

school menus

Powers Lake
BREAKFAST
Thursday, Feb. 19: Omelet, ham.
Friday, Feb. 20: Breakfast sandwich.
Monday, Feb. 23: Biscuits & gravy.
Tuesday, Feb. 24: Breakfast pizza.
Wednesday, Feb. 25: Scones, yogurt.
LUNCH
salad bar served daily
Thursday, Feb. 19: Chicken stuffing casserole, beans, pears.
Friday, Feb. 20: Fish sandwich, fries, peas, peaches.
Monday, Feb. 23: Chicken nuggets, wedges, applesauce, beans.
Tuesday, Feb. 24: Tater tot hotdish, beans, mixed fruit.
Wednesday, Feb. 25: Rib patty sandwich, coleslaw, peaches.

Bowbells
BREAKFAST
boiled eggs, pancakes, yogurt, string cheese, fruit, cereal, toast, juice and milk served with each meal
Thursday, Feb. 19: Breakfast sandwich.
Friday, Feb. 20: Bagels.
Monday, Feb. 23: Biscuits & gravy.
Tuesday, Feb. 24: Scrambled eggs, sausage.
Wednesday, Feb. 25: Tornado.
LUNCH
salad bar, vegetable, fruit, milk served daily
Thursday, Feb. 19: Taco in a bag.
Friday, Feb. 20: Slushburger, salad.
Monday, Feb. 23: Chicken strips, fries.

Burke Central
BREAKFAST
cereal, fruit, juice, milk daily
Thursday, Feb. 19: Egg bites, toast.
Friday, Feb. 20: Cereal.
Monday, Feb. 23: Cereal.
Tuesday, Feb. 24: Waffles, sausage links.
Wednesday, Feb. 25: Biscuits & gravy.
LUNCH
salad bar, fruit, milk daily
Thursday, Feb. 19: Spaghetti, garlic toast.
Friday, Feb. 20: Super nachos, pasta salad.
Monday, Feb. 23: Egg salad, ham or turkey sandwiches.
Tuesday, Feb. 24: Potato bowls, biscuits.
Wednesday, Feb. 25: Four meat or cheese pizza, pasta salad.

school events

Bowbells
Feb. 18 Spelling Bee-12:30
Feb. 19 BB at Kenmare vs Surrey-4:15, 5:45, 7:15
Feb. 19-21 State WR-Fargo
Feb. 23, 24, 26 GB Regionals at Minot Auditorium
Powers Lake
Feb. 19 Home BB vs Velva 4:30, 5:15, 5:45
Feb. 19-21 State WR-Fargo
Feb. 23, 24, 26 GB Regionals at Minot Auditorium
Burke Central
Feb. 19 State WR-Fargo
Feb. 23, 24, 26 GB Regionals at Minot Auditorium

It Happened To...
More than 1,900 University of North Dakota (UND) students have been recognized for outstanding academic achievement by being named to the 2025 fall semester Dean’s List. The UND Dean’s List comprises students whose grade point average are in the top 15 percent of the enrollment in each of the University’s degree granting Colleges and Schools. A student must have completed no fewer than 12 semester hours of academic work for the semester, of which eight or more hours must be graded work rather than “satisfactory/unsatisfactory.” Named to the Dean’s List were **Joshua Crowder**, **Jaylene Rosencrans** and **Eylie Streifel** of Powers Lake.

Nearly 900 students graduated from the University of North Dakota (UND) at ceremonies in which host UND President Armacost and keynote speaker and alumna Jill Cholewa delivered powerful messages of gratitude and congratulations,

on Dec. 19, at the Chester Fritz Performing Arts Center on campus. Graduating from this area were **Rebeca A Gjovik**, of Bowbells, Master of Arts, Counseling; **Kassidy A Marschner**, of Columbus, Bachelor of Science in Education, Elementary Education, Summa Cum Laude. Nearly 1,300 University of North Dakota (UND) students have been recognized for outstanding academic achievement by being named to the 2025 fall semester President’s Roll of Honor. To qualify for the UND President’s Roll of Honor, a student must have an overall cumulative grade point average of 3.80 or higher. The student must also have earned a minimum of 30 semester hours and have completed a minimum of 12 hours at the close of the semester, eight of which must be for traditional letter grades. Named to the President’s Honor Roll was **Eylie Streifel** of Powers Lake.

