December Conservation Corner

Submitted by Tokina McHarry, JRSCD Education/ Outreach Manager

The USDA Service Center in Ellendale is open and operations have returned to normal after the federal government shutdown. That means that SCD staff have moved back from the Ol' Nursery in Oakes to the office in Ellendale. While we had an extremely productive fall at the Ol' Nursery, we are glad to have access to needed files to complete our tree planning for 2026!

If you have a scheduled tree plan for 2026, be on the lookout for your tree planting agreement and finalized plan coming in the mail. If any changes need to be made, please let us know asap because tree ordering has started.

Also, if you had a tree planting completed in 2025, we will be sending out a notice reminding you of the opportunity to order replacements for any dead trees. Take advantage of the reduced rate for replacement trees – it is only valid the first year after planting! You must let us know if you want the replacement trees ordered – they will not be ordered automatically, and we cannot guarantee extra stock availability in the spring.

Do you have a seeding that needs to be completed in the dormant seeding window? Now is the time to order your seed and get it planted! The ground temperature is in the needed range. As a reminder, the SCD office can order your seed if you would like. It typically gets delivered to Ellendale and we have the grass drills available for rent.

What does winter bring for our office you may wonder? A lot of planning, programming, and training! SCD staff will be busy planning our annual Ladies Ag event for the spring. We have programming in the local schools. Training includes winter meetings like our annual convention held in Bismarck and the SCD employee statewide training held in March. There are other smaller opportunities around the state that come up throughout the winter and we are always eager to learn for cohorts in other areas. As time allows, we plan activities/lesson plans ahead so they are available to us more readily if a request for programming comes in while we are busy with other tasks. We also do site visits for future tree plantings if the weather cooperates. It seems as if there is never a dull moment!

Dates to Remember for the James River SCD/Ellendale USDA Service Center:

December 2-3 – ND Assoc. of Conservation Districts Annual Meeting, Bismarck

December 10 – SCD Board Meeting, 9 am, USDA Service Center, Ellendale

December 25 - Christmas Day, office closed

January 1 – New Year's Day, office closed

For more information contact the James River Soil Conservation District and Ellendale NRCS office at 349-3653, ext. 3. Our field office is in Ellendale at 51 N. 1st Street. Also, remember to visit the James River Soil Conservation District Facebook page and our websites for more information – http://www.jamesriverscd.org/ and http://www.nrcs.usda.gov/wps/portal/nrcs/site/nd/home/. The NRCS is an equal opportunity employer, provider and lender.

Local Vets Take Part in Veterans Honor Flight!

On September 28th – 30th, 204 veterans from North Dakota and Minnesota took a Trip of a Lifetime to Washington, D.C. with Veterans Honor Flight of ND/MN. Veterans visited monuments built to honor their sacrifices and achievements such as World War II Memorial, Korean War Veterans Memorial, Vietnam Veterans Memorial, United States Marine Corps War Memorial and the United States Air Force Memorial. Additional stops included the Lincoln Memorial, the FDR Memorial, Fort McHenry, National Museum of the Army, Arlington National Cemetery for the Changing of the Guard, and the National Archives to see America's Founding Documents – the Declaration of Independence, the Constitution and the Bill of Rights.

Veterans Honor Flight of ND/MN is a 100% volunteer organization that hosts a variety of fundraisers throughout the year in order to provide this trip at no cost to the Veterans. If you live in Eastern ND or Western MN and served ANYWHERE at ANY TIME, in ANY BRANCH and in ANY COMPONENT (Active, Reserves or National Guard) before May 7, 1975 you are welcome to apply for a future Trip of a Lifetime. Please visit veteranshonorlightofndmn.org for more information and to download the application. And remember, every veteran flies for free.

