

Information • Entertainment • Business • Services • Employment • Autos • Agriculture • Home & Living • Health

The Promoter

Attention Grill Masters



July is National Grilling Month!
 Consider Food Safety When
 Cooking and Eating Outdoors

Inside

- Employment
- Automobiles
- Senior Living
- Events
- Entertainment
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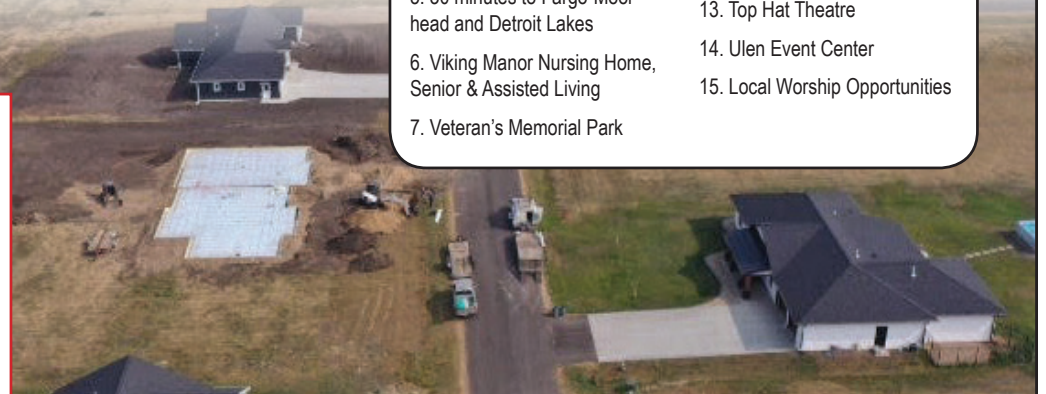
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Publisher's Notebook

Dear old "Golden Rule" days

This past spring while preparing for Memorial Day at our local cemetery I found out that my third- and fourth-grade teacher, who passed away at age 92, would be 105 today. I couldn't help but think how education and teachers have changed since I attended elementary school.

Except for the fact that he had to walk uphill through the snow six miles both ways and attended a one-room building, schooling really never changed much from the time my father went in the 1930s until I went in the 1960s and '70s. We had good teachers, but they were never "warm and fuzzy" like the ones my kids had. Blackboards still took chalk to work, fire escapes stuck out of third floor windows and red pens were used for both grading the student and whacking him or her on the top of the head when they misbehaved.

Teachers were strict back then, too. If you had an "accident," you sat in your underwear wrapped in a grey

woolen blanket in the middle of the room. There were no aides in the class, so if you fell behind, you more than likely were held back a year. And I think God created fish sticks especially for school lunchrooms.

But teachers made you think back then, too. After over 50 years, I can still see Mrs. Ohnstad glare at me through her horn-rimmed glasses, arms crossed and red pen at the ready, saying: "Juneau the capital of Alaska, John... Think, Juneau it!" We marched in and out of class like soldiers, and we learned at a very young age the meaning of the word "respect."

I guess it wasn't so bad back then. Mrs. Ohnstad and teachers like her taught us life lessons that remain with us decades after leaving school. And she never forgot us years later either. She was always proud of the students she taught.

I always enjoyed visiting her at school reunions... I just kept a sharp look out for that red pen!

a variety of special supplements lately.

Along with showcasing area town yearly celebrations and fundraisers for worthy causes, we regularly boost annual events such as the Steam Threshers' Reunion in Rollag and Big Iron in West Fargo.

In other words, we are proud to be the conduit for information for a variety of special events and celebrations that take place in our wide circulation area. When a small town's special event or an annual celebration takes place in the greater Red River Valley, we want to help promote it to the entire area and make it more successful.

If you are involved in a community or regional event and need help to spread the word, call us at 218-861-6708 or email us at ads@redriverpromoter.com

We can help get the word out, from the Fargo-Moorhead and Grand Forks areas to the lakes country of Minnesota. The Promoter is proud to serve all the communities in our trade territory.

John W. Kolness
Publisher
218-861-6708
john@redriverpromoter.com

Does your community have a special event coming up? Contact us!

If you are a regular reader of The Promoter, you will notice we have printed

Celebrating our 31st year in 2023!

The Promoter

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Ron Ohren Benefit a Huge Success



Index, KRJB Radio, and Heritage Publications for all their promotional efforts.

THANK YOU TO ALL WHO ATTENDED! It was a very special evening.



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On behalf of the Ron

Ohren Family and the Ron Ohren Benefit Committee, we would like to thank everyone that donated to our benefit dinner, along with auction items, and time spent setting up and tearing down after the event in Hendrum on the 28th of June. ,

It was an evening of great fellowship and tremendous outpouring of love for Ron and Michelle

Thank you to Lend a Hand Up for their great partnership in our fund-raising efforts. also, thank you to the Norman County



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July is National Grilling Month

Consider food safety when cooking and eating outdoors

By Julie Garden-Robinson

The aroma of food on a grill and the scent of freshly mowed lawns signal summertime to me.

Even if mowing lawn is not part of your regular summertime routine, enjoying grilled food probably is.

July is National Grilling Month, so we have plenty of time to celebrate the great outdoors with delicious food, well into colder months.

Do you have an outdoor grill in your household? If so, what are your favorite foods to prepare?

About 100 million grills are present in U.S. households according to a major grill manufacturer. That adds up to 60% of households. In fact, one third of households with grills have multiple grills.

Further, if you live in Midwestern or Southern states, you are very likely to grill foods in the summer. According to survey research, we love to grill hamburgers in the Midwest, but steak is another favorite.

Are you the grill master or assistant grill master in your household? I am content bringing trays of meats and vegetables to my resident grill master to cook.

When food preparation and eating move outdoors, we have some safety considerations. For

example, be especially careful when cleaning your grill prior to adding food. A wire brush can leave bristles behind, which could find its way into your food.

More than 1,700 emergency room visits occurred in the U.S. due to grill brush bristle injuries between 2002 and 2014. About one-fourth of those affected were admitted to the hospital.

Many tools are available to clean your grill from wooden grill scrapers to bristle-free brushes. Crumpled aluminum foil can be used to remove burned-on food after the grill cools.

Almost any food can be grilled. Depending on the grill, you can add a smoky flavor to pizza, vegetables and fruits, besides all types of protein foods such as beef, pork, chicken, lamb and fish.

Be sure to bring your food thermometer to the grill. According to the U.S. Department of Agriculture, we should cook ground beef burgers to 160 F, chicken to 165 F and fish until it flakes with a fork and/or reaches 145 F. Steaks and chops should reach 145 F, with a three-minute rest time away from the heat source.

A clean serving plate to retrieve the cooked food from the grill helps prevent cross-contamination and maintains food safety. If you marinate foods, keep out

a separate bowl of marinade to serve with the food. Marinades that have touched raw meat, poultry and seafood contain harmful bacteria.

Consider these tips to include a variety of foods on your grilling menu:

- Rinse produce and prepare for grilling. Remove the stems, seeds and cores from fruits and vegetables before grilling.
- When preparing whole fruits or vegetables, cut them into slices unless otherwise specified.
- Prepare bell peppers by cutting off the top and bottom of the pepper. Remove the core and then cut the pepper in half from top to bottom. (This way, you end up with two flat rectangles that are grilled skin side down.)
- When using skewers, choose vegetables and fruits of like thickness and water content. Cut them the same size to ensure even cooking.
- Use separate plates and utensils for raw meats and fruits or vegetables to prevent cross-contamination.
- Take your time and be patient. You may think you are burning something and remove it before it is done.



Include a variety of foods on your grilling menu. (Pixabay photo)

- Sprinkle wedges of apple or pear with cinnamon and a touch of brown sugar. Grill for about five minutes per side.
- Brush peeled, whole bananas with canola or sunflower oil and add to the grill just until the fruit turns golden and has grill marks, or about five minutes per side.
- For a fun alternative to the summer classic s'mores, cut a 3/4-inch-deep slit down the length of an unpeeled banana. Pry the slit open and stuff with 2 tablespoons of chopped dark chocolate or your favorite candy bar. Wrap the banana in foil and grill for about five minutes on each side.
- Grill peaches and nectarines for a side dish to go with steak or pork tenderloin. After cooking, the fruit can be diced and made into a salsa or relish by adding fresh herbs, chili peppers, and lime juice or vinegar.

For more tips, see the recipes and food safety resources at NDSU Extension (www.ag.ndsu.edu/food) under "food preparation" and "grilling." The North Dakota Beef Commission at ndbeef.org has delicious recipes, including "Grilled Steak Tacos with Poblano-Mango Salsa" and "Smoky Strip Steaks with Mexican-style Grilled Corn."

One of my favorite side items for a grilled menu is corn on the cob. Although many techniques exist, this is one that we use.

