

National Heatstroke Awareness Day is May 1 Safe Kids GF urges: Once You Park, Stop, Look, Lock

BY SAFE KIDS
GRAND FORKS

Vehicular heatstroke is one of the leading causes of non-crash, vehicle-related death for children 14 and younger in the United States. Parents and caregivers who think child heatstroke deaths could “never” happen on their watch should think again. Tragically, “never” does happen. The US Department of Transportation’s National Highway Traffic Safety Administration (NHTSA) urges parents and caregivers to learn about and share critical information about the dangers of leaving children alone in hot cars. Help us spread the word: **Once You Park, Stop, Look, Lock.**

Since 1998, when safety advocates first began tracking, vehicular heatstroke has killed more than 1,000 children. Each death was preventable and, unfortunately, we have seen a tragic death from this cause in our state.

- More than half (52.6%) of these tragedies occur when a child is “forgotten” by a parent or caregiver and left in a hot car. A busy parent or caregiver may unintentionally forget that a quiet or sleeping child is in the back of the vehicle.

- More than half (58%) of these heatstroke deaths occur at a home.

- Nearly one-third of these tragedies occur with children under one year of age.

Why are hot cars so unsafe? For starters, internal vehicle temperatures can rise quickly and become up to 50 degrees warmer than the outside air temperatures. So even if it’s a cool day outside, a vehicle may still pose a threat to a child. A child’s body temperature increases three to five times faster than an adult’s.

In 2024, 39 children died due to vehicular heatstroke, an increase of 35% from the prior year. The death rate has been lower in recent years. On average, 37 children die each year as a result of vehicular heatstroke.

“We have to teach our children that the vehicle is not a playground, and that playing in and around the car is dangerous,” said Carma Hanson, coordinator of Safe Kids Grand Forks. “On average, one child dies from heatstroke every 10 days in the United States from being left in a car or crawling into an unlocked vehicle. What is most tragic is that every single one of these deaths could have been prevented.”

Toddlers and young children are also at risk of vehicular heatstroke, and they are more likely to climb into a vehicle without supervision. Children

“gaining access” to a vehicle accounts for nearly one-quarter of child heatstroke fatalities. Some children climb into a vehicle without the knowledge of an adult and may be unable to exit the car, especially if child locks are activated.

The bottom line and message to mothers, fathers and caregivers: Anyone is susceptible to forgetfulness. It doesn’t matter who you are, what you do or where you come from: In a fast-paced society, routines are often upended at a moment’s notice. It is during these moments of hurriedness and change in routine that many of these preventable tragedies occur. For this reason, it is more important than ever to remember: **Once You Park, Stop, Look, Lock.**

NHTSA urges all parents and caregivers to do these three things to help prevent child heatstroke:

- When getting out of a car, make it a habit to look in the back seat EVERY time.

- NEVER leave a child in a vehicle unattended, even for one minute.

- ALWAYS lock the car and put the keys out of reach.

If a bystander sees a child in a hot vehicle:

- Make sure the child is okay and responsive. If not, call 911 immediately.

- If the child appears to be okay, attempt to locate the parents or have the facility’s security or management page the car owner over the PA system.

- If there are two people around, one person should actively search for the parent



while the other waits at the car.

If the child is not responsive or appears to be in distress, attempt to get into the car to assist the child -- even if that means breaking a window. Some states have “Good Samaritan” laws that protect people for getting involved to help a person in an emergency.

Warning signs of heatstroke include:

- red, hot, and moist or dry skin;
- no sweating;
- a strong rapid pulse or a slow weak pulse;
- nausea;
- confusion; or
- acting strangely.

If a child exhibits any of these signs after being in a hot vehicle, quickly spray the child with cool water or with a garden hose -- NEVER put a child in an ice bath. Call 911 or a local emergency number immediately.

Remember: **Once You Park, Stop, Look, Lock.**

For more information on vehicle heatstroke, visit www.nhtsa.gov/campaign/heatstroke. For current data, visit noheatstroke.org.

