

Logan County Family & Community Wellness Agent

**NDSU** EXTENSION LOGAN COUNTY

*By Dustin Hammond*


**Staying Safer this Winter**

If you are new to North Dakota, you came at just the right time to experience some lovely -50 wind chills. The consolation is that it doesn't usually snow when the temps are sub-zero. Growing up here and being a child of winter, I find the cold doesn't affect me as much as the heat, but I am still not a fan of it. Staying safe in temps where exposed skin can freeze in minutes requires preparation and more than a bit of common sense. Here are some good tips from the ND Highway Patrol to stay safe if you are stranded in your vehicle, and some advice on a few things you probably never thought of that might be affected by the extreme cold.

If stranded, stay with your vehicle and run the engine sparingly, starting with 15 minutes every hour and adjusting as needed. Keep the exhaust pipe clear of snow to prevent dangerous fumes from entering the vehicle. In extreme cold, it may be necessary to keep the engine running continuously, as it might not restart if shut off. Keep your feet off the floor when the heater is off, and never go to sleep with the engine running. To pass the time, consider reading. Position your car to face into the wind and tie a colorful banner to the antenna to increase visibility. If you must leave the car for any distance during the storm, tie a nylon rope to both the car and yourself to help you find your way back. Move all emergency supplies from the trunk to the interior of the car as soon as you realize you will be staying for a while. Put on warm clothing immediately before you get cold, as it is easier to stay warm than to regain lost warmth. Loosen tight clothing to allow body heat to circulate, and remove metal jewelry, which can chill you. Check your supplies to see what you have and arrange them in

order of use to help ration them if stranded for a long time. A useful tip from cold-weather campers is to eat a high-calorie snack just before sleeping to stimulate metabolism and heat production. If you wake up due to cold, eat more high-energy foods and add another layer of insulation, such as more clothing or a blanket.

Although the cold can preserve and protect many things, there are more than a few things you shouldn't leave in your car and that need protection from freezing. One we often don't think of is laptop computers, tablets, and cell phones. Lithium-ion batteries that stop working in the cold will usually perk back up when they've been warmed, but repeated exposure to extreme temperatures can reduce their ability to hold a charge. Because moving a computer to a warm location can cause internal condensation that may damage it if you use it right away, let it warm up for a few minutes before turning it on.

Whether prescription or over-the-counter, some drugs can be affected by extreme cold. Freezing can reduce their potency, cause ingredients to separate physically, or even change the medication's molecular form. When in doubt, check the label for storage information and talk to your pharmacist about medications that may have been exposed to cold temperatures.

And the last one is for parents with kids in band. Remind them that freezing temperatures can cause an instrument to contract, potentially throwing it out of tune. In some cases—for example, if the instrument is made of wood—cold, dry air can cause it to crack. When an instrument has been left in a cold car, warm it up gradually.

Questions or comments? Feel free to reach out to me at 701-754-2504 or email [dustin.hammond@ndsu.edu](mailto:dustin.hammond@ndsu.edu)

**Napoleon Homestead****Deans' List**

The following students from this area earned a place on the North Dakota State University fall 2025 dean's list.

Jack Hoberg, Wishek, mechanical engineering; Teagan Erbele, Lehr, agricultural education; Jada Schwartzenberger, Napoleon, pharmaceutical sciences; Mariah Svanes, Kintyre, sociology; Madison Wolf, Fredonia, nursing; Allison Zenerker, Gackle, agricultural communication; Kayla Zimmerman, Napoleon, human development & family science; and Alyssa Young, Napoleon, radiologic sciences.

A student must earn a 3.50 grade point average or higher and be enrolled in at least 12 class credits to qualify.

**Logan County Agriculture and Natural Resources (ANR) Agent****NDSU**

EXTENSION LOGAN COUNTY

*By Josh Becker***Attention Wheat growers!**

Each year, every county in North Dakota holds elections for numerous grain commodity groups. This year, Logan County will be electing representatives for the ND Soybean Council and the ND Wheat Commission. If you are a verified grower of either of those commodities you have most likely seen information in the mail or on a number of social media platforms about this process. All of the commodity groups are intended to promote, market, research, and represent their product through various methods. All elections, with the exception of the Soybean Council are conducted through the County Extension Office. The Soybean Council does most of this process through the mail; many of you likely received those green envelopes.