Grilled Corn on the Cob

Peel back the husk, but don't remove. Remove the silk and

close the husk back up. Submerge the corn in water for about 15 minutes. While the corn is soaking, fire up the grill. Remove the corn from the water and shake out any excess water.

Note: If you wish to season the corn before cooking, you can pull back the husk and add your favorite seasonings. Be sure to close the husks and twist shut before placing the corn on the grill. If using a charcoal grill, turn the corn every 10 to 15 minutes. For gas grills, keep the heat on medium-high and turn every five minutes.

The husks will turn brown and even may start on fire. Let them cook, turning the corn often. The water that they soaked in is steaming the corn from inside the husk. Corn usually takes about 30 to 45 minutes; after grilling a few times, you will get a feel for how long they need.

When done, use a tong to remove the corn from the grill (they are very hot!). Peel back the husks. You may want to run the corn under hot water to remove any ash. Some people eat their corn plain; others use a little butter with some salt and pepper. Others like Sriracha (hot) sauce. For a new twist, try mixing some olive oil with your favorite seasonings and brush it onto the hot corn.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson)

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REACH Presented with \$25,000 Cenex Hometown Pride Grant Through Perley Community Co-op



REACH was presented with a Cenex Hometown Pride grant worth \$25,000 through the Perley Community Co-op at the Norman County Fair June 22nd. Pictured are PCC staff and REACH employees and volunteers.

First founded to provide critical mental health resources, Rural Enrichment And Counseling Headquarters (REACH®) Inc. of Hendrum and Hawley has evolved through the years to provide the services and resources the Perley community needs most. With the nearest food shelf and mental health resources located 25 miles from Perley and more than half of Perley residents lacking access to a running vehicle, REACH programs work to fill critical gaps in human services, from its transportation services for elders and efforts to help locals secure employment, to its resources to battle

food insecurity with its food pantries and school backpack programs.

Perley Community Co-op proudly carries the Cenex brand, which makes our cooperative eligible to nominate local organizations.

Last month the Perley Community Co-op happily presented REACH of Norman County a Cenex Hometown Pride grant of \$25,000 check to continue their amazing work.

Want to know more about Hometown Pride and all the other ways Cenex gives back to local communities? Check them out at cenex.com/local-giving

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That is a Street Sweeper attachment that picks up the sweepings that you can go dump out when the bucket gets full. It's like a giant broom and a dustpan. It is better than just a broom that sometimes throws rocks all over and doesn't pick up the material but just moved it around. We've had some farmers and others that used it for house cleaning in their big buildings.



That is a Vibrating Compactor or you might say small steamroller. You can compact sand, dirt or gravel or asphalt or crushed concrete which you can then bounce a basketball on or a park or drive your car on. It's great to get good compaction if you are going to pour cement or install pavers.



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Halstad Charges Ahead on Electric Vehicle Infrastructure

Effort aims to increase tourism, drive economic development, and promote clean air.

Halstad Municipal Utilities, Northern Municipal Power Association, and the City of Halstad are proud to support our community's transportation future by announcing a publicly-available electric vehicle (EV) charging station in Halstad. Thanks to a seed grant from [Clean Energy Resources Teams \(CERTs\)](#), a ZEF Electric Vehicle (EV) Charging Station with two Level 2 chargers is now available west of the World's Largest Sugar beet, near the intersections of Highways 200 and 75.

According to Bloomberg NEF, it's estimated that by 2040, 58 percent of all new vehicle sales in the United States will be electric. There are currently more than 32 plugin electric vehicle models on the market, including sedans, hatchbacks, minivans, and SUVs, with more models (like electric pick-



up trucks) coming every year.

Whether it is bringing tourists to shop at Valley General Store, Vibrant Salon, Valley United C-Store, or visiting the "World's Largest Sugar Beet," the City of Halstad hopes to alleviate range anxiety for EV customers, and encourage visitors embracing EV technology to explore greater Minnesota.

In addition to the public EV station, Halstad Municipal Utilities also offers Off Peak incentives for EV charging at homes. Contact Lucas Spaeth, Halstad Municipal Utilities at 218-456-2128 for more information on these incentives.

Giving from the Heart Can Make a Major Change in People's Lives!

The Haitian earthquake that caused so much death and destruction may have set in motion a cultural shift that, in the long run, could benefit the island nation. That is the hope of Reverend Paul Aladin, founder and Executive Director of United Hearts for Haiti. Since its inception in 2008 the organization has been working for better education, medical training, clean drinking water, agricultural advancement, and to bring sustainability to the infrastructure to the island by teaching courses on welding, plumbing & electrical.

That is where United Hearts for Haiti has begun to play a pivotal role in the nation's long-term recovery. First by raising money for things like scholarships for Haitians looking to get an education and now with the building of a trade school that is teaching skills that will help build a new infrastructure to the future of Haiti.

This school is located in Cavillon a rural town located in the Aquin Arrondissement of the Sud department of Haiti. Over the years doctors and nurses have visited to engage individuals in training seminars and workshops. Those interested in agriculture and farming have traveled to set up community garden spaces within the city and at the school. Welding professionals have engaged in training modules and assisted in gathering equipment for future courses. United Hearts for Haiti seeks to make a difference in the lives of others and share the word of God.

Find out today how you can travel with us on our next trip or how you can help participate in a sustainability project currently happening.



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unitedheartsforhaiti.com
 UHH is a non-profit organization that was founded in 2008 by Rev. Paul & local MN/ND residents and focuses on helping people in Haiti.

Consider Helping to Make That Change!



WESTERN NORMAN COMMUNITY FUND TO HOST FREEWILL COMMUNITY DINNER

The Western Norman Community Fund is hosting a freewill community picnic on Wednesday, July 19th from 5:00 pm to 7:00 pm at Halstad Lutheran Church. Barbecue Sandwiches, baked beans, chips and root beer floats will be served.

Proceeds of this fund raising event will result in matching funds for development support through the Northwest Minnesota Foundation.



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- Tuesday, August 8th regular sale
- Tuesday, August 22nd regular sale

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| 2012 Dodge Grand Caravan SE, Red, Stow n Go | 175k | \$5,880 |
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| 2010 Ford Fusion SEL, Leather, Sunroof | 173k | \$3,880 |
| 2009 Chevy Silverado, LS, ext cab, 4x4 W/T | 237k | \$4,250 |
| 2009 Volkswagen Routan SE 3.8L Stow n Go | 138k | \$4,990 |
| 2008 Ford Fusion, Limited, Leather, Sunroof Grey, | 136k | \$4,220 |
| 2007 Chevy Silverado Crew, LT, 4x4 Black | 265k | \$4,880 |
| 2007 Ford Focus SE, 4cly, Base Model | 141k | \$4880 |
| 2006 Nissan Altima 2.5L SE | 108k | \$4,500 |
| 2006 Hyundai Tucson 3.5L Black SUV | 254k | SOLD \$2,990 |
| 2006 Toyota Sienna, Cloth Seats Blue | 226k | \$4,440 |
| 2002 Chevy Malibu LT, Black, Leather, Sunroof | 120k | \$3,880 |

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Next steps: Norman County continues walking the walk

Area farmers donating soy-based shoes to area health care facilities



Benedictine Living Center - From Left to Right - Carlie Nehrus, Kellie Troutman, Brenda Teal, Rita Griewe, Emily Ranz, AJ Lathrop, Corey Hanson and David Swenson (Norman County Board of Directors)



Halstad Living Center - Lori Merkle, Teena Tillach, Leah Lee, Brandi Lee, Kim Larson, Dan Claeys, Corey Hanson and David Swenson (Norman County Board of Directors)

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After the successful Stepping Up: From Farm to Frontline campaign completed its first lap, the Minnesota Soybean Research & Promotion Council (MSR&PC) was left with big shoes to fill. The Council decided the best way to take the next steps and make a bigger impact on communities through promoting the "miracle bean" was to dedicate more checkoff resources to the campaign, but with a twist.

This year, Stepping Up is dedicated toward giving back to any organization or entity in Minnesota where the local county boards see a need. Minnesota's organized county soybean boards are donating to schools, homeless shelters, fire departments, students in need and organizations that impact their communities.

Norman County, in partnership with MSR&PC, which directs the state's soybean checkoff resources, continues the Stepping Up campaign to promote the value-added uses of soybeans and make community connections. This spring, the Norman County Soybean & Corn Growers Association donated 15 pairs to Benedictine Living Center in Ada and 16 pairs to Halstad Living Center. Both facilities also received shoes from Norman County soybean farmers in 2022.

"We are so thankful for all those that worked the frontline during COVID, and it is wonderful to give back," Board President Corey Hanson said. "I am so touched by the appreciation of all those that received Skechers as a thank you. It was great to be able to give Skechers to those who did not receive shoes last year." The continuation of the Stepping Up campaign aims to inform more consumers on the value that soybeans bring to the market, along with the crop's versatility. Minnesota farmers also want to honor groups and organizations in their communities that are making a difference.

