



What consumers can do to support local farmers

A strong agricultural sector is vital to a healthy economy. Turbulence has affected local and national economies in recent years, and the global economy has endured its own ups and downs during that span.

Though there's no one-size-fits-all solution to economic struggles, consumers can make a difference by supporting local agricultural producers.

A 2022 report from researchers at Maryville University indicated roughly 10 percent of workers across the United States were employed in the agricultural sector, which the report also noted contributes \$7 trillion annually to the national economy.

Job creation and economic output are two major reasons to support local farmers, and consumers can do that in various ways.

- **Shop local.** The shop local movement can make a notable impact on local economies, and it affects more businesses than brick-and-mortar stores on Main Street. Locally owned restaurants and grocers often source their foods from local farmers, so patronizing such businesses supports those who set up shop on Main Street as well as the farmers who stock their shelves and pantries.
- **Purchase seasonal foods.** The organization Green America, which offers advice on how environmental sustainabil-

ity produces stronger economies, notes that purchasing seasonal foods is a great way to support local farmers. Farmers grow seasonal foods throughout the year to take advantage of natural conditions. Consumers who alter their purchasing habits with the seasons by buying foods that are in-season are likely supporting local agricultural producers. Read product labels to determine where foods are coming from. Non-seasonal foods are likely imported from far away, which has a detrimental impact on the environment and local economies.

- **Buy directly from local farms.** Most consumers purchase their food from grocery stores near their homes, but it might be possible to purchase directly from local farmers. Farmers may utilize e-commerce tools to sell directly to local residents, and might even offer delivery services that are more convenient than driving to the nearest chain grocery store.
- **Act as an advocate for local producers.** Consumers have considerable power, and that power can be exercised in numerous ways. Supporting restaurants that source foods from local farmers is one way consumers can exercise their power. But consumers also can advocate for local farmers by supporting legislation and candidates that prioritize building and supporting a strong local agricultural sector. Consumers also can advocate for local farmers by sharing their experiences via social media, word-of-mouth recommendations or writing positive reviews through aggregators like Google Reviews.

-metrocreativeconnection

Club to meet

The Esmond Golden Age Club meets the second Tuesday of each month at 2 p.m. at the Esmond Fire Hall. The next meeting is June 10.

Gear first-time campers will want to take along to the campsite

The natural beauty of the great outdoors compels millions of people to incorporate nature into their daily routines. Whether it's a morning walk around the neighborhood, an oceanfront weekend spent with toes in the sand or an afternoon lounging on a lake, there's no shortage of ways to enjoy the great outdoors.

Camping is a wildly popular way for outdoor enthusiasts to enjoy nature. Spending daylight hours in a wooded area or forest may not be unusual for outdoor enthusiasts, but camping under the stars at night can be intimidating for first-timers accustomed to comfortable, climate-controlled bedrooms. The right gear can calm any nervousness first-time campers may have, and the following are some items to take along.

- **Tent:** A tent is obviously a must-have when planning to spend the night under the stars. Shelter protects campers from the elements, insects and wildlife, so it's imperative that first-time campers bring along enough tents to accommodate everyone on the trip. Novice campers may be overwhelmed by the assortment of options available when they look to buy a tent, so it's best to visit a local outdoor retailer for advice. Share the specifics of the trip, including how long it will be and how many people will need to be accommodated. Such information will help to determine the best tent for your trip.
- **Sleeping bag, pad and**



pillow: A sleeping bag is another necessity, but it's also important to bring along a sleeping pad. Temperatures drop at night, so a well-insulated sleeping bag can keep campers warm at night. A multi-season sleeping bag can be an especially useful investment that helps campers prepare for fluctuating temperatures. No matter how comfortable a sleeping bag may seem, the hard ground does not typically increase the chances of a good night's rest. That's why a sleeping pad is vital, particularly for first-time campers unaccustomed to sleeping in anything other than a bed. Round out your sleeping must-haves by bringing along a pillow.