Submitted by Veterans Honor Flight of ND/MN

– Left to Right – Back row - Jerry Killoran (Buffalo), Bob Pfaff (escort), Dick Henniger (Oakes), Duane Stromley (Lisbon), Eric Gutzwiller (escort), Front Row – Bob Pfaff (Enderlin), Dean Seelig (Lisbon)

– Left to Right – Martin Maley (Oakes), Marissa Meidinger (escort), Chuck German (Ludden), Aubrey Ketterling (Veterans Honor Flight of ND/MN volunteer), Matt German (escort)

Protect Your Flock and Herd: Bird Flu Prevention and Protection

NDSU Extension Hosts Statewide Educational Sessions on Highly Pathogenic Avian Influenza (HPAI)

FARGO, N.D. - Producers across North Dakota will have the opportunity to learn practical, on-the-ground strategies to keep their operations healthy this December through a series of five, in-person sessions led by Dr. Jake Galbreath, NDSU Extension Veterinarian.

As Highly Pathogenic Avian Influenza (HPAI) continues to impact poultry and dairy operations across the region, North Dakota farmers and ranchers remain on high alert.

"Recent detections of bird flu in wild birds and domestic poultry underscore the importance of strong biosecurity practices and timely reporting," said Dr. Galbreath. "These educational sessions aim to equip both commercial producers and backyard flock owners with science-based guidance to reduce risk and protect their operations."

About the Sessions

During these free, in-person meetings, Dr. Galbreath will discuss the current HPAI situation and share practical steps producers can take now to protect their animals, workers, and livelihoods. Each session includes demonstrations, up-to-date information, and time for open discussion.

Participants will learn about:

How HPAI spreads and early symptoms in poultry, dairy cattle, and humans

Effective biosecurity and hygiene practices for farms of all sizes

Proper use and demonstrations of personal protective equipment (PPE)

Seasonal flu vaccination guidance

What to do if you suspect HPAI in your animals and how to report concerns

Q&A with opportunities to discuss local challenges and best practices

Whether managing a commercial operation or caring for a backyard flock, attendees will gain clear, actionable tools they can put into practice immediately.

Statewide Effort to Support Producers

These sessions are part of a broader partnership between the North Dakota Health and Human Services (NDHHS), NDSU Public Health, NDSU Extension, and NDSU Animal Sciences. Through this statewide HPAI education initiative (July 2025 - January 2026), the project team will provide direct outreach, on-farm visits, and educational materials.

The effort is designed to help producers understand disease risks, protect farm labor, improve biosecurity, and strengthen North Dakota's agricultural resilience.

Thursday, December 11
American Legion Event Center
79 Main St.
Ellendale, ND 58436
5:30–7:30 PM CST
Additional Details:
Please contact Breana at breana.s.kiser.3@ndsu.edu with any questions regarding this event.

Who Should Attend

Poultry and dairy producers

Backyard flock owners

Farm workers and managers

Extension partners, ag educators, and local leaders

Anyone interested in learning more about HPAI and farm biosecurity

All sessions are free and open to the public.

Submitted by Breana Kiser

Probiotics: The Good Bacteria

It's easy to view bacteria and yeasts through a particular lens, without realizing that these microorganisms serve various functions. Certainly, bacteria can lead to infections, but certain bacteria also are important for maintaining health.

Probiotics are live microorganisms (mostly bacteria and some yeasts) that may offer various health benefits. Probiotics are sometimes referred to as "good" or "beneficial" microbes due to their role in balancing the gut ecosystem. The Mayo Clinic reports that research suggests probiotics may be helpful, but it hasn't yet been proven that probiotics improve health and are safe for everyone. While side effects from probiotic supplements seem to be rare, it's best to consult a physician before taking such products.

What are some common probiotics?

The National Center for Complementary and Integrative Health says the most common probiotics are bacteria that belong to groups called Lacobacillus and Bifidobacterium. Others are yeasts such as Saccharomyces boulardii. Probiotics are found in various foods, including fermented dairy products like yogurt, kefir and cheese as well as other fermented foods, including sauerkraut, kimchi, pickles, tempeh, miso, sourdough, salami, olives, and kombucha. Additional forms of probiotics include probiotic capsules and powders.

What are prebiotics?

The terms prebiotics and probiotics cannot be used interchangeably. Harvard Health says prebiotics are ingredients in certain foods that the intestines cannot fully digest. One can think of prebiotics as the food upon which probiotics feed. Prebiotics also may trigger the growth of good microbes in the digestive tract.

