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# Gorseth graduates from the U.S. Naval Academy



**Adam Gorseth** graduated from the Naval Academy on May 26, 2023.

Adam S. Gorseth, formerly of Cathay, N.D., successfully completed four years of challenging academic, physical and professional military training, and graduated 131st in his class of 1018 from the U.S. Naval

Academy with a Bachelor of Science in nuclear engineering and a commission as a U.S. Navy Ensign.

was held on May 26, 2023 with keynote address from Secretary of Defense Lloyd



a four-year service academy that prepares midshipmen morally, mentally, and physically to be professional officers in the naval service. They learn from military and civilian instructors in such subjects as leadership, ethics, small arms, drill, seamanship and navigation, tactics, naval engineering and weapons, and military

Ensign Gorseth is stationed in Annapolis, Md., until October, when he begins Navy Nuclear Power School in Charleston, S.C., for six months, followed by Nuclear Prototype and then Submarine Officer's Basic Course. Adam is the son of Dan and Brenda Gorseth, for-

merly of Cathay.

Adam is the only person from Carrington to attend the Naval Academy, and the only person ever to finish at any of the service academies from the area.



Adam Gorseth smiles as he receives a handshake and his diploma, becoming a commissioned Naval Ensign.

#### **Collegiate Congratulations Special Section**

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Harlee Erickson



**Lauren Skadberg** 

#### **MSCTC** announces academic honors

Minnesota State Com- to 3.99 while completing munity and Technical a minimum of six col-College has released its lege-level credits and 75 Spring 2023 Academic percent of the courses in Honors.

498 students were semester. named to the President's List and 547 students to Dean's List include: its Dean's List.

List earned a GPA of 3.50 Carrington.

which they enrolled for the

Area students on

Harlee Erickson, Car-Students on the Dean's rington, Lauren Skadberg,

## **BSC** announces Spring 2023 **President's Honor Roll**



Bismarck State College an-Roll for the Spring 2023 se-

To quality for the list, students have to maintain at least a 3.50 GPA on a 4.00 scale while enrolled in at least 12 semester hours of classes. A \* designates a 4.00 GPA.

Area students on the list nounces the President's Honor include Michael Clifton, Lea Mittleider, Jacob Seaburg, Breanna Mittleider, Elizabeth Lee and Taryn Hoeckle, all of Carrington; and Matthew Duchscherer\*, New Rockford; Levi Hoyt, Tolna; Tristin Larson, Grace City; and Kaleb Short, McHenry.

### Minot State Class of 2023 graduates

Minot State University awarded 541 degrees - including 444 undergraduate and 97 graduate - as its Class of 2023.

Area graduates include:

Sarah Marie Becker, Bachelor of Science in Nursing, Carrington, N.D.

Peggy Ellen Pfeiffer, Bachelor of Science, Criminal Justice, Fessenden, N.D.





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# Younger Bauer carries on family tradition

Earns Doctor of Dental Surgery (DDS) degree from Creighton; joins Carrington Dental Care beginning in July —

#### **BY ERIK GJOVIK**

Many kids going through high school don't have a concrete idea of their future plans until it hits them at the very end.

Chaz Bauer was no exception.

"Dentistry wasn't on my radar for career plans," he admitted. "I pondered careers like wildlife biology, and other health fields like physician, optometrist and physical therapy."

It was his immersion in R-COOL (Rural Collaborative Opportunities for Occupational Learning in Health) Scrubs Camps, along with job shadowing at Carrington Dental Care with his uncle, Dr. Jay Bauer, that lit the spark.

And now, he's working at CDC, and continuing a legacy of oral health that has served Carrington and the surrounding area for many years.

Chaz, a 2015 CHS graduate and the son of Jodi Hovdenes and the late Marty Bauer, attended the University of North Dakota for his undergraduate studies, receiving his bachelor's degree in biology with a health sciences emphasis.

In December of 2018, he received an acceptance letter to the dental school at Creighton University in Omaha, Neb., and enrolled in the fall of 2019.

"I did interviews at four different schools that fall," Bauer recalled. "I took the admissions test and application process during the summer before the start of my senior year at UND."

Bauer explained that dental schools do not require specific majors as a prerequisite for acceptance.

"You can realistically major in whatever you want and still go to dental school, but most people choose something related to the sciences," he said.

While on the surface, dentistry looks for all the world about looking in mouths and keeping teeth healthy and clean, Bauer quickly learned that there's much more to that when pursuing a degree in the field.

