Consider planting a cover crop this fall

With favorable soil moisture conditions this year, growers across North Dakota have an excellent opportunity to establish a fall-seeded cover crop, says Victor Gomes, NDSU Extension cropping systems specialist at NDSU's Dickinson Research Extension Center (DREC).

Cover crops provide continuous living cover and roots, armor the soil, improve soil carbon and nutrient cycling, reduce erosion and runoff, help retain snow and can suppress weeds through competition.

For the first time since 2022, North Dakota is officially not in a drought, according to the US Drought Monitor. Since May 1, much of southwest North Dakota has received close to 15 inches of precipitation, with some areas receiving more than an inch in the last 30 days. Localized areas of south-central North Dakota (Logan, McIntosh, LaMoure, and Dickey Counties) have received more than nine inches in the past month.

'This is a sharp contrast to fall 2024, when drought left soils dry and delayed germination of fall-seeded cover crops," shares Gomes. "As a result, many winter-hardy cover crops did not emerge until spring 2025. This fall's moisture offers a much better chance for strong establishment ahead of winter.

Broadcasting may work in the wetter eastern part of the state this season, but for quicker germination and better seed-tosoil contact, drilling remains the preferred method -- especially in western North Dakota -- so that cover crops can make the most of available moisture.

NDSU Extension specialists offer these recommendations for farmers considering planting a cover crop:

Choose the right cover crop

"Before seeding, consider what you want the cover crop to accomplish," says Carlos Pires, NDSU Extension soil health specialist. "Cover crops are service plants, and their benefits depend on your goals." Cover crops can provide:

- Winter soil cover and erosion protection
- Nitrogen fixation to boost soil fertility
- Nutrient scavenging after
- Weed competition and sup-

out or damaged.

the limit to alleviate.

Identifying common

garage door problems

noyances to major malfunctions. However, regular maintenance can

not only ensure safety and longevity, but also prevent small issues

from escalating into costly problems. Common problems include the

door not opening or closing properly, unusual $\rm \bar{noises}$ during opera-

tion, the door reversing before it fully closes, uneven door movement

Identifying the root cause is the first step to fixing the issue.

to misaligned sensors, which can be fixed by adjusting the sensor

the hardware, including hinges, bolts and screws -- as well as the

opener's chain or belt -- or lubricating the moving parts such as

rollers, hinges and tracks. Be sure to replace any that are worn

an obstruction in the path of the door or a misadjusted limit set-

ting. Check for an object blocking the door (or a sensor) or reset

cables, it's often best to replace the damaged parts.

cables, it's best to call a professional.

garage door problems at eLivingtoday.com.

response times (and potentially range) from your opener.

• Door reversing before it hits the floor: Often caused by

• Door moving unevenly: Possibly due to worn-out springs or

• Slow opener response time: Try reprogramming the opener or replacing the batteries in the remove control to get more prompt

While many garage door maintenance tasks can be handled by

Discover more easy and effective DIY solutions for common

Aurora Township Budget Hearing &

Notice to Mow Township Roads

Sept. 23, 2025 7 p.m. - 7:30 p.m. **Dale Yri Residence**

All township roads must be mowed by October 15.

--Family Features

Dale Yri,

Clerk

homeowners, certain situations warrant professional intervention. For instance, if you notice significant damage to the springs or

• Door not opening or closing properly: This could be due

• **Noisy door:** This can typically be resolved by tightening all

and slow response time from the opener or remote control.

brackets at the bottom of the tracks or cleaning the lenses.

Garage doors can experience a variety of issues, from minor an-



Cover crops provide continuous living cover and roots, armor the soil, improve soil carbon and nutrient cycling, reduce erosion and runoff, help retain snow and can suppress weeds through competition. (NDSU photo)

• Fall or early-winter forage

Keep your crop rotation in mind, says Gomes. Some species can act as a bridge for insects and diseases. For example, cereal rye should not be planted ahead of wheat or barley, since it can host Hessian fly.

Timing matters

Most species germinate at soil temperatures above 38 to 40 degrees Fahrenheit. For cereal rye, the optimal planting window is late August through early October.

- Late-summer planting (after corn silage, canola, pulses or small grain harvest) provides strong potential for biomass production, nutrient capture and soil health improvements, provided that cover crops are well-established.
- Early-fall planting slows erosion and scavenges nutrients, though options are usually limited to grasses and non-legume broadleaves.
- Interseeding into corn or soybeans can extend the growing window but timing may be past optimal this year.
- **Dormant seeding** (when soils stay below 35 degrees Fahrenheit) shifts all growth to spring, but doesn't take advantage of fall moisture. For cereal cover crops intended for forage, there's also a risk of poor vernalization and reduced grain yield.