"The Council is proud to continue the Stepping Up promotion and give back to those who serve our communities," Council Chair Tom Frisch said. "It's a win-win for our county boards because we're able to connect with our neighbors while also showing the value of the soybean checkoff."

In summer 2022, more than 53 counties around Minnesota participated in the first Stepping Up campaign. In 2022 alone, Minnesota farmers and the soybean checkoff donated nearly 3,000 pairs of Skechers soy-based shoes across 120 Minnesota health care facilities.

Continued on page 12

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REACH SCHOOL SUPPLY DISTRIBUTION

School supplies and backpacks provided to students enrolled in pre-k through 12th grade enrolled in Ada-Borup/West, Hawley, Norman County East, and Ulen-Hitterdal

Please fill out a registration form or contact the REACH Office at 483-3145 to sign up. Items will be pre-selected for your child.

Pick up date Tuesday, August 15th at the Hawley Office 421 5th Street or Hendrum Thrift Store 304 Main Street.



Youth Tractor & Farm Safety Training

Training in safe equipment operation and general farm safety for youth aged 14+

July 19-20, 8:30am-4:00pm | Norman County Fairgrounds, Ada, MN



About the program

Youth tractor and farm safety training teaches youth 14 years and older about safe equipment operation and general farm safety. Students who participate in the program will:

- Work hands-on with full-sized tractors and implements.
- Receive training in farm safety topics including grain bin safety, ag chemical safety, and livestock safety, among others.
- Learn about common farm hazards and how to minimize their risks.

This program is offered in a hybrid model. Students work through the online modules at their own pace prior to attending in-person training. After completing their online learning, students will take a written exam and complete in-person training. The in-person training includes practice time working with the equipment and the driver skills test. Students who complete the program are eligible to receive a U.S. Department of Labor certificate of training. This certificate is required for 14- and 15-year-olds who wish to work on farms as employees.

Registration

Register today by visiting www.z.umn.edu/TractorSafety. The cost to take this course is 540 per student and includes all materials and meals on training days. Scholarships are available to ensure all students who want to complete the training can do so. Contact Heather Dufault for more information.



Additional information

For more information, or if you have any questions, please contact Heather Dufault at pohl0024@umn.edu or 218-280-1129.



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Norman County continues walking the walk

Continued from page 10

"Many thanks for all you do for the dedicated healthcare workers," said Lori Merkle, administrative assistant for Halstad Living Center.

Big value

In 2020, Skechers released its GO line of footwear, which uses soybean oil to improve grip, stability, and durability. Skechers is using the same check-off-supported technology featured in Goodyear Tire Company's line of sustainable soy-based tires, which incorporated soy into its rubber technology.

By using soybean oil in Skechers' GO line, Goodyear's tire compound reduces petroleum-based use, ultimately cutting energy consumption, weight and promoting sustainability while increasing efficiency.

For each dollar soybean farmers pay toward check-off resources, growers receive an estimated \$12.34 in return value. More than 1,000 commercially available products - ranging from shoes to machinery lubricants to asphalt - use

commodity and high oleic soybean oil.

Learn more about Stepping Up by visiting mnsoybean.org/stepping-up.

About the Norman County Soybean and Corn Growers Board Norman County is affiliated with the Minnesota Soybean Research & Promotion Council, a 15-person, farmer-led board that oversees the investment of checkoff dollars on behalf of the nearly 28,000 soybean farmers in Minnesota. The Council is governed by the rules of a federally mandated checkoff program requiring all soybean producers to pay a fee on the soybeans they sell. This money is used to promote, educate and develop market opportunities for soybeans.

For more information or to interview a county director, contact Corey Hanson at cmhanson@outlook.com



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Ada Chamber of Commerce announces variety of upcoming events

NATIONAL NIGHT OUT, TUESDAY, AUGUST 1

National Night Out to be held in Ada on Tuesday, August 1st at the Coliseum at the Norman County Fairgrounds on Tuesday, August 1st. This event is America's night out and Norman County's night out against crime. This event helps citizens to be aware of the importance of crime prevention programs and the impact that their participation can have on reducing crime, drugs and violence in Norman County. It is a unique, nationwide crime, drug and violence prevention program.

The event will run from 5:30 p.m. to 8:00 p.m. Get to know the officers, emergency services employees and other important organizations that protect and serve you! On site will be law enforcement vehicles, ambulance, fire trucks, Jaws of Life, thermal imaging and a lot more!

The Ada Area Chamber of Commerce will have a fundraiser meal featuring a pulled pork supper from 5:30 -7:15 p.m. in the Coliseum with a free will donation. Monies from this fundraiser will go to the Ada Civic Improvement Fund and upcoming community events.

Ongoing displays and demonstrations will be held at the fairgrounds in front of the Coliseum throughout the evening. Sponsors are needed to help pay for the cost of the children activities, games and give-a-ways.. If you would like to help sponsor one of these events with a donation, please contact Lee Ann Hall at 784-3542 or email her at leannko@loretel.net.

Don't miss this great event!

FUN IN THE FLATLANDS, SEPTEMBER 8-10

Planning is being done for Fun in the Flatlands scheduled for September 8-10, 2023. We have a lot of great events planned throughout the weekend! We have teamed up again with the Kelly Thronson Memorial BBQ and Pioneer Days for Saturday, September 9th. If your group or organization would like to be a part of the weekend by holding or sponsoring an event, please let us know. We will include you in our advertising and put your event on our poster free of charge. We are also looking for sponsors for the children's events. We need sponsors for the Bubble Bonanza, games for children, face painting and more! Any amount would be appreciated! Please contact Lee Ann Hall at 784-3542 or 784-8069 or contact her via email at leannko@loretel.net to sponsor an event or have your event included in the advertising of the Festival.

A craft show/food market is scheduled on Saturday, September 9th from 9 a.m. until 3 pm at the 4-H Building and in front of the Coliseum. There is space available for crafters and food stands. Please contact Angie Nelson at angiecokley@gmail.com to register.

WELCOME WAGON – WE NEED YOUR INFORMATION!

The Welcome Wagon is a great way to promote your business to people moving into our community! We have teamed up with the City of Ada to distribute them to newcomers when they sign up for utilities. For people moving into our community that have utilities included in their rent, the City has the bags available at Ada City Hall. We are in need of items from your business! Different ways to promote your business include items such as business cards, promotional material, small gifts, coupons for discounted items, information on what products or services that you provide, etc. Please bring 30 items to the Ada Chamber of Commerce office located in the Office Supplies Plus building as soon as possible! If you have any questions please call Lee Ann Hall at the Chamber office at 218-784-3542.



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Beware of grasshoppers

Now is the time to prepare for the coming grasshopper invasion.

By Tom Kalb, horticulturist,
NDSU Extension

Grasshoppers were devastating in Dakota gardens last year. They devoured many plants from top to bottom.

Now the pests are coming back again. What caused this?

The weather during the past two years has been perfect for grasshoppers.

First, grasshoppers love a long, warm summer. This gives the insects plenty of

time to eat, mate and lay lots of eggs. Last summer was long and warm. We had huge swarms of grasshoppers to begin with, and they feasted and laid a tremendous number of eggs. One female grasshopper can lay more than 1,000 eggs. A population explosion was waiting to happen this spring.

Second, grasshoppers want a late spring. If they get an early spring, their eggs

hatch too early and die from a cold snap. We had a late spring this year and many baby grasshoppers avoided frosty, cold weather.

Third, grasshoppers enjoy a warm, dry spring. This provides the young grasshoppers with food and protects them from diseases. The month of May was one of the warmest ever. Food was abundant. Although the month was moist, rains



Now is the time to prepare for the coming grasshopper invasion says NDSU Extension horticulturist, Tom Kalb. (Pixabay photo)

were quickly absorbed by our parched soils.

Swarms of young grasshoppers are emerging out

of brushy areas and ditches now. They don't have wings yet, but they can hop over three feet at a time.

The pests are heading for our gardens where they will find moisture and succulent plants to feast upon.

Among vegetables, grasshoppers particularly enjoy eating lettuce, onions, carrots, beans and corn. Among flowers, grasshoppers prefer eating sunflowers, iris, day-lily, canna lily and roses.

Now is the time to prepare for the invasion. You can spray the ditches and brushy areas where they are emerging. If you see hoppers near your garden, you can spray the borders. Spray a 10-foot swath to deter the pests.

Grasshoppers are a destructive foe. We need to show them no mercy. Once they enter our garden, we need to fight back.

I prefer to kill pests using organic insecticides. These chemicals are generally safer to use, cause less harm to bees and other beneficial insects, and don't last long in the environment.