"For me, I think it was just that I didn't realize the sheer work that dental school entailed," he said. "There's a lot of people skills development along the way, as well as lots of work to develop hand skills."

Bauer says that his courseload at Creighton was a "lot more than he expected," as he balanced a heavy didactic (lecture-based) course load, along with demanding pre-clinical lab training. That later transitioned into hands-on

(Continued on page 6)



**Chaz Bauer,** who graduated from CHS in 2015, recently received his DDS from Creighton University in Omaha, Neb., and will join the staff of Carrington Dental Care. He is the nephew of Dr. Jay Bauer, the owner of the practice.

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Congrats to all!



(Continued from page 5)

patient care, while still taking courses.

This spring, he received his Doctor of Dental Surgery (DDS) degree from Creighton, clearing him to start in the dentistry field.

He will officially begin his job at CDC sometime in July, helping Jay with the practice's workload and taking on new patients.

"I'll be doing continued education courses to continue to grow and learn to be able to implement new things in the office," Chaz said.

When it comes time for Jay to slow down and ponder retirement, the younger Bauer says he's ready to step in when the time comes.

"The future plans, right now, do involve buying in and taking over," said Chaz.

He lives in Carrington with his white and orange Llewelin Setter, Nala, who is undergoing hunting training at the moment.

## VCSU graduates **Spring 2023**

versity (VCSU) hosted Education spring commencement at 10 a.m., on Saturday, May 13, 2023, at W.E. Osmon Fieldhouse.

Area graduates included:

- Amber Fortney, Bowdon, Master of Arts in Teaching
  - Nicole Braaten, in Education

Valley City State Uni- Carrington, Master of

- Jaye Fike (Cum Laude 3.5 - 3.74 gpa), Bowdon, Bachelor of Science in Education
- Brianna Grandalen, Glenfield, Bachelor of Science in Education
- Hannah Luna, Harvev, Bachelor of Science

#### Trapper Depew on Dean's List for Iowa State



**Trapper Depew** 

University students have been recognized for outstanding academic achievement by being named to the spring semester Dean's List.

List must have earned a grade point from Pingree.

More than 9,800 Iowa State average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work.

Included on the list was Trapper Students named to the Dean's Depew, Agricultural Engineering

#### **Iowa State graduate**

Nearly 4,600 graduates received degrees from Iowa State University this spring. Graduate and undergraduate commencement ceremonies were held May 11-13 at Hilton Coliseum.

Among the graduates was Christopher Hokanson, Bachelor of Science, Chemical Engineering from Naperville, Illinois.

#### President's Honor List

The North Dakota State College of Science has named 467 students to its spring semester 2023 President's Honor List.

The Honor List recognizes students who have achieved grade point averages of 3.5 or higher while

taking at least 12 credits with letter grades.

Area students include:

Carrington: Alexander Hurlbut, Electrical Technology; Tate Larsen, Electrical Technology; Cole Seaburg, Caterpillar Dealer Service Technician

NORTH DAKOTA STATE COLLEGE OF SCIENCE

New Rockford: Brooke Longnecker, Dental Hygiene; Darica Ziebart, Dental Hygiene

Sykeston: Ian Lacina, Caterpillar Dealer Service

#### **MSUM** graduates

Minnesota State University Moorhead announces their graduates. MSUM awarded degrees to more than 800 students during its spring commencement program Friday, May 12.

The following area students graduated:

• Hilary Hafner, Social Work, Carrington High School, Fargo, N.D.

• Bellami Jensen, Early Childhood Education, Carrington High



School, Carrington, N.D. • Kaden Wolsky, Business Administration, Carrington High School, Carrington, N.D.



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## Hendricksons balance school, business, married life

CHS graduates attend Northwestern College in Iowa, play for Raider wrestling, women's track programs —



Austin and Grace Hendrickson

A story of love, along with dedication to their education, athletics, and two budding business, will surely take Austin and Grace (Wolsky) Hendrickson far in this life.

The couple, attending Northwestern College in Orange City, Iowa, has managed to set time to excel in their academics and sports (Austin with the wrestling program, Grace in women's track).

'Austin and I work really well as a team, and we make sure we are on the same page," she says. "We have hardworking personalities and push each other to be better every day. We have a very blessed life.

The two CHS graduates began dating in high school, when Austin was a junior and Grace a sophomore. Austin would sign a letter of intent with the Raiders his senior year of High School, and Grace would follow him to Orange City the following year.

