

SPRING 2023

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COVER STORY  
**ANTHEM  
OATS  
ACROSS  
AMERICA**

**Ag  
outlook**

**INSIDE:**  
WISHEK STORE OWNER  
BOLD NEW VENTURE  
EMINENT DOMAIN  
CONTROVERSY  
THE GUYS WHO KEEP  
FARMERS IN THE FIELD  
TOO TALL TOM

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## Celebrating 125 Years

# June 29 - July 2, 2023



## WISHEK, NORTH DAKOTA

Small Town, Big Traditions



### Sunday, June 25

8:00am Quasquicentennial Pony Express (Leaves State Capitol Grounds)  
 3:00pm Little Miss Wishek Pageant @ School Gym  
 6:00pm - 6:30pm Quasquicentennial Pony Express (Arrives in Wishek) @ Gazebo  
 8:00pm - 9:00pm The Great Ice Cream Scheme (Stage Play) **FREE** @ School Gym

### Tuesday, June 27

Evening Wagon Train Gathering (pre-registration recommended) @ Eureka, SD

### Wednesday, June 28

Morning Wagon Train (Trail Ride from Eureka to Venturia) (pre-registration recommended)  
 10:00am Golf Tournament (pre-registration required) @ Lloyd E. Rigler Golf Course  
 Evening DJ **FREE** @ Venturia, ND

### Thursday, June 29

Morning Wagon Train (Trail Ride from Venturia to Wishek) (pre-registration recommended)  
 10:00am Golf Tournament (pre-registration required) @ Lloyd E. Rigler Golf Course  
 11:00am - **Close of Activities** 701 Food Truck Vendors @ Main Street  
 1:00pm - 4:00pm 100 Years Photo Exhibit (Portraits of Wishek Residents) **FREE** @ Heritage Insurance  
 2:00pm - 5:00pm School Tours **FREE** @ Elementary School  
 2:00pm - 5:00pm Quilt Show **FREE** @ High School  
 2:00pm - 5:00pm Alumni Registration @ Civic Center  
 2:00pm - **Close of Activities** Carnival Rides @ Main Street  
 4:00pm Legion Baseball Game **FREE** @ Baseball Field  
 7:00pm - 9:00pm Fury Rock Band (Rock and Roll Music) **FREE** @ Central Iron Lot  
 9:00pm - 12:00am Johnny Holm Band (Rock and Roll Music) **FREE** @ Central Iron Lot

### Friday, June 30

7:00am - 9:30am FFA Alumni Breakfast Fundraiser (*free-will donation*) @ Civic Center  
 8:00am Parade Lineup (pre-registration recommended) @ School  
 8:00am Tractor Trek Lineup @ Simplot (1 mile East of Wishek)  
 10:00am Parade (parade route on map)  
 10:30am - 6:00pm Craft Fair **FREE** @ Wishek Armory  
 11:00am - **Close of Activities** 701 Food Truck Vendors @ Main Street  
 12:00pm - 1:30pm Hot Dogs **FREE** @ Heritage Insurance  
 12:00pm - 3:30pm Kickball Tournament (pre-registration required) @ Softball Field  
 12:00pm - 5:00pm School Tours **FREE** @ Elementary School  
 12:00pm - 5:00pm Quilt Show **FREE** @ High School  
 12:00pm - 7:00pm Old Time Photos @ Salon Envy  
 12:30pm - 1:30pm Kids' Tractor Pull Sponsored by Farm Credit **FREE** @ Main Street  
 1:00pm - 1:30pm Sauerkraut Day Sing-A-Long **FREE** @ School Gym  
 1:00pm - 2:00pm Weigh-in for Tractor Pull @ Sayler Implement Back Lot  
 1:00pm - 4:00pm 100 Years Photo Exhibit (Portraits of Wishek Residents) **FREE** @ Heritage Insurance  
 1:00pm - 4:30pm Alumni Registration/Social @ Civic Center  
 1:00pm - 6:00pm Air Boat Rides Sponsored by Sayler Implement @ Green Lake Park  
 1:00pm - 9:00pm Wow Factor Games **FREE** @ Main Street  
 1:00pm - 12:00am The Traveling Axt (Axe Throwing/Yard Games) **FREE** @ Main Street  
 1:30pm - 2:30pm The Great Ice Cream Scheme (Stage Play) **FREE** @ School Gym  
 2:00pm - 5:00pm Tractor Pull **FREE** @ Sayler Implement Back Lot  
 2:00pm - **Close of Activities** Carnival Rides @ Main Street  
 2:15pm - 2:45pm Watermelon Feed Sponsored by Unison Bank **FREE** @ Civic Center Stage  
 2:30pm - 3:00pm Opening Ceremony **FREE** @ Civic Center Stage  
 3:00pm - 4:00pm Looney Lutherans (Music and Comedy) **FREE** @ Civic Center Stage  
 4:00pm - 4:30pm Brothers of the Brush Judging **FREE** @ Civic Center Stage  
 5:00pm - 7:30pm Alumni Supper @ Civic Center (Hunter Pinke - Speaker)  
 7:00pm - 10:00pm SLAMABAMA (Country, Rock & Pop Music) **FREE** @ Central Iron Lot  
 7:30pm - 10:30pm Cornhole Tournament (pre-registration recommended) @ Big Screen  
 8:00pm - 9:30pm Emter Entertainment (Polka Music) **FREE** @ Civic Center  
 10:00pm - 1:00am Tripwire (Multi-genre Music) **FREE** @ Central Iron Lot  
 10:45pm - 11:15pm Fireworks **FREE** @ Softball Field

