

NDSU Extension Land and Livestock Forum set for Jan. 15



Carley Garner, a renowned commodity market analyst and frequent guest on CNBC's Mad Money and Bloomberg Television, will explore strategies for using market tools to hedge price risks in today's volatile commodity markets. (Photo courtesy of Garner)

Producers and agricultural professionals from across the western Dakotas and eastern Montana are invited to join the 2025 Land and Livestock Forum, hosted by North Dakota State University Extension on Jan. 15. The event will take place at the Biesiot Activities Center on the campus of Dickinson State University in Dickinson, North Dakota.

This year's forum is a combined event, merging the popular Diversity, Direction and Dollars Forum with the Agriculture Livestock Forum to deliver a

comprehensive lineup of speakers and discussions. Topics will range from soil acidity management and herbicide-resistant weeds to financial strategies, innovative technologies and sustainable production practices.

The event features two keynote speakers:

Amanda Radke, The Heart of Rural America podcast host, is a fifth-generation rancher and advocate for rural America. Radke will share her experiences and insights on preserving agricultural profitability and ensuring a robust, diverse food system.

Carley Garner is a renowned commodity market analyst and co-founder of DeCarley Trading. Garner, a frequent guest on CNBC's Mad Money and Bloomberg Television, will explore strategies for using market tools to hedge price risks in today's volatile commodity markets.

Presenters and topics include:

Darrell Oswald, Burleigh County Soil Conservation District – Implementing the Five Soil Health Principles

Josh Hammond, FarmAssist Consulting – You Think You Have a pH Problem, Now What?

Charlie Lim, NDSU Extension – Weed Herbicide Resistance and Stewardship of Weed Control Tools

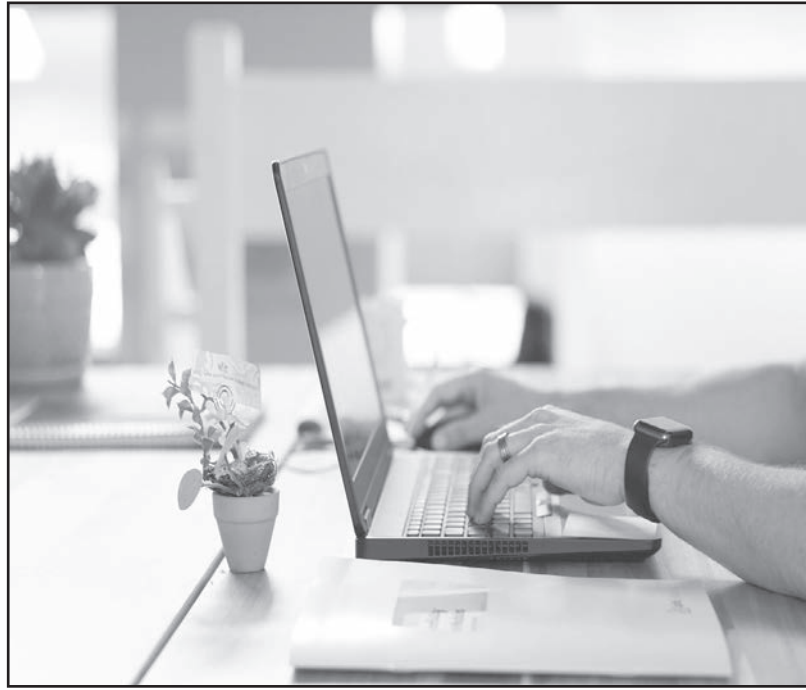
Steve Saunders, Bridger AgVentures, LLC – Ventenata: A Beast That Can Steal Your Ranch

Logan Vandermark, South Dakota State University – Incorporating Technology into Livestock Production Systems

The presentations will provide attendees with actionable strategies for enhancing productivity, cutting costs and addressing emerging challenges in farming and ranching.

Registration opens at 9:30 a.m. MST, and the \$30 fee is payable at the door and covers all materials, lunch and refreshments. CEU credits will be available.

NDSU Extension to offer Nourish program in-person and virtually



Participants may either take part in self-paced online modules beginning Jan. 8 or attend face-to-face classes according to the county's schedule. (photo by Pixabay)

North Dakota State University Extension is offering online and in-person classes in winter 2025 focusing on physical well-being.