Winter-hardy and frost-tolerant options North Dakota winters are harsh, so selecting species that can survive overwinter is crucial. Winter-hardy options include cereal rye, winter camelina, hairy vetch, triticale and winter wheat.

"Growers who prefer quicker soil warm-up in spring may choose frost-tolerant, non-winter-hardy species like oats, turnips and radishes," says Chris Augustin, NDSU DREC director. "These extend photosynthesis late into the fall and then winterkill. Low C:N ratio crops like turnip and radish also decompose quickly in spring."

Cost-share opportunities Cover crops are an input cost, but programs exist to help offset expenses. Farmers for Soil Health offers financial support for adoption. Learn more at https://farmersforsoilhealth.com/. The US Department of Agriculture-NRCS also provides cost-share opportunities. Find your local service center at www.nrcs. usda.gov/contact/find-a-servicecenter?state=38&countv=

"This year's statewide moisture conditions create an excellent window for establishing cover crops," concludes Gomes. 'Whether drilled in the drier western part of the state or broadcast in wetter eastern regions, cover crops can provide lasting benefits to soil health, nutrient cycling, and erosion control. Choosing the right species and seeding soon will help position fields for success going

For more photos and illustrations detailing cover crop recommendations, see this article on page 10 of the September 11 edition of NDSU's Crop and Pest Report available at ndsu. ag/cpreport.

Conditions that may benefit from chiropractic care

may employ various treatments,

including soft tissue therapy

and acupuncture, to alleviate

practic care has long been looked

to as a means to alleviating

lower back pain. The experts

at Duke Health note that chi-

ropractors may employ spinal

manipulation to treat back

pain before offering additional

advice, including self-care rec-

ommendations, to help patients

avoid recurrence. Manual ma-

nipulation to improve movement

in the spine may be part of

· Lower back pain: Chiro-

headache pain.

Aches, pains and creaks are not uncommon among the aging population. A lifetime of living can take a toll on the human body, so it's normal to experience some periodic side effects from all that wear and tear. But some issues may stem from more than normal wear and tear, and in such instances it can be useful

to visit a chiropractor. The Cleveland Clinic notes chiropractors treat an assortment of conditions that affect the nervous system and the musculoskeletal system. Many people prefer chiropractic care as an alternative to treatments that utilize prescription medication, and it's worth noting the many conditions that may be treated and alleviated by chiropractic care.

• Arthritis: Arthritis is a common condition, particularly among adults age 50 and older. In fact, the Centers for Disease Control and Prevention notes that one in five adults in the United States had arthritis in 2024, while the Global RA Network estimates more than 350 million people have the condition across the globe. The Cleveland Clinic notes normal, lifelong wear and tear is often the cause of arthritis, and chiropractors can employ various techniques to alleviate the pain associated with this common condition.

· Headaches: It might surprise people unfamiliar with chiropractic care to learn that it's not uncommon for people with headaches to seek the help of a chiropractor. The Canadian Chiropractic Association notes that chiropractic care has been found to be an effective means to treating cervicogenic and tension headaches. Chiropractors

NOTICE OF LEASING STATE SCHOOL LANDS The Board of University and School Lands will offer the following lands for lease in Benson County.

Warwick (151-063) Term 5 5 16 Lots 2-5 16 Lots 7,10,11 26 N2NW4 75 Hay: 52 Crop: 0

33 NW4NE4, NW4 T - Removal of trash required NW4 160 5 \$26 36 NW4 Twin Tree (151-065) Rent AC Term 36 N2NW4

SW4NW4 117 5 \$1193 36 NE4SW4. SW4SW4 East Fork (151-071) AC 80 Term 3 S2NE4 \$1048 Lohnes (152-063) AC 80 Term 5 14 N2NW4 120 SE4SE4 \$28 5 23 NE4NE4 40 \$102

Third Com. District (152-065) AC Term 40 5 36 SE4SW4 \$342 Lallie (152-067) AC Term 36 NW4NE4 NE4SE4 120 \$1650 Rich Valley (152-071) AC Term 163 5

6 W2E2 Hay: 118 Crop: 0 Eldon (153-068) AC Term 76 26 N2NW4 \$1240 5 158 Broe (154-070) AC Ter Term 36 NE4 160 5 5 160 \$3046

36 NW4 lowa (155-071) AC 122 Rent Term 16 NE4 York (156-069) Term 156 \$2064 32 SE4 5 Auctioneer will read specific

requirements at the auction. The public lease auction will be held in Benson County Courthouse, Courtroom at 10/23/2025 9:15 AM CT. Other than the descriptions of the lands to be auctioned, the information contained in this advertisement may be revised prior to the auction upon further review by the North Dakota Department of Trust Lands. Any such revisions will be announced at the auction and will be binding upon the bidders. Bidding will begin at minimum rent. 1st year's rent must be paid in full immediately after the sale. The Board reserves the right to reject any and all bids. For more information, visit https://land.nd.gov or call (701) 328-2800. For auxiliary aids and services, please call by 10/8.

