

Logan County Family & Community Wellness Agent

NDSU

EXTENSION
LOGAN COUNTY

By *Dustin Hammond*




Logan County Agriculture and Natural Resources (ANR) Agent

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By *Josh Becker*



Beat the Heat this Summer

This week is the Tri-County Fair in Wishek. It is hard to believe that almost 100 years ago, a group of like-minded individuals got together to plan something that would tie our communities closer together. Stop by and see the static exhibits from McIntosh County members, view open exhibits from 4-H and FFA members from across the three counties, and visit the barn to watch the livestock shows.

With the hot temps this past week, I thought it was a good idea to review some tips to help beat the heat this summer. According to the CDC, about 700 people die every year due to heat-related illnesses. People most at risk are infants and young children, older adults and people on certain kinds of medications.

In a worst case, you can suffer a heat stroke as a result of overexertion in hot, humid weather. Heat stroke can result in unconsciousness, hallucinations, confusion, coma and, potentially, death. Your heart, liver or kidneys can suffer permanent damage. If possible, stay inside an air-conditioned space when the weather is extremely hot (often between 10 AM and 2 PM), or take regular breaks in a cool location. You can cool down with a bath, shower, or even a sprinkler.

Staying hydrated is critical during the hot summer months, as is avoiding strenuous activities during the hot hours of the day. Plan those activities for

early in the morning before the day temperatures climb. In most cases, the best option is plain, cold water, but all water in food and beverages contributes to hydration. Most men need about 13 cups of fluid daily, while women need around 9 cups. Everyone's needs are different, so drink plenty of water if you are very active, live or work in hot conditions, or are an older adult. If you are a parent of young children, remember that they may not always be able to tell you when they are thirsty, so offer fluids regularly. Make water, low-fat or fat-free milk, or 100% juice an easy option at home. When water isn't enough, enjoy your preferred beverage, but limit your intake. Hummus is one of my favorite cool dips to enjoy throughout the year, especially in the summer. Hummus made from fiber-rich chickpeas can be used as a sandwich spread or dip with various fresh vegetables or whole-grain crackers.

- 1 (15-ounce) can chickpeas, drained and rinsed
- 4 tablespoons tahini*
- ¼ cup lemon juice
- 3 cloves garlic, crushed
- 1 teaspoon salt
- Spices if desired (hot pepper)
- Fresh vegetables, pita chips or bread

Puree chickpeas in a blender or food processor. Add the remaining ingredients and blend until smooth. The final product should be thick and smooth. Serve with carrot sticks and

other vegetables, pita chips or whole-grain crackers. Or use as a spread on sandwiches.

* Tahini is a paste made from ground sesame seeds. You can often find it in the international foods aisle or with the nut butters (peanut, almond, etc.). Try freezing leftover tahini in ice cube trays about 2 Tbsp. per cube). After the cubes freeze, place in a labeled plastic freezer bag. List the amount of tahini per cube on the freezer bag.

Makes 12 servings. Each serving has 70 calories, 3 grams (g) fat, 3 protein, 8 g carbohydrate, 2 g fiber and 200 milligrams sodium.

Please feel free to reach out with any questions or suggestions at 701-754-2504 or email dustin.hammond@ndsu.edu

Postmaster

Continued From Front

this incredible community and be a part of your daily lives. I'm thankful for the support of both teams for making the transition smooth and collaborative."

Outside of work, Katie said she and her family enjoy spending time together outdoors, especially four-wheeling in the summer and gardening. She has also always loved nature and animals and previously ran a small animal grooming business. In her downtime, she enjoys reading everything from history to fantasy.

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Court File No.
24-2025-PR-00005

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**IN THE DISTRICT COURT
COUNTY OF LOGAN**
**In the Matter of the Estate of
Ralph Buchholz,
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 Billy Buchholz, personal representative of this estate at 7122 54th Ave SE, Fredonia, ND 58440, or filed with the Court. Dated June 12th, 2025.
Billy Buchholz
First publication on the 25th day of June, 2025.
(June 25, July 2, 9)

Bovine Pinkeye

Pinkeye is an infection that causes inflammation of and irritation to the surface of the eye and the tissue on the inside of the eyelid, often caused by bacteria. If left untreated, pinkeye can lead to blindness and can spread within the herd, resulting in decreased productivity and economic loss.

The eye is armed with natural barriers to protect against infections, just like skin is meant to protect against infectious agents. When natural barriers are broken or irritated, the risk of infection increases. Environmental factors like blowing dust, ultraviolet light and physical trauma from grazing coarse forages or tail switching when crowded can cause eye irritation and inflammation, breaking the natural barrier.

The first signs of pinkeye typically consist of watery eyes or face staining from excess tear production. Eye irritation leads to squinting or holding the eye shut. Cattle may rub affected eyes against posts or feeders, potentially worsening damage. As the infection progresses, a cloudy spot or halo may appear in the center or around the edges of the eye. Further progression can lead to an ulcer that can be raised above the surface of the eye or caved in as the cornea "melts" away. If ulceration occurs, permanent damage or blindness is likely.


Flies are a main factor in the spread of pinkeye. Face flies are attracted to and feed on eye secretions, while also spreading infection from animal to animal. Pest control can be expensive, so knowing fly type and applying control methods at the most effective time is critical.

Some cattle are more susceptible to infection than others. Calves have a less developed immune system than cows, so they may be more susceptible to infection, and cattle with white around the eyes are more affected by UV light. Any underlying factor increasing stress or inhibiting the immune system can make cattle more susceptible to infection. Providing trace minerals is important to support a healthy immune system, and timely vaccination against pinkeye pathogens can also help prevent infection.

Pinkeye infections often require treatment. Cattle producers should consider working closely with a veterinarian to select the proper medications and a plan of action. Label directions for dose, injection site and withdrawal periods must be strictly followed. Antibiotics can help eliminate bacterial infection, and anti-inflammatory medications can help relieve irritation and improve comfort. Topical eye medications can be beneficial, but are often impractical as they require multiple treatments every day. Vaccination is another tool available to help reduce the risk of pinkeye infection. Working with a veterinarian can help determine what species of bacteria are prevalent in a herd to develop a targeted vaccine program.

While treatment success is highly variable depending on the cause and severity of disease, early intervention increases the likelihood of success.

Thank you to Dr. Jake Galbreath—NDSU Extension Veterinarian & Dr. Lacy Qual—NDSU Extension Livestock Specialist for providing information for this article.



Cookin' With Ann

Recipes By Ann Moch

Enjoy!

Rhubarb Muffins

Ingredients:
1 1/4 cup brown sugar
1/2 cup vegetable oil
2 tsp vanilla
1 egg
1 cup buttermilk
2 1/2 cup flour
1/2 tsp salt
1 tsp baking soda
1 tsp baking powder
1 1/2 cup sliced rhubarb

Topping:
1 tsp cinnamon
1 T butter or margarine
1/3 cup sugar

Combine sugar, oil, vanilla, egg and buttermilk. Stir in dry ingredients along with rhubarb. Fill paper, lined muffin cups 2/3 full. Combine topping ingredients until crumbly. Sprinkle over muffin batter. Bake at 350 degrees for 20 minutes or until muffins test done with a toothpick. Makes 18.

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.



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