

### 50 years

Jeff Peterson of Bowbells has purchased Burke County Abstract Company.

Bowbells Ambulance Fund drive as of May is \$4,000.

Winners of the 4-H Speech and Demonstration contest were Shelly Christiansen, Monica Bjerggaard, Kathy Jorgenson, Randy Sathre, Minnie Benschopf, Kathy Nelson, Laurel Bengé, LaDonna Bengé and Laurel Ganskop.

### 40 years

Portal Masonic Lodge scholarship winners are Melinda En-

get of Powers Lake, September Scheldrup of Portal, Richard Dunbar of North Portal.

Tilmar Jacobson takes second place in the ND Wild Turkey, Furbearer, and General Game Stamp art.

A new boat dock was added to the Northgate Dam. The work and all materials, except the carpet, were donated for the 30 foot by 5½ foot dock. Flaxton men, Frank Hanson, Oliver Nelson, John Jorgenson, Ernie Ericson and Frank Hanson Jr. of rural Bowbells worked during the past month constructing the new dock.

Vanessa Anderson is representing Flaxton as its outstanding sophomore, Hugh O'Brian Youth Foundation, North Dakota Leadership Seminar.

Victor and Margaret Hass of Bowbells were elected to State Commander positions in the Disabled American Veterans Department of North Dakota and its Auxiliary.

Heavy rains turning to snow on Monday left about four inches of snow on the ground. Winter-like weather causes many roadside accidents.

Obituaries: Mildred Solseth, 72, of Kenmare; Donald Bornstedt, 71, of Coteau; Theodore Aasness, 74, of Fergus Falls.

### 30 years

Brad Torkelson with Powers Lake Community Club presented Powers Lake Elementary with computer software.

RC&D council member, Dan Linster presented a check for \$1,750 to Don Brewster, secretary of the fire department, for the purchase of 30 new papers for the Bowbells Fire Dept.

Harvest States in Bowbells

introduced a new RoGator sprayer, which is capable of spraying an 80-foot width.

Sherry Johnson and her daughter, Kristie reopened the Wagon Wheel Café in Powers Lake.

### 20 years

Burke Central and Bowbells school boards discussed sharing staff, co-oping sports, and the idea of a three-school long-range plans.

Success at State Speech: Receiving awards were Whitney Pandolfo, Elizabeth Anderson, Brooke Pandolfo, Geran Rick and Jacob Johnson, Bowbells and Drew Espeseth, Burke Central.

Donna Fredrickson was honored with the Volunteer Appreciation Award in Powers Lake.

Obituaries: Jeffrey Dignan, 32, of Bowbells; Willie "Bill" Poline, 77, of Bowbells; Robert Ryan of Oceanside, CA; Delores Thompson of Tacoma, WA.

Be prepared for delays and lots of dust if you plan on traveling on Highway 52 near Bowbells. Construction has begun on the two-mile stretch with reduced speeds and a pilot car.

Sherman and Donna Kulstad celebrate 50 years of marriage.

### 10 years

Burke Central students placed 2nd & 3rd in the Keep North Dakota Clean Contest: second place video—Jay Baumann, Disa Koppelsloen, Aleyah Fetting and Maels Avila; third place video—Robby Cooper, Mariah Smart and Jay Blankenship.

Powers Lake police officer hired Alex Schwab. Samantha Osterbrink and

her assistant, Alexis Edwards, teach five groups of kids, ages three to 13. This year's theme was "Dancing through the Decades" with songs and dances from the 1920's to present.

Obituaries: Ethel "Marcy" Menzie of Milwaukie, WI; Danny Ferm, 68, of Minot.

Bowbells School graduates: Mark Nelson, Zackery Beard, Kyle Greig, Anna Pace, McKenzie Berg, Heidi Knutson and Nicholas Sapkaroski.

Bowbells Students of the Month are Katelyn Casper and McKenzie Berg.

Powers Lake graduates: Daniel Bolen, Kinzi Grubb, Kylie Gunderson, Cassandra Lee, Erica Payne, Dakota Savage and Tristen Slemm.

### one year

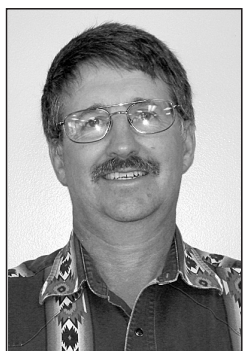
Brooke Wisthoff, science teacher at Powers Lake High School, was chosen as ND's State Teacher of the Year in September.

Two Burke County teens earn All-State speaker awards: Clara Ankenbauer of Bowbells and Collin Loeks of Powers Lake.

Mary Pandolfo retires after 40 plus years at Dacotah Bank in Bowbells.

Bowbells Prom "Enchanted Night" was attended by 41 Saturday evening.

Mark Crosby walked in the 15th annual Race for Parkinsons in Bismarck. He, along with his brother, Wesley walked it together, taking turns carrying their dad's body weight. Mark walked the middle mile with "Dad." Wesley shared, "The heavy pack feels better than watching someone you love suffer."



## All Around The Farm

Dan Folske  
Burke Extension Agent

### Victory Gardens

In the April 21st edition of the Dakota Gardener, NDSU Extension Horticulturist Esther McGinnis writes about renewed interest in Victory Gardens. Her comment about container sized Victory Gardens for apartment dwellers reminded me of my first vegetable container garden experience.

I was a freshman at the University of Colorado and one of my dormmates had grown up in an apartment in New York City. He was obsessed with the idea of growing his own food and asked me to help him.

We had always had a large garden on the farm and Mom had a couple of house plants but I had no real experience in container gardening.