Spinosad is a great organic product, but it cannot control grasshoppers. Pyrethrin only works for a day or two. That's not long enough.

Insecticidal soap has to be sprayed on the pest itself to kill it. Good luck spraying soap on swarms of jumping grasshoppers.

I tried spraying organic neem to protect my crops last year. It lessened the

damage for a few days, but the pests came back in full force. I have since learned that neem is most effective on very young grasshoppers.

After my organic strategy failed, I got out the big guns.

Pyrethroids and carbaryl are our most effective weapons. These synthetic insecticides are popular and available at all garden centers. Pyrethroids include zeta-cypermethrin, cyfluthrin, bifenthrin, lambda-cyhalothrin and esfenvalerate. Look at the label and its list of active ingredients.

These chemicals are powerful and long lasting. They can give you 7 to 14 days of protection.

Use carefully because these synthetic insecticides are toxic to us. Follow the instructions on the label, and there will be a waiting period between spraying and harvesting.

These products are toxic to bees. You can reduce harming bees by spraying in the evening when bees are not active and targeting the leaves of flowering plants.

Humans have been battling grasshoppers for centuries. This year is no different. Grasshoppers are gathering in huge swarms. Get ready for battle.

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at www.ndsu.edu/agriculture/extension/county-extension-offices.

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FSA MINUTE

By James Kruize, County Extension Director,
Norman County Farm Service Agency

Nominations Open for the 2023 County Committee Elections

The U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) is now accepting nominations for county committee members and encourages all farmers, ranchers, and FSA program participants to take part in the Norman County Committee election nomination process.

Elections will occur in certain Local Administrative Areas (LAA) for members. LAAs are elective areas for FSA committees in a single county or multi-county jurisdiction. For Norman County, elections will take place in LAA #2, which consists of Lockhart, Spring Creek, Pleasant View, Green Meadow, McDonaldsville, Lake Ida, Winchester, and Rockwell townships. Customers can identify which LAA they or their farming or ranching operation is in by using our new GIS locator tool available at fsa.usda.gov/elections.

County committee members make important decisions about how Federal farm programs are administered locally. All nomination forms for the 2023 election must be postmarked or received in the local FSA office by August 1, 2023.

Agricultural producers who participate or cooperate in a USDA program and reside in the LAA that is up for election this year, may be nominated for candidacy for the county committee. A cooperating producer is someone who has provided information about their farming or ranching operation to FSA, even if they have not applied or received program benefits.

Individuals may nominate themselves or others and qualifying organizations may also nominate candidates. USDA

encourages minority producers, women, and beginning farmers or ranchers to nominate, vote and hold office.

Nationwide, more than 7,700 dedicated members of the agricultural community serve on FSA county committees. The committees are made up of 3 to 11 members who serve three-year terms. Committee members are vital to how FSA carries out disaster programs, as well as conservation, commodity and price support programs, county office employment and other agricultural issues.

For more information on FSA county committee elections, including fact sheets, nomination forms and FAQs, visit fsa.usda.gov/elections.

Low Interest Emergency Physical Loss Loans Available for Producers in Norman County

Agricultural producers in Norman County who lost property due to recent natural disasters are eligible for physical loss loans from the U.S. Department of Agriculture (USDA). USDA's Farm Service Agency (FSA) offers these loans for losses caused by **excessive snow** that occurred **January 1, 2023 through April 21, 2023**.

FSA is offering these low-interest emergency loans to producers with a qualifying loss. Approval is limited to applicants who suffered severe physical losses only, including the loss of buildings and livestock. The deadline for producers in designated primary and contiguous counties to apply for loans for physical losses is **January 30, 2024**.

Physical loss loans can help producers repair or replace damaged or destroyed physical property essential to the success of the agricultural operation, including livestock losses. Examples of property commonly affected include essential farm buildings, fixtures to real estate, equipment, livestock, perennial crops, fruit and nut bearing trees, and harvested or stored crops and hay.

Please contact FSA for more information on loan eligibility and the application process. FSA office information is available at <http://offices.usda.gov>. Additional FSA disaster assistance program information is available at disaster.fsa.usda.gov.

USDA Announces Corrections to Emergency Relief Program Policy to More Accurately Reflect 2020 and 2021 Natural Disaster Impacts on Crops Intended for On-Farm Use

The U.S. Department of Agriculture (USDA) is updating the Emergency Relief Program (ERP) Phase Two to provide a method for valuing losses and accessing program benefits to eligible producers of certain crops, including grapes grown and used by the same producer for wine production or forage that is grown, stored and fed to livestock, that do not generate revenue directly from the sale of the crop. These updates ensure that ERP benefits are more reflective of these producers' actual crop losses resulting from 2020 and 2021 natural disaster events. USDA's Farm Service Agency (FSA) is accepting ERP Phase Two applications from eligible wine grape and forage producers including the technical correction to ERP. The deadline to submit applications for ERP Phase Two is July 14th.

Background

In January 2023, FSA announced ERP Phase Two, designed to wrap-up and fill remaining gaps in previous natural disaster assistance for 2020 and 2021.

To be eligible for ERP Phase Two, producers must have suffered a decrease in allowable gross revenue in 2020 or 2021 due to necessary expenses related to losses of eligible crops from a qualifying natural disaster event. Assistance is primarily for producers of crops that were not covered by Federal Crop Insurance or the Noninsured Crop Disaster Assistance Program since crops covered by Federal Crop Insurance and NAP were included in the assistance under ERP Phase One administered in 2022.

Continued on page 17

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Determining Crop Value

Producers of certain crops now have a method for including crop value in their allowable gross revenue for the purpose of determining ERP Phase 2 benefits.

The value of the eligible crop intended for on-farm use will be based on the producer's actual production of the crop and a price for the crop as determined by FSA's Deputy Administrator for Farm Programs based on the best available data for each crop such as published crop price data or the average price obtained by other producers in the area. Acceptable, published sources including but are not limited to Federal Crop Insurance Corporation established prices, FSA established National Crop Table prices and National Agricultural Statistic Service prices.

Revenue and pricing guidelines for expected revenue for wine grapes and on-farm forage is available online for producer reference and convenience when applying for ERP Phase Two.

Wine grape and forage producers who have already submitted their ERP Phase Two applications to FSA have the option of revising the application and updating their allowable gross revenue to include crop value if applicable.

Producers of crops grown for on-farm use other than wine grapes and forage may request consideration to use a crop's value in their allowable gross revenue. Submit requests to RA.FSA.DCWA2.ppb@wdc.usda.gov. FSA's Deputy Administrator for Farm Programs will review submitted requests.

More Information

FSA offers an online ERP tool to help producers determine what is considered allowable gross revenue..

Producers should contact their local FSA office to make an appointment to apply for ERP Phase Two. Producers should also keep in mind that July 15th is a major deadline to complete acreage reports for most crops. FSA encourages producers to complete the ERP Phase Two application and acreage report during the same office visit. Applications for the Pandemic Assistance Revenue Program, a revenue-based program for losses resulting from the pandemic, can also be completed.

Storm Reporting Assistance

As we move through the growing season, producers are asked to report weather events that cause significant damage to crops, livestock and or buildings. This information will be used to assess damages to determine what type of federal assistance is needed. Reports, as well as pictures, can be sent to james.kruize@usda.gov.

Conservation Reserve Program

CRP – Primary Nesting Season – The primary nesting season starts June 1st and runs through August 1st. Mid Contract Management activities will now need to be on hold until this timeline lapses. Contract holders should refrain from mowing or spraying unless you contact FSA to receive

permission to spot spray or mow any weeds or control any rodents. We would also advise contract holders to take some time and scout your CRP acreage throughout the year to ensure you do not have volunteer trees or noxious weeds popping up. It is your responsibility to maintain your CRP practice and failure to do so could result in penalties of noncompliance up to and including contract termination.

The **Continuous CRP Signup** is now underway for new offers. Under the continuous CRP signup, environmentally sensitive land devoted to certain conservation practices can be enrolled in CRP at any time. Offers for continuous enrollment are not subject to competitive bidding during specific periods. Instead they are automatically accepted provided the land and producer meet certain eligibility requirements and the enrollment levels do not exceed the statutory cap. A new practice established under the 2018 Farm Bill is CP43 Prairie Strips which could be used on perimeter of fields to replace conservation issues with headlands, irrigation corners, and salinity areas on cropland.

Transitioning Expiring CRP Land to Beginning, Veteran or Underserved Farmers and Ranchers

CRP contract holders are encouraged to transition their Conservation Reserve Program (CRP) acres to beginning, veteran or socially disadvantaged farmers or ranchers through the Transition Incentives Program (TIP). TIP

Continued on page 18



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provides annual rental payments to the landowner or operator for up to two additional years after the CRP contract expires.