To qualify for the honor, traditional undergraduate students must earn a 3.50 or better grade point average while carrying at least 12 credit hours.

On February 10th, the Logan County Extension Office will hold a winter production agriculture meeting where we will hold an election for a local representative on the ND Wheat Commission, among other things. ND Wheat Commission Executive Director, Jim Peterson, is scheduled to speak at the meeting with some information on the status of wheat in North Dakota. Despite the decreasing wheat acreage trend in ND, we still remain the leading producer of HRSW and Durum in the United States. More information on that meeting is coming soon.

So, what does the North Dakota Wheat Commission (NDWC) do and how can you participate if you are a grower? The NDWC, started in 1959, works for producers, using their checkoff investment to market

and promote wheat domestically and worldwide, investing in research to give producers the best varieties and ensuring wheat producers have an effective voice on domestic and trade policy issues. Funding for these initiatives comes from the 2 cents/bushel checkoff at the time of sale. The checkoff funds are invested in five basic areas: research, international marketing, domestic policy, domestic promotion & education, and trade policy. Additionally, check-off dollars may be combined with a federal match to fund advocacy cooperation through the ND Grain Growers and U.S. Durum Growers, and in U.S. trade policy discussions.

The NDWC is a producer led organization with an elected representative from each of our 53 counties, who serve a 4-year term. Those counties are split into 6 geographical districts. Each district elects a District Commissioner who will serve on a 7-member board (1 member-at large is appointed by the ND Governor). The state board develops priority programs, oversees implementation, and approves all expenditures.

Generally speaking, serving on these commodity boards is very manageable and can be a great opportunity to get involved in your community by serving as a local voice to issues that matter. If you would like more information on the NDWC or serving as a county representative, you can go to their website: [ndwheat.com](http://ndwheat.com) or call our office @ 754-2504. I will do my best to answer any questions. Hope to see you at the meeting. Keep an eye out for announcements in the newspapers and our social media platforms.

**NAPOLEON WEATHER**

Clark Haas, Observer

	H	L	Pre.
Mon., Jan. 19	9	-8	
Tues., Jan. 20	20	9	.10
Wed., Jan. 21	23	-3	
Thurs., Jan. 22	-3	-22	
Fri., Jan. 23	-10	-23	
Sat., Jan. 24	0	-18	
Sun., Jan. 25	-5	-19	

**Normal for January.....55****January this year .....30****Normal Jan. 1 to Dec. 31 ..19.57****PUBLIC NOTICES  
YOUR RIGHT TO KNOW**

Court File No. 24-2026-PR-00001  
Isaac Zimmerman (07665)  
Matthew Wermerskirchen (09719)  
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Attorneys for Personal Representative

**IN THE DISTRICT COURT OF  
LOGAN COUNTY,  
NORTH DAKOTA****IN THE MATTER OF THE****ESTATE OF DELMER A.****SUKUT, DECEASED****NOTICE TO CREDITORS**

NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be presented to Fern A. Sukut, Personal Representative of this estate at 5634 Hwy 46, Gackle, ND 58442, or filed with the Court.

Dated: January 15, 2026.

Fern A. Sukut

5634 Hwy 46

Gackle, ND 58442

First publication on the  
day of January, 2026.

(Jan. 21, 28 &amp; Feb. 4)

21<sup>st</sup>**TREE SERVICES**

remove and trim trees

Serving the surrounding areas!

**Nolan Behrens, owner****701-426-3919 • behrenstuffoutdoors.com**FREE  
estimates!**ANNUAL MEETING****of The Napoleon****Rural Fire****Protection****District****Monday, February 9**

at 8:00 p.m.

**Napoleon Fire Hall Meeting Room**

• Election of Directors

*Adam Schumacher, Sec. - Treas.*

**Cookin' With Ann**  
Recipes By Ann Moch  
Enjoy!

**Hamdingers**

**Ingredients:**  
12 oz. thin sliced ham  
8 oz. cream cheese  
3 T Worcestershire sauce  
1 can/jar pickles

Beat together cream cheese and Worcestershire sauce, until smooth. Spread 2 Tbsp mixture on each ham slice. Place 1 pickle on the end of the ham slice and roll up. Use a toothpick to hold everything together. Refrigerate 2 hours. Slice and serve.

If you would like to share a favorite recipe contact Ann M. Moch at 180 Market St. W, Kintyre, ND 58549 or phone 701-332-6320.