With being students, athletes, married, and owning our own business, we had to really prioritize what was most important to

to be," said Grace.

The selling point for Austin to come to Iowa was the college's faith-based culture, not to mention the opportunity to contribute right away to the Raider wrestling team. The program competes in the NAIA's Great Plains Athletic Conference (GPAC).

Northwestern College is a private liberal arts college affiliated Dakota. with the Reformed Church in America, and has an enrollment of around 1,500 students.

"Northwestern incorporates the Christian lifestyle in all aspects of the community, including in the classrom and on the athletic teams," Grace explains. "It really made it possible for Austin and I to thrive independently living almost seven hours from home.'

The two were engaged in March, 2021, and were married on July 30 of that year.

Grace has also started two businesses, Thrifted Adventures, begun two years ago, and Grace Design, a small graphic design service offering logo and branding consultation and design.

"We began thrifting back in

BY ERIK GJOVIK us, and what our goals were going 2021 as a hobby when we had free time," she said. "It started out as something fun we did on the weekends, but then turned into something from which we could see a potential profit."

The Hendricksons made many of their early sales on various social media platforms, and decided to incorporate Thrifted Adventures LLP through the state of North

In the intervening years, Grace said the passion for the thrift business began to wane a little bit, but the two are still grateful that it helped to finance their education and give them business experience.

With Grace's majors, marketing and graphic design, she began to see projects coming in from that field.

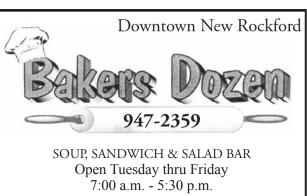
"I learned that it's really something that I see myself doing in the future, and I decided to put my name out there for some small, odd jobs," she said. "Just through word of mouth, I was able to do some logo work for an agricultural business, and since then, I've been

(Continued on page 9)











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(Continued from page 8)

doing small projects from T-shirt designs to newspaper ads, in hopes I live a very content lifestyle, and of getting my name out there a little more."

In May, Austin graduated from Northwestern with a degree in sports management and a minor in business administration. He currently works as a personal trainer at Snap Fitness in Sioux Center, Iowa.

He decided to give back to the sport he loves, when he was named head girls' wrestling coach at Sioux Center High School.

"Austin worked extremely hard with internships and being an assistant coach his senior year of college to be able to get these career opportunities," Grace said.

She has one more year of school before she graduates with her two degrees, and plans to run one more year of track for the Raiders.

"As for the future, Austin and are open to lots of possibilties," she says. "We hope to continue our path in our current careers, and who knows, maybe we'll end up back home."

For now, Grace and Austin are very grateful for their lives in northwest Iowa, and are excited for what the future holds.

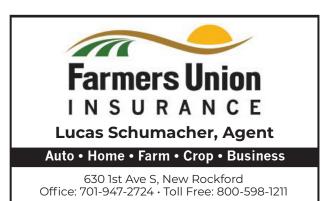
Austin is the son of Paul and Kathy Hendrickson and Grace the daughter of Kevin and Jennifer Wolsky, all of Carrington.

Top photo: **Grace Hendrickson** runs in a race for Northwestern College's women's track team.

Bottom photo: Austin Hendrickson has discovered a passion for coaching, working as the head coach for the Sioux Center (Iowa) High School girls' wrestling program.

(Courtesy photos)















## **UND** graduates for Spring 2023

The University of North Dakota announced their Class of 2023. The ceremony for doctoral and master's degrees took place on May 13 at 9 a.m. The undergraduate ceremony was rington, N.D., Nursing later the same day at 2 p.m.

Area doctoral graduate in- Totten, N.D., Visual Arts

• Olivia Smith, New Rockford, N.D., Physical Therapy

Area master graduates in-

- Rachel Lynn Blomquist. Harvey, N.D., Mathematics
- Kinsey Sue Zieman, Car-
- Carol J. Greywater, Fort
- David E. Locken, Fessenden, N.D., Educational Leadership

Area bachelor graduates included:

- Brady Richard Davis, Glenfield, N.D., Commercial Avia-
- Harley Walking Eagle, Fort Totten, N.D., Athletic Training
- · Cassidy Nicole Holth, Bordulac, N.D., Atmospheric Sciences and Environmental Studies



#### **Hannah Haley** receives her white coat

Hannah Halev received her white coat at UND School of Medicine Department of Physical Therapy on June 1, 2023.