Nourish is a free program, aimed at adults age 50 and older living in rural North Dakota, that provides information and strategies about nutrition and health. Any adult is welcome to participate.

"Good health is important for enjoying a high quality of life and for maintaining independence in later life," says NDSU professor and project co-director Sherri Stastny. "This program offers the tools to help us enhance our overall well-being."

Participants in the series will learn to promote health and well-being by eating more nutritiously and being more physically active.

The first Nourish series was held in early 2024 to great public reception.

"Our previous participants have been enthusiastic about the information they have learned and their progress on personal health goals," says Julie Garden-Robinson, Extension food and nutrition specialist and professor. "Winter is an excellent time to learn something new and to set healthy goals."

Nourish Series 2 will focus on well-being, accurate health infor-

mation, cooking, muscles, pets, the immune system and medications.

Participants may either take part in self-paced online modules beginning Jan. 8 or attend face-to-face classes according to the county's schedule. In-person participants will receive materials such as handouts and healthful recipes. Participants are asked to register for the series of seven weekly classes. Prizes and certificates will be provided for those who complete at least six classes or online modules.

Visit www.ag.ndsu.edu/nourish for more information and the locations of in-person Nourish classes. Classes will include hands-on activities and time for discussion.

Registration is open until Feb. 11.

The project is supported by a Rural Health and Safety Education program grant from the U.S. Department of Agriculture's National Institute of Food and Agriculture.

In addition to the classes, anyone can sign up for the free monthly Nourish newsletter by visiting the Nourish website or contacting a local NDSU Extension office. Participating Extension offices also will have Facebook pages catered to their areas.

THIS DAY IN HISTORY:

- 1606 – The ships Susan Constant, Godspeed, and Discovery depart England carrying settlers who founded, at Jamestown, Virginia, the first of the thirteen colonies that became the United States.
- 1675 – The Great Swamp Fight, a pivotal battle in King Philip's War, gives the English settlers a bitterly won victory.
- 1776 – Thomas Paine publishes one of a series of pamphlets in The Pennsylvania Journal entitled "The American Crisis".
- 1777 – American Revolutionary War: George Washington's Continental Army goes into winter quarters at Valley Forge, Pennsylvania.
- 1783 – William Pitt the Younger becomes the youngest Prime Minister of the United Kingdom at 24.
- 1793 – War of the First Coalition: The Siege of Toulon ends when Napoleon's French artillery forces the British to abandon the city, securing southern France from invasion.
- 1796 – French Revolutionary Wars: Two British frigates under Commodore Horatio Nelson and two Spanish frigates under Commodore Don Jacobo Stuart engage in battle off the coast of Murcia.
- 1828 – Vice President of the United States John C. Calhoun sparks the Nullification Crisis when he anonymously publishes the South Carolina Exposition and Protest, protesting the Tariff of 1828.

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FRI. DEC. 27 | 1:00 TO 4:00 PM

REFRESHMENTS WILL BE PROVIDED.

LAMOURE, ND
200 6TH ST SW

VALLEY PLAINS EQUIPMENT

RANSOM COUNTY PASTURE FOR RENT

Written bids will be accepted until January 9, 2025, at 11:00 AM, for a five-year rental contract for the pastureland in the West Half (W1/2) of Section Eleven (11), Township One Hundred Thirty-four (134) Range Fifty-four (54), Schenford Township, Ransom County, North Dakota, owned by Southeast Water Users District, being approximately 305 acres of pasture.

Terms of the rental are as follows:

1. Sealed bids should be submitted in writing to Don B. Eppler, Attorney, at his office at the address listed below, on or before 11:00 a.m. on January 9, 2025. No bids will be accepted after that time, and there will be no oral bidding. The bids will be opened at that time.
2. Bids must state a total annual rental, not a per-acre amount. Rentals shall be due on May 1st each year.
3. The premises are being leased "as is," and District does not warrant the condition of the premises.
4. Tenant cannot break up any part of the land for crop production and may not assign the lease without the written approval of the District.
5. Tenant must control noxious weeds, but all chemical and fertilizer applications must be approved in advance by District Manager.
6. Tenant must maintain all fences and ditches at his expense during the term, and carry liability insurance in the minimum amount of \$1,000,000.
7. District shall supply a raw water hookup to the site. Tenant will pay \$1.50 per thousand gallons of raw water used.