Joseph A. Heringe COMMISSIONER 1707 N 9th St Bismarck ND 58506-5523 PHONE: 701-328-2800 FAX: 701-328-3650 WEB: https://land.nd.gov

welcome to attend.

chiropractic treatment of lower back pain.

• Neck pain: Chiropractors also can help treat neck pain. Many people experience limited mobility in their neck and/or soreness or joint pain in this area. A subluxation is a slight misalignment of the vertebrae that can contribute to pain, stiffness and reduced function in the neck. Chiropractic care works to restore vertebra to the correct position with the hopes that such a restoration will alleviate pain and improve mobility and function.

-metrocreative connection

MINUTES OF REGULAR MEETING MINNEWAUKAN CITY COUNCIL

September 9, 2025
Mayor Matt Seufert called the Minnewaukan City Council meeting to order on Sept. 9, 2025 at 6 p.m. Present were council members Kaylee Ripplinger and Niles Short; Mike Phelps and Mitch Weed by phone; City Auditor Audray McCollum; Babcock. Public attendees included Trish McQuoid, Jamie Aabrekke, Jeanie Rolland, and Mike and Janette Eastley.

Ripplinger moved to approve the agenda with the addition of the Rolland building permit. Short seconded; the motion carried.

Phelps moved to approve the Aug. 12. 2025 minutes. Short seconded the motion carried.

Trish McQuoid reported that a board for the occupancy and restaurant tax has been formed with members Trish McQuoid, Sharon Ebach, Dave Tice Jr. and Sam Sears The board will meet quarterly and submit funding recommendations to the council for approval.

Short moved to approve a building permit at 6200 Northern Lane for Jeanie and Teresa Rolland. Ripplinger seconded; the motion passed.

a cell phone for the public works department. Ripplinger seconded; the Ripplinger moved to have KLJ

submit a grant for Minnewaukan pavement rehabilitation. Short seconded; the motion passed.

Ripplinger moved to have the fill the hole at the FSA parking lot. Phelps seconded; the motion

passed. The council requested additional details regarding the Feldners' request to permanently disconnect Ripplinger moved to lift the

condemnation at 411 Main Street. Short seconded; the motion passed. Short made a motion to approve the building permit at 231 3rd Street for Kurt Gräble. Ripplinger seconded; the motion passed.

Babcock reported that the water plant is in full compliance with the state. Rural Water and Aqua-Pure will assist with flushing the hydrants and turning gate valves late this month.

Ripplinger made a motion to pay the following bills. Short seconded; the motion passed. Payroll ..

..... \$6,754.10 1,902.85 Blue Cross Advanced Business Methods 1,260.00 ND Water Users Assn. .. US Postal Service 156.00 Aqua-Pure Dakota Country Double M Sanitation 432.00 GF Utility 18.00 248.05 Mac's ND Telephone Co. Northern Plains 430.68 One Call Otter Tail Power Co. 1,753.50 Yunker Law .. A. McCollum loodwater Properties ... S. Babcock 40.00

The meeting adjourned at 7:36 p.m. The next council meeting is scheduled for Oct. 9, 2025 at 6 p.m. Audray McCollum City Auditor

Matt Seufert Mayor

MINUTES OF REGULAR MEETING **ESMOND CITY COUNCIL** September 10, 2025

The city of Esmond held a regular city council meeting on Sept. 10, 2025 at 7 p.m. at the Esmond City Hall. Present were Mavor Ernest Suich: council members Shari Wolfe, David Wolfe, Roger Hill and Loren Preuss; and City Auditor Leigh Wolfe. Also present were Donald Vetsch, Matt

eorgeson and Bobby Lunde.
Previously, a notice was posted in the newspaper for Lots 13, 14, 15, 16 and 17, Block 1 of Haugen's Addition Matt Georgeson submitted a bid. and a motion was made by Shari Wolfe and seconded by Loren Preuss to accept his bid of \$2,200 for all five lots. The motion passed unanimously.