She has completed one year of the Doctorate of Physical Therapy Program and has two years left. She is a 2020 graduate

of New Rockford-Sheyenne School and the daughter of Todd and Allison Haley of New Rockford.

#### CCCC Spring 2023 President, Dean's List

munity College (CCCC), Fort Totten, N.D., announce the President's List and Dean's List for the 2023 Spring Semester.

President's List included: Brianna Adams, Sarah Alberts, Brianna Atherton, Tyler Belgarde, Nichole Beston, Leona Bow, Lakeisha Chaske, Christopher Cook, Shayla Counts, Hayley Dauphinais, Noelle Dauphinais, Tara Dauphinais, Tracy DeCory, Jacquie DeMarce, Leah DeMarce;

Shawnathan Demarrias, Willanette DuBois, Jayson Duciaume, Laticia Graham, Ashley Greywater, Chance Guy, Miche-

Christopher Knoxsah, Allura LaRoque, Clint LaRoque, Colten LaRoque, Austin La-Vallie, Tessie LaVallie, Bailee Langstaff, DaNesha Leaf, Tyrese Leaf, Chastity Lightning, Kristie Little, Vandis Little, Dani Lohnes, Jennifer Longie, Helena Mack, Adriano Martin, Estreya Matheny, Kalen McCall, Shanel Mudgett, Aaron Peltier, Mariah Peltier, Patricia Platz, Paul Poitra, Moriah Rademacher, Jeremy Rainbow, Meghan Robertson:

Shavna Ross, William Shifflett, Dylan Smith, Britni Snow-

Cankdeska Cikana Com- lyn Guy, Ryan Jetty, Mitchell Smith, Jerred Storms, Melissa Swigart-Lourens, Tiffany Thomas, Kristen Thompson, Katelynn Thronveit, Glen Walking Eagle, Howard Wanna, Melinda Whiteman, Melanie Wolters

The Dean's List included: Melissa Ayala, Jordain Bellanger, Alana Brownshield, Alycia Carmona, Cassandra, Charboneau, Larah Daphinais, Jonathan Driver, Nelanah Grev-Eyes, Aisha IronHawk, Tammy IronHawk, Brianna Littleghost, Natasha Littlewind, Dorvan McKay, Mary Ann Ott, Lormen Owlboy, Sr., Truth Robertson, Erika Thomas, Jarissa Thomp-

#### **Davis on Spring Dean's List at UM Crookston**

The University of Minnesota Crookston announces students who were named to the Spring 2023 Dean's List which was recently released by the Office of the Registrar.

To qualify for the Dean's List, students must complete 12 or more letter-graded (A-F) credits while attaining a 3.66 grade point average.

Area student named to the Dean's List was Waylyn Davis of Sheyenne, N.D., majoring in Animal Science, B.S.



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# Schaefer 'shooting' for excellence

Ben Schaefer graduated from New Rock-ford-Sheyenne in 2020, and has since been attending college at the University of Jamestown.

While at NR-S, Schaefer attended state golf three times and was among the best high school golfers in North Dakota.

Now, it's the Jimmies that are benefitting from Schaefer's golfing excel-

He enjoyed a particularly strong showing last fall at the Northwest Iowa National Invitational, where he earned All-Tournament Team honors and tied for eighth place overall.

The Jimmies also finished in fourth place as a team – a very strong result for both Schaefer and his teammates at a tournament with a loaded field of ranked opponents.

His scoring average that fall was an impressive

More recently, at the GPAC (Great Plains Ath-

BY NATHAN PRICE letic Conference) Championship in Vermillion, S.D. this April, Schaefer scored a 227 after three full rounds of golf.

With that score he tied for 26th place overall and placed second on the University of Jamestown's 5-man team.

Schaefer is currently pursuing a business administration degree with a concentration in marketing and management at the University of Jamestown, and he recently made the Spring 2023 Dean's List which requires a 3.5 grade-point average or higher.

In his sophomore year, Schaefer was named a Srixon/Cleveland All-American Scholar, which was earned by competing in at least 50 percent of his team's competitive rounds, having a stroke average under 78.0 and by maintaining a 3.2 gradepoint average or higher.

After this summer Schaefer will begin his senior year at the University of Jamestown.