District reserves the right to reject any or all bids for any reason and to consider the final bids for fourteen (14) days before acceptance or rejection.

All bidders must obtain and use the District's bid form. For bid forms and any further information, contact Steve Hansen at (800) 400-8888 or Don Eppler at (701) 683-4137.

Don B. Eppler
Eppler Law Office
502 Main Street, Suite A
PO Box 740
Lisbon, ND 58054-0740

c:\rs\pasture for rent terms (2025)11-19-24
(December 12, 19 & 26, 2024)

ADVERTISEMENT FOR BIDS
E.M.S. BUILDING CONSTRUCTION PROJECT, ELLENDALE

ADVERTISEMENT FOR BIDS

Notice is hereby given, that sealed bids will be received for the E.M.S. Building Construction project, in Ellendale, North Dakota. Bids will be received by the City of Ellendale, at the office of City Auditor, Nicole Kempf, 55 3rd Avenue S, Ellendale, ND 58436, until 3:00 P.M. (CT) on January 9, 2025 and then at said office all bids properly submitted will be publicly opened and read aloud.

Digital copies of the Bidding Documents are available at www.interstateeng.com or www.questcdn.com for a fee of \$37.00. These documents may be downloaded by selecting this project from the "Bid Documents" tab and by entering Quest Project Number 9448335 on the "Search Projects" page. For assistance and free membership registration, contact QuestCDN at (952) 233-1632 or info@questcdn.com. Paper copies of the Bidding Documents may be obtained from Interstate Engineering, located at 1903 12th Ave SW, Jamestown, ND 58401 for a fee of \$150.00 per set. The bidding and contract documents may also be examined at this Interstate Engineering office. Any technical questions may be directed to Wade Senger, P.E. at (701) 252-0234.

The project will consist of:

Furnishing and erecting a 75'-0" by 80'-4" pre-engineered metal building to be used for the Emergency Medical Services. The building will have ambulance garage, meeting/ training room, storage, kitchen, offices, sleeping quarters and restrooms. It will include 3 overhead doors, 6 entrance doors and will be heated and cooled.

Each bid will be submitted on the basis of a cash payment for work. It will be enclosed in a sealed envelope addressed to the above mentioned City of Ellendale and shall be designated that the bid is for "E.M.S. Building Construction". The bid shall be accompanied by a separate envelope containing a Bidder's Bond in the amount of five (5%) of the bid, executed by the Bidder as Principal and by a Surety Company authorized to do business in this State. If the Principal's Bid is accepted by the City of Ellendale and the contract awarded to him, he, within fifteen (15) days after the Notice of Award, will execute and affect a contract in accordance with the terms of his bid.

A Contractor's Bond as required by Section 48-01.2-10 of the North Dakota Century Code will be included with the executed Contract Documents.

The Bid Security shall be as required in Section 48-01.2-05 of the North Dakota Century Code.

All bidders must be licensed for the highest amount of their bids, as provided by Section 43 07 05 of the North Dakota Century Code and a copy of the license or certificate of renewal thereof issued shall be enclosed in the required bid bond envelope.

All bids shall be contained in a sealed envelope plainly marked for "E.M.S. Building Construction". In addition, the Bidder shall place upon the exterior of said envelope the following information:

- a) The work covered by the bid.
- b) The name of the person, firm or corporation submitting the bid.
- c) The license number and class of license of the bidder.
- d) A copy of the license or certificate of renewal thereof issued shall be enclosed in the required bid bond envelope.
- e) Acknowledgement of each Addendum.
- f) Bid Bond in outside envelope.

No bid will be read or considered which does not fully comply with the above provisions as to Bond and Licenses, and any deficient bid submitted will be resealed and returned to the Bidder immediately.

The OWNER retains the right to reject any or all of the bids submitted and to waive any informality in any bid and to hold all bids for a period not to exceed thirty (30) days from said date of opening and to hold the three low bids and bid securities for a period not to exceed sixty (60) days from said date of bid opening.

The Contractor will be required to complete the project no later than March 31, 2026.

All prospective bidders are strongly encouraged to visit the proposed construction site.

By order of the City of Ellendale
Donald Flaherty, Mayor

Dated this November 11, 2024.
(December 12, 19 & 26, 2024)