ND secretary of state warns of misleading annual report offers

ND Secretary of State Michael Howe warns businesses and nonprofits to be aware of misleading letters offering to file annual reports on their behalf. The senders may appear to be working with the ND Office of the Secretary of State and the letters may look like a bill, ask for hefty fees, and/or express a sense of urgency.

“Our office prides itself on the customer service we provide to North Dakota business owners, big and small, as well as our nonprofits,” said Secretary Howe. “It’s unfortunate that out-of-state third-party entities are seeking to manipulate our North Dakota businesses and nonprofits into thinking they need to pay additional fees to remain in good standing with the state. Filing with the Office of the Secretary of State is quick and easy to do online,

and we are always more than happy to assist and encourage folks to reach out to us if they need help.”

Businesses and nonprofits are required to file annual reports to keep their registration in good standing. Annual reports are a simple filing that organizations can complete themselves through the ND Secretary of State’s online First-Stop Portal. The report requires updating business activities, mailing address, stakeholders or officers and directors, and for certain filings, information on membership interests and land ownership or use.

Most annual reports submitted directly to the ND Secretary of State are filed as soon as they are received. The third-party solicitation letters indicate that it takes considerably longer for them to submit the filing and the organization must allow multiple weeks for them to file the annual report.

The annual report deadlines vary throughout the year depending on the business or nonprofit structure, and the filing fee ranges from \$10 to \$50. Third parties offering to do filings are charging fees in excess of \$90 to file.

Information about filing an annual report can be found in the Business section of the ND Secretary of State’s website (sos.nd.gov), or call the office at 701-328-2900.

Forage Matters: Is drought a cause for alarm or a natural part of our environment?

BY JAMES ROGERS
NDSU Extension

Drought is a seven-letter bad word. It seems like I have spent more years of my career dealing with drought or dry weather than I have average years, though no one seems to know what an “average” year is. While this may not be the reality of my career, it is my perception because I remember dry weather events more than I do those good years.

Drought is a normal part of climate, and where you live dictates how often you deal with drought conditions. A frustrating part of drought is that there is nothing we can do to prevent it. Folks back in the mid-1800s thought they had it figured out -- that plowing the land brought rain, believing that “rain follows the plow.” This was during a wet period on the plains, and when conditions changed to a dry period, it led to the development of the Dust Bowl.

Defining drought can be confusing. Luckily, we have the drought-classifying drought monitor, available at <https://droughtmonitor.unl.edu/>. The drought monitor identifies areas of drought and classifies them by intensity from D1 (moderate drought) to D4 (exceptional drought). You can find state-by-state drought impacts by intensity for specified time periods by exploring the drought monitor website.

I dug into North Dakota data to see how many weeks within 2014-2024 some part of the state suffered from D2 drought. Drought intensity level D2 is important because it can trigger responses from the Emergency Livestock Assistance Program, the Livestock Forage Disaster Program and the Conservation Reserve Program Emergency Haying and Grazing. It is also at a level of intensity that crops, pasture and range losses would be expected to occur. Of the 572 weeks in the time period, 269 were reported at a drought intensity level of D2. That was 47% of that timeframe! It ranged from zero weeks in 2014 to all 52 weeks in 2021.

The point is, most of North Dakota is in a semi-arid environment. In semi-arid environments, drought frequency is much more common than in eastern regions, receiving 30 to 70-plus inches of rainfall per year. If you live in a semi-arid region, you expect drought, but it’s still a seven-letter bad word that no one wants to experience.

Management goals need to focus on the long term so that when the inevitable drought comes, you are prepared to withstand, survive and recover. If you are a pasture and range manager producing forage harvested by livestock, your goal is to have healthy, deep-rooted, robust plants entering a dry weather event. Then, you maintain the vitality of those plants through grazing management so plants can recover quickly once favorable growing conditions return. Fences and gates help with that.