- **Chairs:** Of course, camping trip comfort isn't all about sleeping. A comfortable and foldable chair for everyone in the party is another essential. Chairs should be sturdy and ideally not too heavy, particularly if the campsite is a long walk from the car.
- **Kitchenware:** Cooking

is a fun part of camping, especially when campers remember to bring along the appropriate kitchenware. A camp stove with two burners can make it easy to whip up just about anything. A single burner stove might suffice for small camping parties, but the double burner stove enables cooking more than one item at once. In addition to a sturdy stove, bring along some forks, knives and plates.

- **Bug spray:** Bugs won't get the hint that campers don't want them around the campsite, so don't forget to pack some bug spray to repel these unwanted guests.
- **Sunscreen:** Even if you're staying in a wooded area or for-

est with ample shade overhead, you'll want to apply sunscreen to avoid skin damage. Even a mild sunburn can make sleeping in a tent for the first time more difficult, so apply sunscreen early and reapply as directed on the bottle.

- **Miscellaneous items:** Lighting to augment light coming from a campfire, toiletries to ensure bathroom breaks are as comfortable as possible, garbage bags and containers to secure trash and reduce the risk of attracting wildlife, and a few books or magazines to read while resting at the campsite are some additional items first-time campers won't want to forget.

-metrocreativeconnection

Planning meetings set for 2026 Maddock Renaissance/125th

The next Maddock Renaissance Festival and 125th "Celebrating Our Heritage, Embracing Our Future" meeting is scheduled for Wednesday, June 18 at 7 p.m. at the Maddock Community Center. The group will be meeting the third Wednesday of the month until the celebration. Community input is welcome. The group intended to begin the process of narrowing down events/activities and focus on those planned at the May meeting, but instead, there were lots of new and fun ideas that will likely be added to the three-day event. Come to any meetings you can make it to!

ACCEPTING BIDS



The Oberon School District is accepting sealed bids for a 14-passenger mini bus, new or used mini bus will be considered. Gas engine preferred.

Bids should be sent to: PO Box 2, Oberon, ND, 58357. ***Bids are due no later than June 23, 2025 at 5 p.m.*** Bids will be opened and reviewed at the School Board meeting on June 23, at 5:30 p.m.

If you have any further questions, please call Oberon School, 701-798-2231.

ADVERTISEMENT FOR BIDS

THE PROJECT

Misc. Projects: Sinks, Eyewashes, & Ceiling Four Winds Middle School Fort Totten, ND

1.02 THE OWNER (HEREINAFTER REFERRED TO AS OWNER)

Four Winds Schools, 7268 Hwy. 57 West, Fort Totten, ND 58335

1.03 DATE: June, 2025

1.04 TO: POTENTIAL BIDDERS

- A. Sealed SINGLE BASE BID will be received for ALL WORK for the above referenced project.
- B. All Bids will be received by the Martin Mechanical for the Owner until **2 p.m. Central Standard Time on June 19, 2025.**

1. Bids shall be delivered before the time and date above to:
**Martin Mechanical Design
1201 25th Ave North
Fargo, ND 58102
Attention Mr. Steven Reinhold.**

Bids will be publicly opened and read aloud. Emailed bids are allowed and are to be sent to sreinold@martinmech.com. Telephone and Fax Bids will not be allowed.

2. The Engineer assumes no responsibility for receiving and delivering Contractor Bids to the bid opening.

- C. All bids shall be in accordance with Bidding Documents prepared by Martin Mechanical Design, Inc., 1201 25th Avenue North, Fargo, North Dakota 58102.
- D. The Bidding Documents may be examined at the following locations until Bid opening time:
1. The office of the Engineer.
 2. The Builders Exchanges located in Bismarck (Bismarck Builders Exchange), Fargo, and Grand Forks, North Dakota.
 3. The Minnesota Builders Exchange located in Minneapolis, Minnesota.
- E. Bid Documents may be obtained from the office of the Engineer as outlined below.
1. Any Prime Bidder and Electrical Work Sub-bidder may obtain electronic Bid Documents (digital download of pdf files) at no cost, by completing and submitting the REQUEST FOR ELECTRONIC DOCUMENTS form in Section 01 15 00.