I don't recall where we bought seed in early October but I helped him get a container and filled it with potting mix. We planted carrots and peas.

His room had a nice south

facing window and amazingly he actually harvested a couple of spindly carrots and a few small pods with peas before school was out the next spring.

Here is Esther's article about victory Gardens.

### Dakota Gardener: Victory gardens are trending in 2026

Growing fresh vegetables at home can reduce grocery costs and be very satisfying for those seeking greater self-reliance.

Three people contacted me over the last two weeks and inquired about victory gardens. At my age, I am not very trendy, but this wartime concept seems to be gaining traction in 2026.

Victory gardens originated during World War I to encourage homeowners, schoolchildren and others to grow fresh food in backyard gardens, containers and other small plots. The purpose of these gardens was to offset domestic produce

shortages as the United States shipped food to allied troops and countries. The concept was revived during World War II and, more recently, during the COVID-19 pandemic.

Victory gardens are trending on social media for several reasons. A North Dakota State University Extension Master Gardener explained that she wanted to plant a victory garden to commemorate the 250th anniversary of our nation's founding. In keeping with this historical celebration, heirloom seeds can be a relevant and fun choice. Online seed vendors sell vegetable varieties that were grown in George Washington's and Thomas Jefferson's gardens.

With high fuel costs and rising prices squeezing budgets, many people plan to plant a victory garden to save money. Growing fresh vegetables at home can reduce grocery costs and be very satisfying for those seeking greater self-reliance. Potatoes, winter squash, onions, carrots and beets are nutritious, high-yield choices that can be stored to provide food beyond the growing season.

You don't need a large yard to plant a victory garden. Ornamental gardeners can integrate perennial vegetable crops such as asparagus and rhubarb into existing flower gardens. The delicate asparagus foliage

could provide an interesting backdrop for flowers. Similarly, red-stemmed rhubarb can add color to a flower garden. I have been known to tuck radishes, Swiss chard, carrots and beets in between rows of flowers.

Apartment dwellers, do not despair! Tomatoes, bell peppers, basil, parsley and cilantro can be grown on sunny apartment balconies. Most vegetables need six or more hours of direct sunlight. For areas that receive less sunlight, consider growing leafy greens such as lettuce and spinach that thrive with three to five hours of sunlight. Leafy greens grow best in spring and fall.

Victory gardens can be planted to benefit those who are less fortunate. Plant an extra row or container of vegetables to donate to local food pantries. Food pantries expect increased demand this year due to economic conditions. Before donating, check to see if your local food pantries accept fresh produce. Not all food pantries have enough refrigeration space to accept and store produce donations. If donating produce, keep food safety principles in mind. Wash your hands before harvesting and use clean bags or containers to transport items to the food pantry. Also, exclude animals from the garden.

## Kitchen reations

### MELTING MOMENTS

1 c. flour  
3/4 c. cornstarch  
1/3 c. powdered sugar  
1 c. butter  
Mix well with hands and roll in balls the size of a quarter.  
Bake at 350° for 12 minutes or until light brown. Cool.  
Frosting  
3 oz. cream cheese  
1 tsp. vanilla  
1 c. powdered sugar  
or you can use.....  
2 Tbs. butter

1 3/4 Tbs. orange juice  
1 -1/2 c. powdered sugar  
1/2 tsp. orange rind  
Pat Lund writes, "Graduation and other spring events will soon be upon us so I found cookie recipes for receptions, etc. These were served at a reception when I retired from teaching."

We had a tremendous outpouring of recipes. Thank you to everyone who has contributed to keep this column running.

## Picked Up in Passing

Sandy Raines

Excerpts from April 1915  
Columbus Reporter  
Samuel Wade McAttee  
Publisher

The sinking of the Lusitania on May 7, 1915, was received in silence. It seemed incredible and no one could believe it. It is believed that the ship carrying many Americans was torpedoed by a German U-boat off the coast of Ireland. It is estimated that 1216 lost their lives in this fateful attack. Contrary to common thought, the Lusitania was carrying picric acid and there were no explosives,

ammunition or any flammable material on the ship.

### Notice:

In accordance with Ordinance 17 of the Village of Columbus, Burke County, ND notice is hereby given that all side walks to be constructed or reconstructed on Main, Robin, Parson and First, Second, Third, and Fourth Avenues must be constructed of Cement. The construction is to be supervised by the Village Council.

Mr. Vermilya is selling his pool tables to Joseph Kvernum. Mr. Vermilya has a force of carpenters at work, building additions and fixing up his building which will be converted into a restaurant and hotel. A soda fountain will be installed and

ice cream served.

L.C. Adamson, living 13 miles south of Columbus, will hold a sale at his farm on June 4, at which time he will dispose of his horses, cattle, and farm utensils. Soon after that date he expects to leave for Germany to fight for his Fatherland.

A son was born to Mr. and Mrs. Wm. Durick on Sunday, May 23rd.

Mr. and Mrs. John Salveson accompanied by their three sons and two daughters spent Sunday visiting in Ambrose. Mr. Salveson is one of the big farmers of this great Columbus country and this year he is cropping 450 acres of wheat, 40 of barley, 60 acres of oats, 30 acres of corn and eight acres of potatoes.



### Every Road is a Maxwell Road!

The 1915 Maxwell was advertised to be "The Wonder Car."

It boasts of spring suspension in the front and rear, the durable powerful Maxwell motor, uses a gear instead of a sector for smoother steering and has one square inch of braking power for every 12 pounds.

The Maxwell can be ordered and purchased at the Ulsrud Implement Co in Columbus ND for \$695.

## Burke County Tribune

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