### Saturday, July 1

7:00am - 10:30am Community Foundation Bloody Mary Breakfast Fundraiser @ Civic Center  
 7:30am Registration for 5K Walk/Run (pre-registration recommended) @ Softball Field  
 8:00am Parade Lineup (pre-registration recommended) @ School  
 8:00am 5K Walk/Run (first 100 participants receive a medal) Starts @ Softball Field  
 8:00am - 12:00pm Antique Tractor Show Registration (pre-registration recommended) @ Sayler Implement  
 8:00am - 12:00pm Car Show Registration (pre-registration recommended) @ Pfeifle Chevrolet  
 10:00am Parade (parade route on map)  
 10:00am - 7:00pm Old Time Photos @ Salon Envy  
 10:30am - 6:00pm Craft Fair **FREE** @ Wishek Armory  
 11:00am - 7:00pm Wow Factor Games **FREE** @ Main Street  
 11:00am - **Close of Activities** 701 Food Truck Vendors @ Main Street  
 12:00pm - 7:00pm Antique Tractor Show **FREE** @ Sayler Implement  
 12:00pm - 7:00pm Car Show **FREE** @ Pfeifle Chevrolet  
 1:00pm Kickball Tournament (pre-registration required) @ Softball Field  
 1:00pm - 1:45pm Misty & The SandMan (Comedy Hypnotists) **FREE** @ Civic Center Stage  
 1:00pm - 4:00pm 100 Years Photo Exhibit (Portraits of Wishek Residents) **FREE** @ Heritage Insurance  
 1:00pm - 6:00pm Air Boat Rides Sponsored by Sayler Implement @ Green Lake Park  
 2:00pm - 2:30pm Kreins (Gospel Music) **FREE** @ Civic Center Stage  
 2:00pm - 3:00pm Bingo (**\$1,125 Jackpot**) @ Civic Center  
 2:00pm - **Close of Activities** Carnival Rides @ Main Street  
 2:30pm - 3:15pm Kulm Band **FREE** @ Civic Center Stage  
 3:30pm - 5:00pm Quasi Choir **FREE** @ Civic Center Stage  
 4:00pm - 5:30pm Chicken Bingo @ Central Iron Lot  
 4:30pm - 6:00pm Stick Horse Race @ Central Iron Lot  
 6:00pm - 7:00pm Mylo Hatzenbuhler (Strasburg Superstar) **FREE** @ Civic Center Stage  
 7:00pm - 8:00pm Auction - **Gun/QUILT/Coins/Buckles/Benches/Saddle Bags** @ Civic Center Stage  
 7:00pm - 10:00pm Midnight Rodeo Band (Country Music) **FREE** @ Central Iron Lot  
 8:00pm - 9:00pm Looney Lutherans (Music and Comedy) **FREE** @ Civic Center Stage  
 8:00pm - 12:00am Dakota Rangers (Polka Music) **FREE** @ Civic Center  
 10:30pm - 12:30am Hairball (80's Rock & Roll Music) **FREE** @ Central Iron Lot



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### Sunday, July 2

11:00am Church Services (featuring Quasi Choir) @ Park  
 1:00pm Kiddie Parade (Lineup @ School)  
 1:00pm - 4:00pm Curt's Dairy Farm Tours **FREE** @ 3748 81st ST SE, Wishek

For more information on Wishek's Quasquicentennial events:  
[www.wishek-nd.com/quasquicentennial](http://www.wishek-nd.com/quasquicentennial)

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# ANTHEM OATS

## Grown in South Dakota, in pantries nationwide

by Tony Bender

Anthem Oats stands on a hill in a pasture at the intersection of US 281 overlooking the Frederick ballpark and the Maple River which flows past the picturesque South Dakota community, population 212.

It's a contrast of paces, the river on its patient journey through the valley, and the hurried whine of semi tires that could take you as far south as Mexico or as far north as Canada. Some of those semis are undoubtedly hauling Anthem Oats.

Inside the 11,000 square-foot building, as clean as your grandma's kitchen, Taylor Sumption and his wife Cassandra aren't keeping pace. They'll have to keep their production line going 8-10 hours a day, most days a week, for the next two months to catch up with orders.

Anthem Oats are sold

nationwide through distributors, a couple supermarket chains, and directly to individual stores.

Taylor's the CEO of the company but the title doesn't translate to much glory. He and Cassandra, in hairnets and aprons, are filling and sealing pre-mixed, pre-measured instant Anthem Oats into cups themselves. They have some part-time help but not enough to meet demand.