CRP contract holders no longer need to be a retired or retiring owner or operator to transition their land. TIP participants must agree to sell, have a contract to sell, or agree to lease long term (at least five years) land enrolled in an expiring CRP contract to a beginning, veteran, or socially disadvantaged farmer or rancher who is not a family member.

Beginning, veteran or social disadvantaged farmers and ranchers and CRP participants may enroll in TIP beginning two years before the expiration date of the CRP

Do you like to write?

The Promoter is looking for local occasional feature writers in the Norman and Traill County areas to assist in gathering fun and interesting stories and pictures for upcoming issues.

For more information call John at 218-861-6708 or email john@redriverpromoter.com.

contract. The TIP application must be submitted prior to completing the lease or sale of the affected lands. New landowners or renters that return the land to production must use sustainable grazing or farming methods.

For more information, contact your Norman County USDA Service Center by telephone or visit fsa.usda.gov.

Farm Storage Facility Loans

Did you know FSA's Farm Storage Facility Loan Program (FSFL) can help you with your storage and handling needs? As you plan for this year's harvest, are you thinking that you really could use a truck, grain cart, sugar beet cart, auger, or another piece of equipment to meet your handling needs? Do you need additional storage?

Then why don't you give our FSFL program a chance to help you:

- Acquire new or used storage and handling trucks;
- Acquire portable or permanently affixed storage and handling equipment; and/or
- Acquire new storage bins.

A variety of structures, handling equipment, and trucks are eligible under this loan, including dryers, augers, trucks – new & used, grain trailers (hopper, live bottom, end dump), including semi tractors, baggers, bale wrappers, grain carts, sugar beet carts, forklifts and skid steers, bulk tanks, propane

tanks, hay barns, facilities for cold storage, storage, drying, & handling facilities, and many more options available.

A producer may borrow up to \$500,000 per loan, with a minimum down payment of 15 percent. Loan terms range from 3 to 12 years, depending on the amount of the loan with favorable interest rates (3.50% - 3.75%) currently. Producers must demonstrate storage needs based on three years of production history for storage facilities. FSA also provides a microloan option that, while available to all eligible farmers and ranchers, also should be of particular interest to new or small producers where there is a need for financing options for loans up to \$50,000 at a lower down payment with reduced documentation. Applicants for all loans will be charged a nonrefundable \$100 application fee.

If there is construction required, which would include ground disturbance such as site preparation, an environmental review must be completed before actions are approved. Contact your local FSA office early in your planning process to determine what level of environmental review is required for your program application so that it can be completed timely.

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A Salute to Our Hometown Heroes

Hometown Heroes are Everyday People Who Give Back to Their Communities!

An opinion piece in a major midwest daily newspaper called attention to the fact that, while our military are great national heroes, we have three holidays to honor them. Independence Day, however, offers us the chance to pay tribute to other heroes.

It seems to us that Independence Day calls on us to celebrate our local heroes –

Volunteer Firefighters

Whenever fire or other dangerous peril threatens communities all across America, chances are high that volunteer firefighters will be among the first to respond to the siren's call. Time and again, whether in the dead of the night, the middle of a blizzard, or in the midst of a searing summer heat wave, volunteer firefighters arrive at the scene and willingly place themselves in harm's way in order to protect the lives and property of their friends, neighbors, and even complete strangers. The brave men and women who comprise America's volunteer firefighters are regular people with regular jobs who take time out of their lives to safeguard their neighborhoods and communities, occasionally making the ultimate sacrifice when tragedy strikes, all without any expectation of compensation or recognition for their courageous efforts. It is this selfless commitment to service, this enduring devotion to duty and community, that makes volunteer firefighters Authentic American Heroes.

EMS

This issue is also dedicated to honoring EMS providers for their dedication to the health and safety of our community.

Communities rely on volunteer emergency medical responders (EMR) and emergency medical technicians (EMT) to provide initial and early personal emergency medical care.

They are available to be paged out on a moment's notice to respond to medical calls, motor vehicle accidents, and other services where emergency medical attention is needed.

First responders provide emergency first aid, triage and first aid support at public events, and support firemen by monitoring their medical health during fire calls.

First responders help bridge the gap between ambulance page and arrival, often being able to initiate care and prepare patients for transport. All first responders in the Lakes Area are volunteers.

They are required to attend trainings, exercises and monthly meetings in order to maintain EMR certification.

Anyone interested in becoming a volunteer member of a local squad should contact their local city office.



Military

We pay tribute to all military personnel, from every service branch, and from every time period in American History. These are the brave men and women that have sacrificed to keep this nation free for the last 239 years and they deserve our respect. From Medal of Honor Recipients, Prisoners of War, Generals and Admirals, as well as the Soldiers, Sailors, Airmen, and Marines that nobody has ever heard of...they all performed honorable service to this nation, and many of them gave their life to keep us free. We salute you with great gratitude!

Law Enforcement

Our police officers risk their lives every single day. Every day, they wake up in the morning and kiss their

wives or husbands and children goodbye, knowing full well that it could be the last time they see them.

Every day, the dedicated efforts of our police officers keep our communities safe. They protect our homes, our schools, and our streets. They do it with professionalism even under the strain of a dangerous job. We should all be grateful for their commitment to us, and proud to honor their work. The overwhelming amount of good work they do can be overshadowed by politics sometimes. While some are twisting tragedies to score political points, it's important for us to recognize and remember our police officers for their bravery and service."

Teachers

The term "teacher" can be substituted with instructor, educator, tutor, trainer, guide and coach. But to capture the full impact of what a teacher is, one must really precede that title with appropriate adjectives.

Coming quickly to mind are: caring, dedicated, patient, knowledgeable, inspiring, empathetic, generous, understanding, passionate, tireless, resourceful and unselfish. Teachers do more than teach; instructors do more than instruct; educators do more than educate. And so it goes.

Add any or all of these adjectives to the various job titles and you approach those intangible qualities that truly define the remarkable role of today's teachers.

Originally celebrated in March, the designation was moved to the May date in 1985. Regardless of the month or whether it is a single day or weeklong observance, our teachers truly deserve honor and recognition.

To all of you actively involved in education: embrace our chosen profession knowing that you really do make a huge difference in the lives of your students and community. WHO you are as a caring person and role model will long outlive the content that you present.

We value you and your efforts! We thank you! We salute you!

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Jared Elliott
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Curtis Kalash
Tyler Kent

Rick Kent
Konner Kylo
Ross Lockhart
Jeremy Magnuson
Jon McSparron
Joel Porter
Eric Rensvold

Louis Rosenau
Tim Satrom
Reggie Tate
Doug Tate
Jamie Winterquist
Kinzie Wallgren
Mark Schultz

Jesse Hayden
Bryce Sorsen
Joey Lende
Stacy Galster

Members of the Hendrum-Perley Fire & Rescue

Hendrum Fire & Rescue

Mike Smart – Fire Chief
Craig Balvik – Rescue Captain
Paul Luoma,
Thomas Brownlee
Jordan Smart

Hunter Rudnik
Wyatt Rudnik
Justin Aguirre
Andy Best
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Sandy Masche

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To us, there's nothing better than people coming together for the common good. That cooperative spirit drives us, and we see it in our first responders and volunteers as they keep our communities viable and vital. Your service is an inspiration, and your example deepens our commitment to the Red River Valley.

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Kevin Erickson

Nick Gustafson
John Hinkley
Darin Johnson
Rick Leiser
Bron Lucas
Carlos Medina
Joshua Poehls
Dan Rude

Lucas Spaeth
Chad Tice
Matthew Warner
Randy Westcott
Todd Westcott (Chief)
Tony Wolff

Halstad Rescue Squad

Jesse Arneson
Rachel Arneson (President)
Shane Carlson
Carna Cloete
Kathy Mickelson
Ken Mickelson
Darla Moen
Joseph Pickle

Mercy Pickle
Gary Shulstad
David Swenson

Shelly Fire & Rescue

Shelly Fire & Rescue Squad

David Swenson, Fire Chief
Kym Grove
Janet Grove
Gene Dybing
Curt Crowley
Marilyn Whiting

Ron Cakebread
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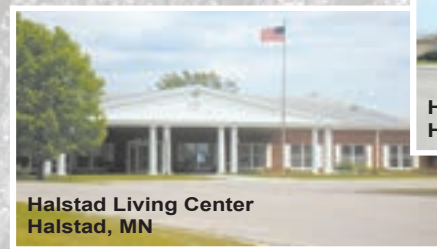
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Cody Wambach, Colton Wambach, Matt Wierschke.

Molly Nuttum, Cody Wambach.