Donald Vetsch informed the city of an outdated fire/pumper truck for sale by the fire department and asked if the city was interested. After a discussion, the city declined the offer to purchase the fire truck. The minutes from Aug. 13, 2025,

a regular city council meeting, were and a motion was made by David Wolfe and seconded by Roger Hill to approve them with corrections. The motion carried. A motion to approve the purchase of the lots sold by the live auction was mistakenly omitted in August. The motion was as follows: Loren Preuss made a motion to accept the sale of the lots to Vince Hoffarth, seconded by Shari Wolfe, nd the motion passed

September's meeting agenda included past-due accounts review, sewer utility monthly cost increase, streetlights bill review, final reading of the 2026 city budget, ND Flexible Transportation dollars received, and any other business that was not mentioned.

A motion was made by David Wolfe and seconded by Shari Wolfe to pay all approved bills and the motion carried. The bills were as follows:
Otter Tail Power Co. \$663.90 Waste Management . 1,847.00 87.36 Leigh Wolfe BC Farmers Press

85.02 Park Board Dakota Pump 4,160.00 Leigh Wolfe [·] Matt Knudson 475.00 PAYMENTS LATE IN AUGUST Donald Vetsch 4.900.00 City council approved the final 2026 budget and the city auditor, Leigh Wolfe, will submit it to the

county.

A discussion on streetlights and if and how the city could reduce its bill took place. We will get more information from Otter Tail Power before making any changes to the streetlights.

Monthly sewer rates were a topic

of discussion for many months, and the city council approved an increase in monthly sewer rates starting in January 2026. David Wolfe led the motion, and it was seconded by Loren Preuss and the new monthly rate for residential will go from \$10 to \$15 and business rates will increase from \$20 to \$25 monthly, again beginning in

city has received funds from the Flexible Transportation Fund in the amount of \$4,066.49 and will continue to receive funds monthly (small amounts after the initial one) for the 2025-27 biennium.

A request has been made to purchase the football field from the city. This parcel will need to be advertised for bids in the Benson County Farmers Press in the next few weeks with a bid deadline of Oct. 6, 2025. The parcel will sell with reserve and the city has the right to reject any and all bids.

A motion to adjourn the meeting was made by Loren Preuss and seconded by Roger Hill, and the meeting adjourned at 8:26 p.m. The motion carried

The next regular meeting will be held on Wednesday, Oct. 8 at 7 p.m. at Esmond City Hall.

Leigh Wolfe City Auditor

HEFTY SEED IS HIRING A SALES AGRONOMIST

A rewarding position in agronomy combined with first-rate outdoor recreation and a friendly community is waiting for you in central North Dakota. Hefty Seed is hiring a sales agronomist in Hurdsfield, ND. In an area that boasts some of the region's best hunting and fishing, the right candidate will be able to enjoy acreage for hunting and many beautiful lakes nearby. Some great housing options are also available. We are looking to invest in individuals who will be a great fit with our established, yet growing team of agronomists. This position includes top pay and benefits. If you are looking to work in an enjoyable environment while providing top notch service to our valued customers, we invite you to send your resume and cover letter to chad.weckerly@heftyseed.com or call Chad at 701-793-7382. We look forward to working with you.



sealed bids for a 2005 Blue Bird 47 passenger bus. Bus has 160,000 miles. Bids are due October 13th, 2025, by **5 pm**. Bids will be opened at the school

> Bids should be sent sealed to **Oberon School District,** Attention: Jordan Brown, PO Box 2, Oberon, ND, 58357. For further questions, contact the school at 701-798-2231.

ACCEPTING BIDS

Oberon School District is accepting board meeting on the same day.

JOB OPENING

EEAA Annual Meeting

The **Esmond Eagles Alumni Association**

will be having their Annual Meeting on

Sunday, Sept. 21 at 12:00 p.m., at the

Esmond School. Anyone interested is

Deputy Tax Director

Full-time position (37.5 hours per week) position open in Minnewaukan, ND. Employee to work 5 days per week from 8:30 a.m. to 4:30 p.m. Compensation based on experience. The ability to take initiative, meet deadlines, prioritize tasks and work independently is crucial. Must have good computer, organizational and communication skills. Must have a high school diploma and be proficient in Microsoft software. Applications and a full job description can be obtained by calling the Benson County Auditor's Office 701-473-5340 or emailing to bserickson@nd.gov. To apply: submit application, three references with contact information, cover letter and resume to Benson County Auditor, PO Box 206, Minnewaukan, ND 58351. Job open until filled.

Seeking: IT Person Periodic help as needed **Graphic Designer Full- or part-time** More information: Lakota BENSON COUNTY PO Box 98 • Minnewaukan, ND 58351 701-473-5436 • farmerspress@gondtc.com