New Governor’s Legacy Program Offered Through Soil Conservation Districts

At the beginning of February, Governor Armstrong launched the Governor’s Legacy program aiming to convert marginal cropland to perennial grass. The first-year goal is to contract 10,000 acres of North Dakota cropland for grass seeding; ultimately, these seedings aim to improve soil health and create wildlife habitat. This initiative represents a joint effort between the Governor, the Soil Conservation Districts, NDGFD, Pheasants Forever, and Ducks Unlimited. While the premise resembles the federal CRP structure, the Legacy Initiative offers a shorter, 5-year contract. Annual payments will be made for acres entered based on the average county rental rate, which is looking to be about \$42 an acre for Burke County, alongside a cost-share for grass seed and seeding that

offers \$50 per acre for seed and an additional \$50 per acre for establishment. This program also offers the benefit of a \$10 per acre crop insurance premium reduction, to be applied the following year, for each acre entered into the contract. An optional incentive is available through the NDGFD, which offers \$15 per acre for land opened to public access through their PLOTS program. The land entered into the Legacy Initiative may not be hayed or grazed for the duration of the contract unless otherwise approved. Please reach out to your local Soil Conservation District for more information on whether the Governor’s Legacy Initiative is a good fit for you! Application deadlines are Feb. 23 and March 16.

Drive Sober or Get Pulled Over Campaign Results

Law enforcement across North Dakota participated in the Drive Sober or Get Pulled Over enforcement campaign Dec. 12, 2025, through Jan. 31, 2026, to deter motorists from driving under the influence of alcohol and/or drugs. During the enforcement period, officers issued 129 alcohol or drug-related arrests and citations. Of those, 80 were driving under the influence

caused by impaired driving, are 100% preventable. All North Dakotans can help eliminate impaired driving tragedies by always driving sober or planning a sober ride. High visibility enforcement is one part of a collaborative, statewide effort to help reach North Dakota’s goal of zero vehicle fatalities and serious injuries. Learn more at [VisionZero](#).



ND.gov and visit the North Dakota Crash Memorial Wall to view memorials built on the hope of preventing another death on North Dakota roads.

Blueprint Points Path Forward for ND’s Strained Local Newspapers
Strong public trust, willingness to support local journalism provides hope

NDNC
NORTH DAKOTA NEWS COOPERATIVE
Reliable. Relevant. Real. [www.newscoopnd.org](#)
By Michael Standaert
North Dakota News Cooperative
Shrinking profit margins, aging ownerships and headaches from factors beyond their control like postal delays continue to strain local newspapers across North Dakota. While some of the 73 local newspapers in the state are in critical condition, the bigger picture is not one of dying out, but of hope for the future anchored by their importance to local communities. A two-year effort to gather data called the Future of Local News Initiative, led by the North Dakota Newspaper Association and the Rural Development Finance Corporation, finds some reasons for optimism and several paths forward for journalism prosperity. The effort, supported by a grant from the Bush Foundation, brought together journalists and publishers from across the state to gather a rare data set through surveying newspaper owners, journalists and consumers. The group released a final report of their key findings on Jan. 29, with the data paving the way for pilot programs to address challenges going forward. “This has been the most focused effort that the North Dakota Newspaper Association has ever done to quantify where we are at as an industry,” said Cecile Wehrman, NDNA’s executive director.

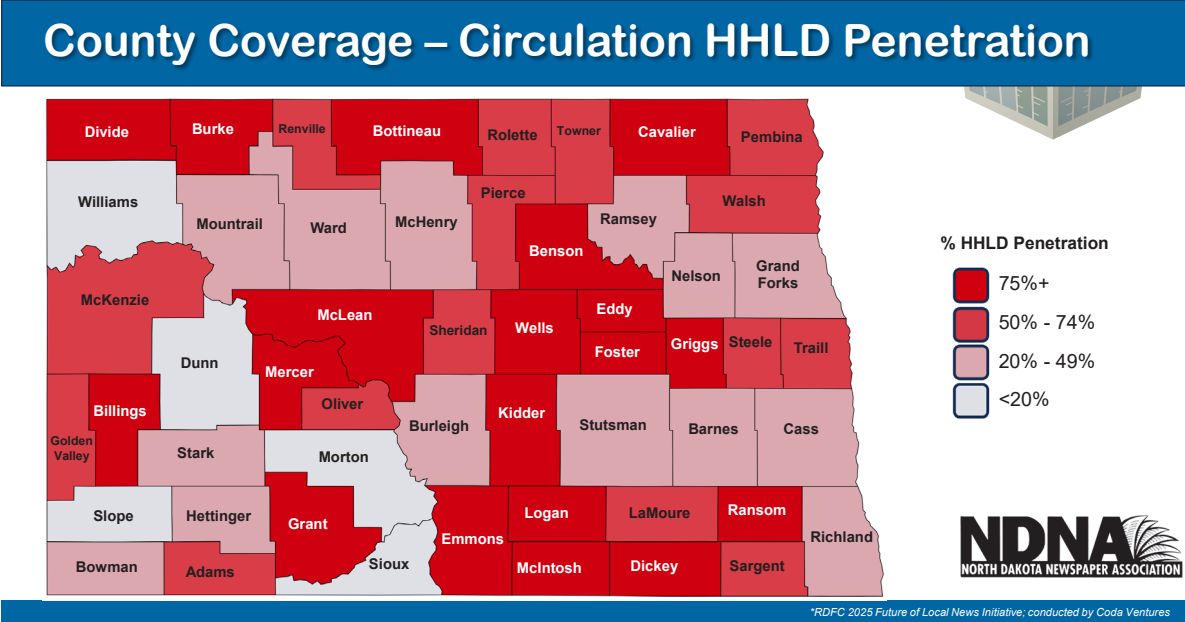
Trust in print
The data gathered includes finding that 9 out of 10 news consumers believe having a local newspaper is important, with a similar amount saying