Felton Rescue Squad
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Kasey Kylo
Johnny Jorgensen
Reggie Tate
Sean Richardson
Dereck Clauson

Dylan Burke
Jason Richtsmeier
Mark Richtsmeier
Paul Teegarden
Justin Teegarden
Nate Adamson
Scott Petersen

Hunter Ambulance

Michelle Anderson
Melissa Bring
Wendy Bring
Mary Beth Engelke
Don Hollister
Mary Horak
Sean Jalbert

Ben Longlet
Jill Moore
Jon Morrison
Les Murray
Carrie Nelson
Tim Nelson
Donna Porter

Sean Richardson
Mark Richtsmeier
Sam Schultz
Mark Schultz
Curt Weible
Stacy Weible

Members of the Arthur Fire Department

Arthur Fire Department

Casey Zieske, Chief
Ryan Siefert, Assistant Chief
Dylan Johnson, Assistant Chief
Joey Strauss, President
Luke Picard, Vice President

Jeff Davis, Secretary
Scott Kroeger, Treasurer
Harold Timmerman
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Tony Ernst
Brandon Hanson
Phil Zubrod
Aaron Kennedy
*(All are members of the
fire department. Medical
first responders are
noted with an *)*

Members of the Hillsboro & Rescue

Jamie Reed Fire Chief
Jake Rust 1st Asst.
Chief
Bob Wilson 2nd Asst.
Chief
Matt Miller Sec/Tres.
Dave Sather
Tom Olsen
Dan Christianson
Ray Weber

Marty Iverson
Todd Carlson
Scott Olsen
Chris Redland
Dave Mueller
Dereck Mooney
Chris Mueller
Cody Kritzberger
Mark McLean
Dan Ulrich

Tim Kelley
Zachery Zander
Dontray Nelson
Clint Kelso
Jameson Marchand
Stephen Haffely
Andrew Henn

Members of the Hitterdal Fire Dept.

Adam Anderson
Cris Anderson
Anthony Bakken
Anthony Baumgartner
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Climax Fire Department

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| David Rye - fire & rescue asst. Chief | Beth Rarick - fire and rescue |
| Bryan Nettum-fire & rescue asst Chief. | Donny Abentroth - fire |
| John Vraa - fire and rescue | Michael Nesvig - fire |
| James Evitts - fire and rescue | Dean Gunderson - fire |
| Brian Evenson - fire and rescue | Dylan Evitts - fire |
| Howard Nettum - fire | Winfred Wolfgram - fire |
| Karla Chandler - fire | Chad Gunderson - fire and rescue |
| Jeremy Chandler - fire | Fire Chief |
| Casey Carl - fire | |

Members of the Fertile Fire Department

Fertile Fire Department

| | |
|--|------------------------|
| Jason Haas (Fire Chief) 21 yrs | Tyler Erickson 8 yrs |
| Wolfe Clark 28 yrs | Dustin Kalinoski 7 yrs |
| Sam Finseth 13 yrs | Jeff Haaven 6 yrs |
| Vern Anderson (Secretary/Treasurer) 35 yrs | John Revier 5 yrs |
| Timmy Oistad (Asst Chief) 24 yrs | Elijah Clark 5 yrs |
| Tod Dufault (Captain) 22 yrs | Shane Fredericks 5 yrs |
| Travis Jensrud 20 yrs | Travis Stene 4 yr |
| Aaron Broden 18 yrs | Chris Peterson 4 yr |
| Nathaniel Messick (Captain) 16 yrs | Isaac Larson 4 yr |
| Travis Fuchs 15 yrs | Cory Ystenes 3 yr |
| Aaron Bakke 13 yrs | Damian Gudvanger 3 yr |
| Brian Grunhovd 11 yrs | |
| Stanton Wang 10 yrs | |
| Reid Jensrud 10 yrs | |

**Note: We were not able to confirm changes in the roster for the Fertile Fire Dept from last year. Our apologies for any omissions.*



Members of the Nielsville Fire Department

Nielsville Fire Department

| | | |
|----------------------------|-----------------|-------------------|
| Nielsville Fire Department | Scott Abentroth | Bill Brekke |
| Donald Blasey – Chief | Salvador Vargas | Kaylin Engelstad. |
| David Vraa | Jeremy Pierce | Jeremy Opheim |
| Leslie Palm | Mike Burd | Marlow Pallum |
| | Shawn Brekke | |

Members of the Gary Fire & Rescue

Gary Rescue Squad

EMT's – Bridget Sather & Monica Lisburg. First Responders – Linda Engen, Kim Knutson, Kristi Engen, Carrie Heisler, Paige Gunderson, Al Clausen, Heather Mackner & Missy Netland.

Gary Fire Department

| | | |
|-------------------|----------------|--------------------|
| Buck Engen- Chief | Dalen Thronson | Ray Gunderson |
| Byron Thronson | Brian Chisholm | Dan Pinske |
| Lynn Thordal | Ben Ramstorf | Bryan Thronson |
| | | Joe Heisler |
| | | Nathan Sather |
| | | Nick Pederson |
| | | Barent Thronson |
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Ada-Borup Fire Department

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Chief
Mark Brownlee,
Lieutenant
Glen Visser-Captain
Scott Erickson-Captain
Josh Mathsen-Captain
Jay Merkens
Shawn Roux

Chris Westcott
Dave Scherfenberg
Michael Sorenson
Blaine Erickson
Nicholas Prothero
Bryce Jossund
Justin Kaste
Sam Visser
Eric Delong
Dustin Olson

Ryan Hoven
Borup Station
Randy Pallum-Chief
Myron Pallum
Duane Hushagen
Taylor Myers
Justin Wilhelm

Twin Valley Fire & Rescue

Twin Valley Fire & Rescue

Eric Begg
Paul Bekkerus
Taylor Bennefeld
Karen Bolton
Marcus Coyle
Joe Diepenbrock
Brenda Dobmeyer
Nate Dobmeyer
Jason Douville
Ben Fall

Justin Gall
Tim Gilbertson
Crystal Hegreberg
Mitch Hoekstra
Mike Lampton
Reuben Mastin
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 - ELIJAH DILLON
 - MIKE HOBAN
- RICK LARSON – ASST. CHIEF**
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 - BRIAN MAESSE
 - JOE MOZLEY
 - DENNIS STEICHEN
 - KEVIN STEICHEN
 - LYLE STEICHEN
 - ERIC SWENSON
 - NICK THEIS
- Rescue Squad:**
- BEN FUGLIE
 - AMY MADSON
 - ANGIE SIRJORD
 - ABBY STEICHEN
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Welcome to Shelly for "Shelly Days" 2023

Shelly Days July 29 & 30, 2023 Saturday, July 29th

Parade

Johnson St & McKinley Ave
10:30am
Line up in the Bears Den
parking lot at 10:00am

Car Show

By Community Center
Following parade

Water Wars

City Park
11:30am
Watch local fire depts compete for
the trophy and bragging rights!

Lawnmower Races

City Park
Following Water Wars

T-Shirt Sales

All day

Lunch/Concessions

Pork burgers and brats from
Barrick Family Farms, popcorn,
pop, beer, and more
City Park
11:00am-2:00pm

Bounce House

City Park
All afternoon

Red River History Museum

Open 11:00am-2:00pm

Bingo

Community Center
3:00-5:00pm

Gun Raffle & Cash Raffle

Ticket sales all day and
in advance
Drawings at the
street dance

Pulled Pork Dinner

Pulled pork, cheesy potatoes,
coleslaw, beans, ice cream
Fire Hall
5:00-7:00pm

Full Bar

Served by Shelly Fire & Rescue
Fire Hall
5:00pm-midnight

Street Dance & Karaoke

Fire Hall
7:00pm-midnight

Sunday, July 30th

Community Worship Service

City Park
11:00am

Lunch

BBQs, salads, watermelon
City Park
12:00-2:00pm



Follow on
Facebook
for more
details!
bit.ly/shellydays

Email shellycommclub@gmail.com with any questions! No pre-registration
necessary for the parade, car show, or lawnmower races.

Organized by the Shelly Community Club and Shelly Fire & Rescue. Funds raised go
towards community activities and supporting our fire department.

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Grandma's Gab

County Fairs and Family Reunions

By Lavonne Sannes

"Tis the season, the season for all the area county fairs and family and class reunions. County fairs get used for all the above! "Let's meet at the fair" "OK, how about right outside the Ladies Aid Stand Saturday afternoon!" At the Fertile Fair (officially the Polk County Fair), on the benches against the east wall, was where the 'elders' parked to people watch and greet old neighbors and nieces and nephews they hadn't seen since last year's fair. It was a favorite spot of my father-in-law Norman and his brother Ray.

A few years ago we had a family reunion at our home. We tend to go a wee bit overboard with our gatherings! This was no exception. We enjoy having a theme and this particular one was the Redneck Reunion! You may have

heard Jeff Foxworthy's definition of Redneck. "The complete and utter absence of class and sophistication!" That was us! Some had outdone themselves in their attire such as, sponge rollers in the hair, pajama pants and slippers with a t-shirt reading 'Just goin' to Walmart.' One had a mullet, many had bib overalls, one strap undone of course, a few blacked out teeth and lots of camo. Of course there were many prizes for all of this.