**Ben Schaefer** lines up a putt while competing for the University of Jamestown men's golf team.

(Courtesy photo)

# UNIVERSITY of MARY of MARY

#### **U** of Mary names Spring **Dean's List honorees**

among a record 940 stu- ter grade point average dents named to the 2023 Spring Semester Dean's List at the University of Mary, in Bismarck.

honor, traditional un- and Maria Schmitz of dergraduate students Harvey.

Area residents are must earn a 3.50 or betwhile carrying at least 12 credit hours.

The list includes Kalvn Keller of Fessenden To qualify for the and MacKenna Arnold

#### U of J recognizes Rose at ceremony

Mason Rose received the Jimmie Zanni Award from University of Jamestown.

Rose, a Theater Arts major from Carrington, was celebrated during UJ's annual Honors Convocation in April.

The Jimmie Zanni Award is given by the Theatre program to recognize students who epitomize versatility and quality in both performance and technical theatre.



Rose is a 2019 graduate of Carrington High School.

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#### **Spring President's List** for LRSC

Lake Region State College has released its honor lists for Spring 2023.

Students who maintained a 4.00 grade point average are named to the President's list.

Students who maintained high academic standing above 3.25 but below 4.00 are named to the Dean's list.

The President's List includes Lottie Caldwell, Warwick, N.D., and Nathan Carroll, Minnewaukan, N.D.

The Dean's List includes Megan Green, Harvey; Alexa Holth, Carrington; Treston Lura, Cathay; and Nathaniel Olson, New Rockford.

#### U of Jamestown names Dean's **List for Spring** 2023 semester

The University of Jamestown Dean's List has been released for the Spring

2023 semester.

Students are named to the Dean's List for maintaining a semester GPA of 3.50 or better. There were 349 students named to the list this semester.

Area students included the following:

Buchanan: Gracie Boh1

Carrington: Hannah Hagel, Kadyn Mehring, Cassidy Neuman, Lexus Page, Benjamin Schae-

Pingree: Amanda Al-

New Rockford: Danielle Bjerke and Evan Ulrich

Sheyenne: John

#### NDSU announces Fall 2022 Dean's List

North Dakota students were among the 3,620 North Dakota State University students to be placed on the spring 2023 Dean's

A student must earn a 3.50 grade point average or higher and be enrolled in at least 9 class credits to qualify.

Area students included: Neumiller, Jason Fike

Emma Rindy, Trey Rosenau, Payton Smith, Kaylee Weninger

Fort Totten: Malaysia Haskell Glenfield: Abbie Stedman, Brooke Topp

Bowdon: Regan Jones, Nicole Friedt, Leah Jans, Braden Knudtson, Zoe McKinven, Hannah Re-Carrington: Amanda Jarrett, utter, Marissa Tiegen, Makenna

Vollmer, Tyler Weisser

McHenry: Madison Feiring, Jonah Williams, Maria Becker

New Rockford: Theodore Allmaras, Chloe Heinz, Kyleigh Harvey: Alex Erickson, Brian Hilbert, Kenna Munson, Brianna Price, Kayden Wiedrich

Sykeston: Jacob Rexin

### VCSU honor lists for Spring 2023

ty has released its President's McHenry; Elijah Leik, Pettibone;

Honor Roll, Dean's Honor Roll and Honor Roll for spring semester 2023.

The President's Honor Roll recognizes students who completed 12 semester hours or more of VCSU classes for which grade points are earned with a 4.0 grade point average.

and Kindra Jacobson, Sheyenne.

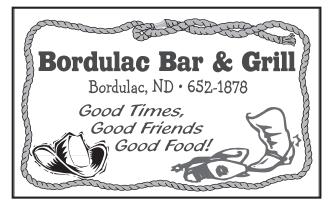
or Roll recognizes students who completed 12 semester hours or more of VCSU classes for least 3.50. which grade points are earned with a grade point average of at least 3.50.

Area students on newaukan. Area students on President's Dean's Honor Roll include Issac

Valley City State Universi- Honor roll include Cassidy Hoyt, Friese and Autumn Sieg, Harvey, and Crystal Holter, Minnewaukan.

> The Honor Roll recognizes The Dean's Hon-students who completed 6 to 11 semester hours of Valley City State University classes for which grade points are earned with a grade point average of at

> > Area students on Honor Roll include Kaylee Schlafman, Carrington; Michaela Smith, Fort Totten; and Jean Callahan, Min-





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# DSU's Widmer 'on track' for a bright future

Elizabeth Widmer is still running

Having been a strong runner during her high school career at New Rockford-Sheyenne, Widmer continued to compete in track at the college level with Dickinson State University

She graduated from NR-S back in 2019, and now, Widmer has had one of her best track seasons yet.