Potential probiotic benefits

Probiotics may benefit health through several mechanisms. They may restore gut microbe balance after a poor diet, illness or antibiotic use. Probiotics can help crowd out harmful pathogens in the gut. They may reduce "leaky gut" by supporting gut barrier integrity. Probiotics also may calm inflammation and help boost the immune system.

Probiotics are an all-natural alternative that many people consider when seeking to improve personal health. It's important to speak with health care providers about the efficacy of probiotics and whether they are safe and effective for particular needs.

Public Notices

www.ndpublicnotices.com

City of Ludden
Council Meeting
November 13th, 2025

Mayor M. German called meeting to order

Pledge of Allegiance

Auditor E. German read minutes from October 9th, 2025

M. Young made a motion to accept minutes as read

D. Anderson 2nd motion. Carried.

E. German read financials

M. Young made a motion to accept financials as read

D. Anderson 2nd motion. Carried

OLD BUSINESS:

Bids for snow removal for city streets

Curb stops

CD Starion Bank

NEW BUSINESS:

NONE

There being no further business D. Anderson made a motion to adjourn meeting

M. Young 2nd motion. Carried

Next Meeting December 11th, 2025 at The Ludden Community Center

Respectfully Submitted

Ericca German- City Auditor

(Submitted to the Times Leader 12/4/2025)

Guelph News

-By Rose Sell

Chuck and Sue German met Matt and Andy and Kara to watch hockey games for Aiden and Drew Kalbus on Saturday, November 22 in West Fargo and Fargo. The season has started for both boys and Eli, too.

Monday, November 24 was the Fargo North High School Jazz Concert. Their two high school jazz bands performed, and Drew is a member of the auditioned "Broadway Jazz". The bands were so excellent, and it was fun to cheer on Drew on his several solos during the concert. Ben Franklin Middle School's jazz bands also performed. Eli Kalbus had his first jazz performance with the 7th grade jazz band that night. At the Fargo North High School Fall Concert the Wind Ensemble paid tribute to one of the Fargo North counsellors who had recently passed away from cancer at the age of 44. Their rendition of "Nearer My God to Thee" brought tears to everyone in attendance. It was a proud moment to have Drew be a member of this tribute.

Chuck and Sue German travelled to Hawley, MN on Wednesday, November 26, for the Thanksgiving celebration the next day. They stayed overnight with Elaine and Gerry Kluck. Hawley friends, Bob and Dianne Haugen joined them for Wednesday night supper. Thursday the following joined in the fun: Rachel Jordan, Apryl and Taylor of Grand Forks; Matt Kalbus, Gretchen Hjelmstad, and Barb Sherburne of Fargo; Allison and Jason Stuart and family of Dilworth; Patrick and Megan Brejcha and boys of Wahpeton. It was such a fun family gathering with a tasty Thanksgiving meal! Chuck and Sue returned home that night.

Dickey County Court Report

Larson, Caleb Lucas, Oakes, ND, TR-Driving without a license, Plea Guilty 11/20/2025

Sanchez, Pedro Gutierrez, Austin, TX, TR-Speeding (26-35 mph over), Plea Guilty 11/22/2025

Bakeberg, Darik Lyle, Rapid, SD, TR-Failed to yield right of way at intersection marked with yield sign, Plea Guilty 11/21/2025

Coley, Shawn Michael, Olive Brach, MS, TR-Speeding (11-15 mph over), Plea Guilty 11/19/2025

Gruner, Hans Zarland, Oakes, ND, TR-Disregarding a stop sign, Plea Guilty 11/17/2025

Rolle, Chace William, Leeds, ND, TR-Failed to yield right of way at intersection marked with stop sign, Plea Guilty 11/22/2025

Gebhardt, Jaidy, Oakes, ND, TR-Speeding (11-15 mph over), Plea Guilty 11/22/2025

IN-HOME CAREGIVER WANTED

- Schedule: 5 days/week, 5 hours/day
- Pay: $20+ per hour (depending on care level)
- Ideal candidate has experience in acute, long-term, rehab, home care, or hospice

Email: prisdentik@gmail.com for more details

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