In other regions where I have worked, many folks wanted to open all the gates and give the livestock free access to all grazeable areas once a dry weather period hit. By opening gates,



Fencing helps with maintaining plant vitality so plants can recover quickly from a drought. (NDSU photo)

you lose management control of the intensity and duration of grazing. Livestock-selective grazing will intensify, and the more desirable plants will suffer. Close the gates and maintain grazing management using your fence as a drought management tool. Even if permanent fencing is already in place, temporary cross-fencing can still give management advantages to help you get through a dry weather event. If crop residues are available for grazing, a temporary fence can help you get them grazed.

If you know of typically underutilized areas, a fence can help you push livestock into those areas. I have used temporary fencing to push livestock into an underutilized area due to no access to water. After getting them into the area and holding them for an hour or so, I pulled the fence and let them drift back to water. It worked well and gained me some additional grazing days. Poor water quality can develop during dry periods, and a fence can help you to exclude poor water sources.

Fence installation, charging and tools have changed a lot over the years. If you have never installed a fence or want to improve your fencing skills, I invite you to attend the fencing school held on April 30 at NDSU’s North Central Research Extension Center in Minot. The school will be held from 8 a.m. to 4 p.m. CST and will cover fence law, virtual fencing, conventional and electric fencing and cost-share opportunities. The afternoon session will be held out in the field where attendees can see actual fence installation and hands-on instruction. This will be an open forum event, and people are invited to share their own fencing ideas, tips and tricks. The fencing school is a free event, but registration is required for an accurate meal count.

To register and learn more, visit ndsus.ag/fencingschool25.

(James Rogers is an NDSU Extension forage crops production specialist at the North Central Research Extension Center near Minot.)

Simple spare ribs to satisfy your craving for barbecue

The aroma of barbecue is hard to resist and the flavor is even better.

Barbecue is an art form, as that enticing aroma and undeniable flavor is truly a labor of love. But even novices can try their hands at barbecue and end up with delicious results. For those who want to craft their own barbecue concoctions, this recipe for “Barbecue Spare Ribs” from Lines+Angles is easily followed, and the finished product is undeniably flavorful.

Barbecue Spare Ribs
Makes 6 servings

- 2 tablespoons paprika
- 1/2 teaspoon cayenne pepper
- 2 tablespoons garlic powder
- 1 tablespoon salt
- 1 teaspoon freshly ground black peppercorns
- 6 lbs. spare ribs, racks cleaned and trimmed
- 13 ounces barbecue sauce, low sugar, if possible
- 1 ounce flat-leaf parsley, torn

Stir together the paprika, cayenne, garlic powder, salt, and pepper in a mixing bowl. Thoroughly rub the spice mix into the rib racks. Place in a shallow dish, cover and chill for at least 8 hours.



After chilling, remove the ribs from the fridge. Preheat a gas or charcoal grill to about 300 F.

Cook the ribs on the grill, covered with a lid, until the meat is tender and pulls away from the bone, about 2 hours.

As the ribs cook, periodically brush them with some barbecue sauce, reserving any unused sauce.

When ready, remove the ribs from the grill and let them rest under aluminum foil for at least 10 minutes.

After resting, brush the ribs with any reserved barbecue sauce before cutting and serving with a garnish of parsley.

-metrocreativeconnection

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- 70 Two year old bulls

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► **REMEMBER. SHOTS DO MAKE A DIFFERENCE.**

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Feet above mean sea level
One week ago: 1449.63
Two weeks ago: 1449.57
One year ago: 1449.31
2012 high: 1453.66 on May 10
2013 high: 1453.96 on June 27
2014 high: 1453.45 on June 29
2015 high: 1451.96 on June 9
2016 high: 1450.33 on Sept. 25
2017 high: 1451.68 on May 3-5, 9
2018 high: 1449.99 on July 4
2019 high: 1449.13 on June 24
2020 high: 1449.94 on July 8
2021 high: 1448.23 on June 11
2022 high: 1450.62 on July 24
2023 high: 1450.75 on May 31
Statistics obtained from <http://waterdata.usgs.gov/>.

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