She recently took home a whole host of accolades following the 2023

NSAA Indoor Conference at Brookings, S.D. this February.

She took first place in the 600-meter dash Open on February 3 in Fargo, this with a time of 1:40.39, and also won the 800-meter dash with a time of

team took first place with a time of impressive. 4:06.59.

mer won the "2023 indoor champion and was named as an academic honof character award" for the Dickinson State University track team. The award is given out annually to just one man and one woman from each team.

Widmer also has an impressive list of accomplishments from this latest

BY NATHAN PRICE track season as a whole.

At the South Dakota State University Indoor Classic on February 11, she was part of the 4x400-meter relay team that set a Dickinson State University record with a time of 3:57.65.

That time was also a time good enough to meet the NAIA (National Association of Intercollegiate Athletics) B qualifying standard.

During the same event, Widmer was also on the 4x800-meter relay team that ran the second fastest time in school history of 9:35.33, which was good enough to meet the NAIA

A qualifying standard.

Widmer set yet another school record at the Bison

time in the distance medley relay with a time of 13:02.68.

Meanwhile, Widmer's accomplish-Meanwhile, her 4x400-meter relay ments off the track are even more

Last May she graduated from DSU Last but certainly not least, Wid- with her Associate in Nursing (LPN), ors nursing student during the LPN pinning ceremony.

> She is currently pursuing her Bachelor of Science in Nursing at DSU, and will graduate in Spring













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# Working in detail

NR-S graduate embarks on new family businesses —

Evan Ulrich and Ashton Reimche have an eye for detail.

The two brothers recently started 701 the showroom floor.

A 2021 graduate of New Rockford-Shevenne, Ulrich recently wrapped up his sophomore year at the University of Jamestown,

where he's pursuing a degree in account- months, and hopefully next summer ing and a minor in marketing.

Ulrich has been outstanding academfall of 2021, the spring of 2022, and most recently the spring of 2023.

After having great success playing basketball at NR-S, he also went on to play basketball for the Jimmies during his freshman and sophomore years.

However, as he prepares for his junior and senior years in college, Ulrich's focus will be on getting his CPA (Certified Public Accountant) as well as developing the exciting new business opportunity he began with his brother.

Currently, he's also completing his internship with Tax Forward in James-

Clelland, and his younger brother, Ashton, is entering his junior year at NR-S.

ultimate goal right now is developing it contacting Reimche at (701) 399-6259.

**BY NATHAN PRICE** into a full-time gig one day.

Though the business has only been open since the beginning of June, Ulrich said they've already seen tons of interest.

"I feel like there's a lot of room for Mobile Detailing, a car detailing business growth with 701 Mobile Detailing," said that specializes in keeping their custom- Ulrich. "From the interest we've got as of er's vehicles clean, waxed and ready for now, after only two weeks, it just seems

like it's something that is here to stay and that people are interested in."

He added, "The hope is to continue to get customers and to expand in the coming

expand even more."

Among the many services 701 Mobile ically, having made the Dean's List in the Detailing provides are wash and wax, spot-free rinse, chrome polish, tire shine, leather conditioner and more.

Better yet, Ulrich said he and his brother will come to you if you need your car detailed, and added that his business has a leg up on the competition thanks to their convenience.

"In comparison to other detailers that may be in the area, I think a huge convenience part of it is that we come to you," explained Ulrich. "Say you only have one family vehicle, you don't need to bring it somewhere and have someone drive you back to your house.

"We come to your place, do it in a few Ulrich is the son of Chad and Kali hours, and then leave without you really

having to do anything," he said.
Anyone interested in 701 Mobile Ulrich said 701 Mobile Detailing is Detailing can call for a quote by conalready doing very well, and that his tacting Ulrich at (701) 789-7607, or by



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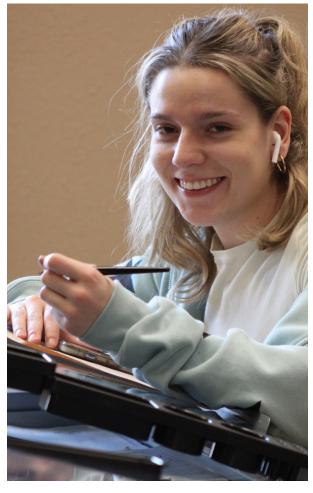












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