Trophies were fashioned from plastic wine glasses hot glued to red solo cups, first place was spray painted gold. Specialty gifts were also made and drawn for. It's not everyday kids get medals (made from canning lids and hung around their necks with twine) in worm slurpin', or cracker whistlin' or armpit farting! And little ones had great

fun running through the sprinklers with never-ending amounts of giggling!

There were beer scavenger hunts and corn hole games! Lots of visiting and lots and lots of food! Some dishes had some interesting names like 'Gopher Loaf and Possum Stew, Hog Jowls and White Lightening, but it all tasted good!

It's good to get together with friends and family. Make the time. As I reflect on this, I realize how many dear ones have passed since that reunion and they are missed. You don't have to get as elaborate as we did. Just call them up and say, "family gathering, our house, this date, spread the word! I guarantee you will not regret it!"

Lavonne Sannes

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In order to succeed at this job, though, a person needs to be ambitious, outgoing, honest and positive. Like any career involving sales, the effort you put forth determines how successful you can be.

If you are currently involved with sales, especially in advertising, and feel you would like to make a change and learn more about Heritage Publications, give us a call or email us. If you have never been in ad sales before, but feel that you have the drive and personality to make it a great new career, let's talk.

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The Formidable Foodie

By Dena Bishop

A Birthday Treat

While standing in the grocery store line about a dozen years ago, I picked up and flipped through one of those small recipe magazines. I did have a habit of collecting these encyclopedias of tasty treats.

While I was waiting for the customer ahead of me to finish with her cart load of groceries, I had a chance to look at all the recipes and I found a recipe for a chocolate and raspberry cake that looked really good.

My birthday just happened to be that week and I thought "What a nice treat for myself". So I excused my way out of line to find what I needed to make this cake.

The cake was so easy to make and so delicious that I have made it almost every year for my birthday. I have adapted it to my homemade chocolate cake and now sell it in my bakery but I will share the Cake Mix version with you.



Raspberry Fudge Torte

1 package (18-1/4 oz) Devil's Food Cake mix
1 cup Sour Cream
3/4 cup Water 3 eggs
1/3 cup Canola Oil
1 tsp Vanilla Extract

Ganache

1 cup Semisweet Chocolate Chips
1/2 cup Heavy Whipping Cream

Raspberry Cream

1 package (10 oz) frozen Sweetened

Raspberries, thawed
3 Tbsp Sugar
4 tsp Cornstarch
1/2 cup Heavy Whipping Cream, whipped

In a large bowl, combine the cake mix, sour cream, water, eggs oil and vanilla. Beat on low speed for 30 seconds. Beat on medium speed for 2 minutes.

Pour into 3 greased and floured 9 inch cake pans. Bake at

350° F for 25-30 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

For ganache, place chocolate chips in a small bowl. In a saucepan, bring cream to just a boil. Pour over chocolate; Whisk until smooth. Stir in butter. Transfer to a small bowl; cover and refrigerate until mixture reaches spreading

consistency, stirring occasionally.

For raspberry cream, mash and strain raspberries, reserving juice; discard seeds. In a small saucepan, combine sugar and cornstarch; stir in raspberry juice. Bring to a boil, cook and stir over low heat for 1-2 minutes until thickened. Cover and refrigerate for 30 minutes. Fold in whipped cream.

Place one cake layer on serving plate; spread with half the ganache. Top with second cake layer; spread with raspberry cream. Top with remaining cake layer; spread with remaining ganache. Garnish with raspberries and mint if desired. Cover and store in refrigerator.



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Pain in Your Foot or Ankle? It Could Be Arthritis

(StatePoint) Arthritis in the feet and ankles can produce swelling and pain, deformity, loss of joint function and loss of mobility. Whereas previous generations had to accept this as a normal part of aging, an explosion of new therapies and surgical treatments is offering patients today both hope and relief. For best results however, foot and ankle surgeons urge early intervention.

"When it comes to arthritis, it's important not to tough out symptoms or bear the pain," says Danielle Butto, DPM, FACFAS, a foot and ankle surgeon and Fellow member of the American College of Foot and Ankle Surgeons (ACFAS). "Earlier treatment is not just about alleviating symptoms sooner. In many cases, we can even slow the progression of the symptoms, and use less invasive procedures to treat the condition than we would otherwise."

Understanding the early warning signs of arthritis, the progression of different forms of the disease and the new treatments available are important for getting the proper treatment and managing your symptoms.



Continued on page 40



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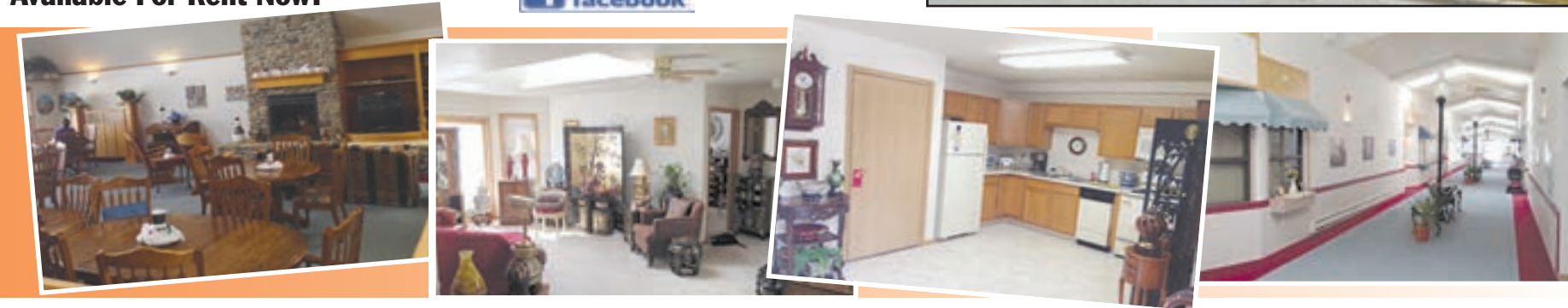
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Prime Time

Continued from page 38

Osteoarthritis

Osteoarthritis is a degenerative condition characterized by the breakdown and eventual loss of cartilage in the joints.

One common area where osteoarthritis occurs is the big toe. The big toe makes it possible for you to walk and run upright, absorbing forces equal to nearly twice your body weight when walking. With all it endures, it's no surprise that overuse can erode cartilage, causing serious pain and even physical deformities. Nevertheless, many people confuse big toe arthritis, also known as hallux rigidus, with bunions.

Early signs of hallux rigidus include pain and stiffness during use, or during cold, damp weather, difficulty with activities like running and squatting, and swelling and inflam-

mation around the joint. Additional symptoms may develop over time, including pain during rest, bone spurs, limping, and dull pain in the hip, knee or lower back due to changes in gait.

If you notice any of these symptoms, see a foot and ankle surgeon. Conservative treatments like shoe modifications, orthotic devices and physical therapy, may prevent or postpone the need for surgery. If you have mid- to end-stage arthritis in your foot or ankle, you may require next steps, such as ground-breaking cartilage regeneration treatment, implant surgery or the surgical removal of damaged cartilage and spurs, all of which have quick recovery periods.

"People with this disorder tend to suffer much longer than they need to,"

says Dr. Butto. "They're often pleasantly surprised when they find out their problem can be fixed."

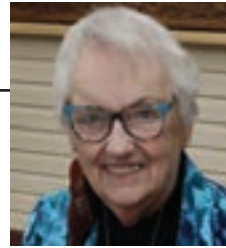
Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a disease in which certain cells of the immune system malfunction and attack healthy joints. Foot problems caused by RA commonly occur in the ball of the foot near the toes, although RA can also affect other areas of the foot and ankle. The most common signs and symptoms are pain, swelling, joint stiffness and difficulty walking, as well as a range of deformities, including rheumatoid nodules, dislocated toe joints, hammertoes, bunions, heel pain, Achilles tendon pain and flatfoot ankle pain.

As part of a team that includes a primary doctor or rheumatologist, your foot and ankle surgeon will develop a treatment plan aimed at relieving associated pain, which may include orthotic devices, accommodative shoes, aspiration of fluid build-up and steroid injections. When RA produces foot pain and deformities not relieved through other treatments, surgery may be required.

"Listening to your body and seeing a foot and ankle surgeon are so important. With today's scientific advances, treatment can reduce pain and restore you to your previous mobility, strength and functionality," says Dr. Butto.

For more information on foot and ankle arthritis or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.