that losing a paper harms local communities. Newspapers are also the most trusted local news source, according to the data gathered by research partner Coda Ventures. Chris Gessele, a development specialist with the North Dakota Association of Rural Electric Cooperatives Cooperative who was involved with the effort, said that struck him most about what the research found. “People trust newspapers,” Gessele said. “They view them as one of the more accurate media outlets or media forms out there.” Residents of the three counties where papers no longer exist - Sioux, Dunn and Slope - value papers even more, showing how those losses impact communities. In those counties, 96% said having a newspaper is important, 87% said they would subscribe to a paper if it existed, and 21% said they would be willing to donate to help fund a newspaper beyond subscribing. “The absence of papers is really noticed in those communities,” Gessele said. Joy Schoch, publisher of the Dickinson Press, a Forum Communications newspaper, said having data to back up the vital importance of newspapers has been an important outcome from the project. “It’s essential,” she said. “It’s essential to keep people informed. It makes a healthy community.” The next step in the effort is to pilot several solutions that tap into the deep reservoirs of trust, demand and opportunity while acknowledging the current structural risks many newspapers face. “This is a vital, trusted, necessary industry that people want and need, and we need to find a way collectively forward that benefits society,” Wehrman

said. **Translating the value**
Currently, 24% of households across the state are reached by a newspaper, but looking deeper at county-level data shows much deeper penetration. Out of 53 counties, 20 have over 75% of households receiving a local newspaper and 15 more show figures of between 50-75%. Wehrman said those numbers more accurately reflect the impact newspapers have locally, and losing them means communities lose out. With the \$199 million in federal Rural Health Transformation funding being rolled out in the coming year, the importance of local newspapers in communicating what programs are available and how the funding can be used in those communities is crucial, Wehrman said. People need to understand newspapers are “not a public utility,” she said. “These are individual businesses that need the support of their local communities in order to continue doing the work people value so highly.” That disconnect between valuing newspapers and being willing to support them through subscriptions or donations is something that needs to be tackled by both the newspapers themselves and the communities they serve if their survival is to continue. “People aren’t seeing newspapers as a business like they see their hardware store as a business, and they may not be aware of their struggles,” said Ellen Huber, rural development director for NDAREC. “We talk a lot about retaining and growing other kinds of businesses in the state, but I don’t think anyone has thrown newspapers in that bucket of important, vital businesses, and ones that are worthy of focusing on, retaining and

RURAL EYES are on newspapers!

34 counties have newspaper circulation equivalent to 50 percent or more of all households, with 19 of the most rural counties having 75 percent or better.



This graphic shows the rates of household penetration for print newspaper subscriptions, with some of the highest rates in the most rural counties of the state. Members of the steering committee for the Future of Local News Initiative say this shows potential for advertisers and other campaigns to reach audiences in these areas, providing a needed revenue source for newspapers. Courtesy of North Dakota Newspaper Association.

strengthening and growing,” Huber said. The real value of local newspapers needs to be better communicated to the wider public, participants in the initiative said. “People think it should be free,” Schoch said. “I think people forget about us. People forget about it until they really need us.” **Piloting real action**
The next step for the initiative is taking forward several pilot projects centered on succession planning, exploring new revenue models, providing print and digital samples for the next generation of news consumers, and developing readymade promotions and content that can be adopted statewide. Whether those have a deep

impact or not depends on securing grant funding to take them forward, Wehrman said. The hope is that these don’t become moonshots, but practical, replicable interventions. One of the most immediate concerns is the succession planning component, since so many independent publishers are close to retirement age. Currently, while group-owned newspapers show stronger margins and sustainability, independent, family-owned papers are under pressure from owners nearing retirement, the high cost of printing and distribution, and the heavy reliance on revenue from public notices. Younger journalists are interested in taking over the reins of these papers, but are constrained by a lack of training and the need for financ-

ing to sustain operations, the research found. “Succession planning is something that we need to offer newspapers, because there is an urgent need for newspapers to change hands,” Wehrman said. Another aspect those involved in the initiative hope can gain traction is to meet demands of news consumers, particularly younger Gen Z and Millennial ones, for both digital and print versions of a newspaper. Offering samples of those to non-subscribers may be one way to boost circulation. “I think there’s a lot of optimism coming out of this about all of the different ways the data gathered for this can be used, and a lot of excitement about the positive momentum going forward,” Huber said.