- F. No Bids will be read or considered which do not fully comply with North Dakota bond and license requirements as stipulated in Section 00 21 13 - Instructions to Bidders and the North Dakota Century Code.
- G. Each Bid shall be accompanied by a separate envelope containing a Bidder's bond in a sum equal to 5% of the highest amount of the Bids, executed by the Bidder as principal and by a surety company authorized to do business in this state, conditioned that if the principal's Bids be accepted and the contract awarded to principal, the principal, within ten days after Notice of Award, will execute and effect a contract in accordance with the terms of the Bids and a contractor's bond as required by law and the regulations and determinations of the Owner.
- H. Bidder shall have North Dakota Public Contractors License for highest amount of Bids, including any Alternate Bids, and such license shall have been in effect for at least ten days prior to Bid opening date.
- I. Bid security shall be made payable to Four Winds School District.
- J. Bid security will be retained and your Bid will be required to be submitted under a condition of irrevocability until Contract has been awarded and executed, but not longer than a period of 30 days after the Bid date.
- K. The Owner reserves the right to reject any or all Bids and waive informalities therein.

1.05 SIGNATURE

- A. For the Owner: Four Winds Schools
Fort Totten, ND
- B. By: Perry Kopp, Business Manager

ADVERTISEMENT FOR BIDS

THE PROJECT

BLDG 900306 (Middle School) Dry Sprinkler Replacement Fort Totten, ND

1.02 THE OWNER (HEREINAFTER REFERRED TO AS OWNER)

Four Winds Schools, 7268 Hwy. 57 West, Fort Totten, ND 58335

1.03 DATE: June, 2025

1.04 TO: POTENTIAL BIDDERS

- A. Sealed SINGLE BASE BID will be received for ALL WORK for the above referenced project.
- B. All Bids will be received by the Owner until **2:30 p.m. Central Standard Time on June 19, 2025.**

1. Bids shall be delivered before the time and date above to:
**Martin Mechanical Design
1201 25th Ave North
Fargo, ND 58102
Attention Mr. Steven Reinhold.**

Bids will be publicly opened and read aloud. Emailed bids are allowed and are to be sent to sreinold@martinmech.com. Telephone and Fax Bids will not be allowed.

2. The Engineer assumes no responsibility for receiving and delivering Contractor Bids to the bid opening.

- C. All bids shall be in accordance with Bidding Documents prepared by Martin Mechanical Design, Inc., 1201 25th Avenue North, Fargo, North Dakota 58102.
- D. The Bidding Documents may be examined at the following locations until Bid opening time:
1. The office of the Engineer.
 2. The Builders Exchanges located in Bismarck (Bismarck Builders Exchange), Fargo, and Grand Forks, North Dakota.
 3. The Minnesota Builders Exchange located in Minneapolis, Minnesota.
- E. Bid Documents may be obtained from the office of the Engineer as outlined below.
1. Any Prime Bidder and Electrical Work Sub-bidder may obtain electronic Bid Documents (digital download of pdf files) at no cost, by completing and submitting the REQUEST FOR ELECTRONIC DOCUMENTS form in Section 01 15 00.

- F. No Bids will be read or considered which do not fully comply with North Dakota bond and license requirements as stipulated in Section 00 21 13 - Instructions to Bidders and the North Dakota Century Code.
- G. Each Bid shall be accompanied by a separate envelope containing a Bidder's bond in a sum equal to 5% of the highest amount of the Bids, executed by the Bidder as principal and by a surety company authorized to do business in this state, conditioned that if the principal's Bids be accepted and the contract awarded to principal, the principal, within ten days after Notice of Award, will execute and effect a contract in accordance with the terms of the Bids and a contractor's bond as required by law and the regulations and determinations of the Owner.
- H. Bidder shall have North Dakota Public Contractors License for highest amount of Bids, including any Alternate Bids, and such license shall have been in effect for at least ten days prior to Bid opening date.
- I. Bid security shall be made payable to Four Winds School District.
- J. Bid security will be retained and your Bid will be required to be submitted under a condition of irrevocability until Contract has been awarded and executed, but not longer than a period of 30 days after the Bid date.
- K. The Owner reserves the right to reject any or all Bids and waive informalities therein.

1.05 SIGNATURE

- A. For the Owner: Four Winds Schools
Fort Totten, ND
- B. By: Perry Kopp, Business Manager