History Matters

Baseball was the game of choice in 1885

By Solveig Kitchell, Director, Norman County Historical Society

Baseball was the game of choice in 1885. All the towns in the Red River Valley had good teams. Ada played Grand Forks, Moorhead, Fargo and Crookston. I quote A.O. Rolfe, one of Ada's players in that year: "The tightest game played was against Grand Forks on the Crookston grounds...with the score tied in the ninth and Ada having all the bases filled, I went to bat. A lucky swing and I clouted the three-bagger which won the game. Returning to Ada, the team and the fans had a banquet at the Ada House, and it was some celebration, too."

The most famous of all Ada's baseball players was Walter Wilmot who played in Ada in 1881 when Ada took the amateur championship of the northwest part of Minnesota. He played professional ball in 1884 in St. Paul, and with the Washington Senators in 1887. From there he went to the Chicago "White Stockings" from 1890 to 1895. He managed the Minneapolis-St. Paul team from 1896-1900.

Our fourth Mr. Baseball is Anthony Sipe. He spent his early years in the village of Lockhart. He attended school and church there and grew up helping his dad in the blacksmith shop and pool hall. He graduated from Ada High School in 1935, following which he worked at the Maas Store and the Lockhart Bank.

Following a stint in the Army during WWII, Tony returned to banking, a career that lasted 55 years.

Baseball was always his first love when it came to sports. He played on the Lockhart team, and then with the Ada A's team for 15 years. He became involved with Legion Baseball as a manager and remained with those teams for 35 years. The Baseball field in Ada is dedicated to him. In 1986 he was inducted into the Minnesota Amateur Baseball Hall of Fame in St. Cloud. He passed away in 2011.

One of his hobbies earned him the nickname "Batman". Tony collected 150 cracked bats, a number of which were signed by some of the biggest names in the business: Jackie Robinson, Willy Mays, Mickey Mantle, Ted Williams and Al Kaline. His personal favorite, a Nelson Fox Louisville Slugger. Unhappily, he loaned it to someone else and they cracked it. We have one of the 150 bats at the museum, along with Tony's uniform, the matching uniform that Clarabelle made for Tim, and the ring that he received when he was inducted. Stop in and see what we've collected, and learn more about sport in Norman County. It has obviously "mattered" for our 138 years.

1.0 FTE 6-12 High School Counselor Ada-Borup-West Public Schools Ada, Minnesota

The Ada-Borup-West Public School District, located in the heart of the Red River Valley in NW MN, has an opening for a 1.0 FTE licensed/certified counselor for the 2023-24 school year. The district has an impressive resume and high expectations for student achievement. Qualifications and licensure are a necessity, along with being an individual of high character and integrity.

The School Counselor is responsible for providing support and assistance to instructional staff, students and parents by providing a comprehensive school counseling program to respond to identified student needs in the areas of academic support, college and career guidance; individual and/or group counseling support services. The guidance counselor supports the social, emotional & behavioral development of students through support of character education, bullying and violence prevention and career planning.

Questions about the position can be directed to High School Principal Josh Carlson at 218-784-5300 or joshcAda.k12.mn.us. The school district offers a very competitive salary and benefits package, as well as an opportunity to work in a great community.

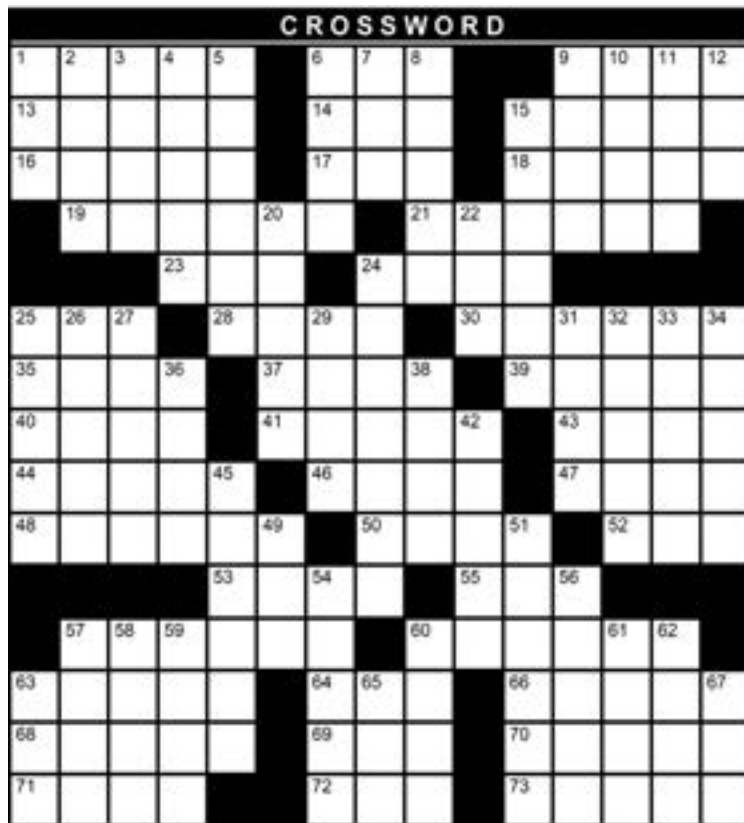
Please send your cover letter, resume, School District licensed application form (available at www.ada.k12.mn.us), teaching license, college transcripts, and three letters of recommendation to:

**Josh Carlson, H.S. Principle
Ada-Borup-West Public Schools
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Ada, Minnesota 56510**

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THEME: INDEPENDENCE DAY

ACROSS

1. Kind of illusion
6. Perched
9. Island near Java
13. Old West pack animal
14. False statement
15. Opposite of atonal
16. Hailing from the East
17. Supply with weapons
18. "___ death do us part"
19. *Frank
21. *Popular celebratory get-together
23. Many, many years
24. Scott Hamilton's "court"
25. Gross National Product
28. Abundant
30. Bantoid language
35. Bakery unit
37. Cutlass maker
39. Two in eighteen
40. Milk's favorite cookie
41. Muslim ruler honorific
43. Hyperbolic sine
44. Iranian money, pl.
46. Nancy Sinatra's boots
47. Fill to satisfaction
48. *Certain Doodle
50. Argo's propellers
52. Feather glue
53. Give temporarily
55. Porridge grain
57. *Roman firework
60. **"The Star-Spangled Banner"
63. Opposite of neo-
64. Glass margin
66. Continental money, pl.
68. Opposite of #17 Across
69. Go for the gold
70. "Silas Marner" author
71. Mexican money
72. Not yang
73. Down and out

DOWN

1. ___ constrictor, anagram
2. Word on a door
3. Duet plus one
4. Angry
5. Large California bird
6. Smelting waste

7. Stuff of inflation
8. Adagio and allegro, e.g.
9. German city on Rhine river
10. Con
11. Not of the cloth
12. Down with a bug
15. ___ someone ___ bed
20. Satirical publication, with The
22. Calligrapher's purchase
24. **"From the ___ forest to the Gulf Stream waters"
25. *Old ___
26. Waterwheel
27. Hymn of praise
29. *Popular decoration
31. **"Rockin' in the USA" band
32. Certain church member
33. Yiddish busybody
34. Theater guide
36. Kind of rock
38. Heroic tale
42. B on Mendeleev's table
45. "Where ___ is heard a discouraging word..."
49. Sushi restaurant staple
51. Shiny cotton
54. High-strung
56. Car rack manufacturer
57. Charlie Chaplin's prop
58. "Oh, my!"
59. Agrippina's slayer
60. "I'll second that"
61. Great Lake
62. State of mind
63. One in a litter
65. *King George ___
67. Farm structure

Solution on page 46

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Solution on page 46



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Sudoku Solution

Continued from page 41

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from page 41

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American Orthodontic Society

Alex Provo, DDS

Family Dentistry • Braces
Oral & Implant Surgery • IV Sedation

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Since 1992, Debra Ettle, DDS and David Resnick, DDS have been providing
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1994 – Orthodontia (braces)
1998 – I.V. Sedation

In 1999 Dr. Resnick became a board certified implantologist, a Diplomate of
the American Board of Oral Implantology

In 2005 Dr. Ettle became a Diplomate of the American Orthodontic Society.

In July 2015, Alex Provo, DDS joined Prairie Dental Centers, having graduated
from U of M Dental School in 2015. He is from the Detroit Lakes area originally.

He is committed to providing the same honest care in a timely manner that Dr.
Ettle and Dr. Resnick have provided the past 26 years.

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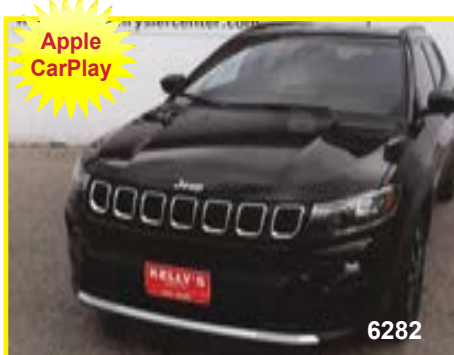
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