It's evidence of success, of growing pains, that uncomfortable stage before labor catches up to demand. Taylor would keep going seven days a week. "That's the farmer in me," he says. "But Cassandra reminded me that we should have a little bit of a life." The couple have five children ranging in age from 14 to 24.

Anthem Oats is at the forefront of big changes in the food industry, a consumer-driven demand for



Cassandra and Taylor Sumption have watched their business take off quickly.



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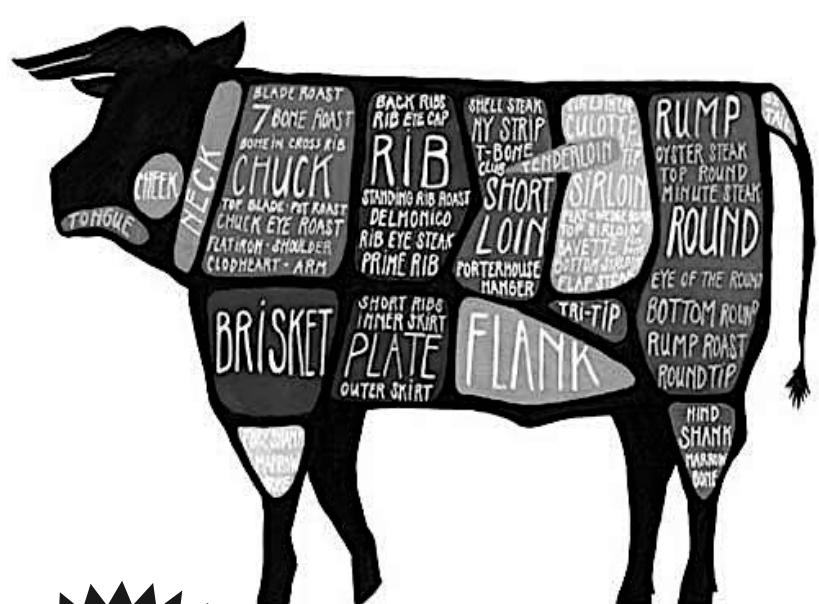
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With the exception of milling, everything is done locally, in the fields and on the assembly line at Anthem Oats.

better nutrition. Back to the basics. For decades, agriculture has been about production, more, more, more—cheap food, but at a cost—a lot of empty calories. Two words pop up in any conversation with

Taylor about Anthem Oats. “Nutrient-dense.” Mom, that means it’s good for you and the kids. And they offer a variety of kid-friendly flavors.

Anthem Oats is all about quality over quantity, about

building from a family farming tradition that began in 1882, a tradition steeped in respect for the land and the quality of life it provides. You’ll see “1882,” the year the first Sumptuous homesteaded here, proudly

displayed on every package.

It starts with oat varieties developed at South Dakota State University and from there to 800 acres where the oats is grown on the family farm with sound sustainable environmental

practices. Yields are typically 120-130 bushels per acre. The oats is trucked to Fargo for milling.

“Nutrient-dense” oats is tougher to mill but you can’t argue with the results—an energy-packed cereal that tastes as good as it is good for you. There are some agricultural smells that delight the olfactory, among them the dank must of freshly turned soil and the perfume of fresh cut hay. Add Anthem’s Maple Pecan Instant Oats to the list.

Journalism is predicated upon objectivity, and objectively, it smells heavenly, and objectively, one reporter—and we’re not naming names—breezed through two boxes of Maple Pecan and Peach and Cranberry in five days. Anthem Oats for dessert? Sure! Breakfast, lunch, dinner, and at 2 a.m.? At halftime of the NBA finals? Why not? After all, it’s good for you, and that’s got to be good for America. Heck, it’s almost your patriotic duty to eat Anthem Oats. Did we mention it’s “nutrient-dense”?

That’s the focus. “That’s what really sets us apart,” Taylor says. More Americans are becoming more health-conscious. They’re reading the labels. They want to know where their food comes from. They want to trust the source, and this value-added ag product is nurtured by fifth-

generation farmers from the first sprout to the first bite.

For decades, consolidated food corporations have dictated to the consumer, but the landscape is changing. Consumers are driving this change, and that demand sets well with the Sumption Family’s nature-friendly sensibilities. “The customer is always right,” Taylor says. In this case, never more so.

The customer has options. Old Fashioned Oats, also called rolled oats, are flat and flakey. They cook faster than steel-cut oats and are perfect for cookies, muffins, and homemade granola bars.

Steel-Cut Oats are chopped into tiny pieces and take 20-30 minutes to prepare. It’s chewier than Old-Fashioned and Instant oats.

For the on-the-go generation, Anthem Minute Oats are made by rolling steel cut oats. The smaller pieces allow them to be stove-cooked or microwaved in a minute.

There’s a moment for every entrepreneur they never forget, a sense of satisfaction, a realization that all that hard work and planning is going to pay off. For Taylor, that came when a friend sent him a snapshot of Anthem Oats on the shelf in a Knoxville, Tennessee store, 1,500 miles away. After the long hours and stresses that come with any

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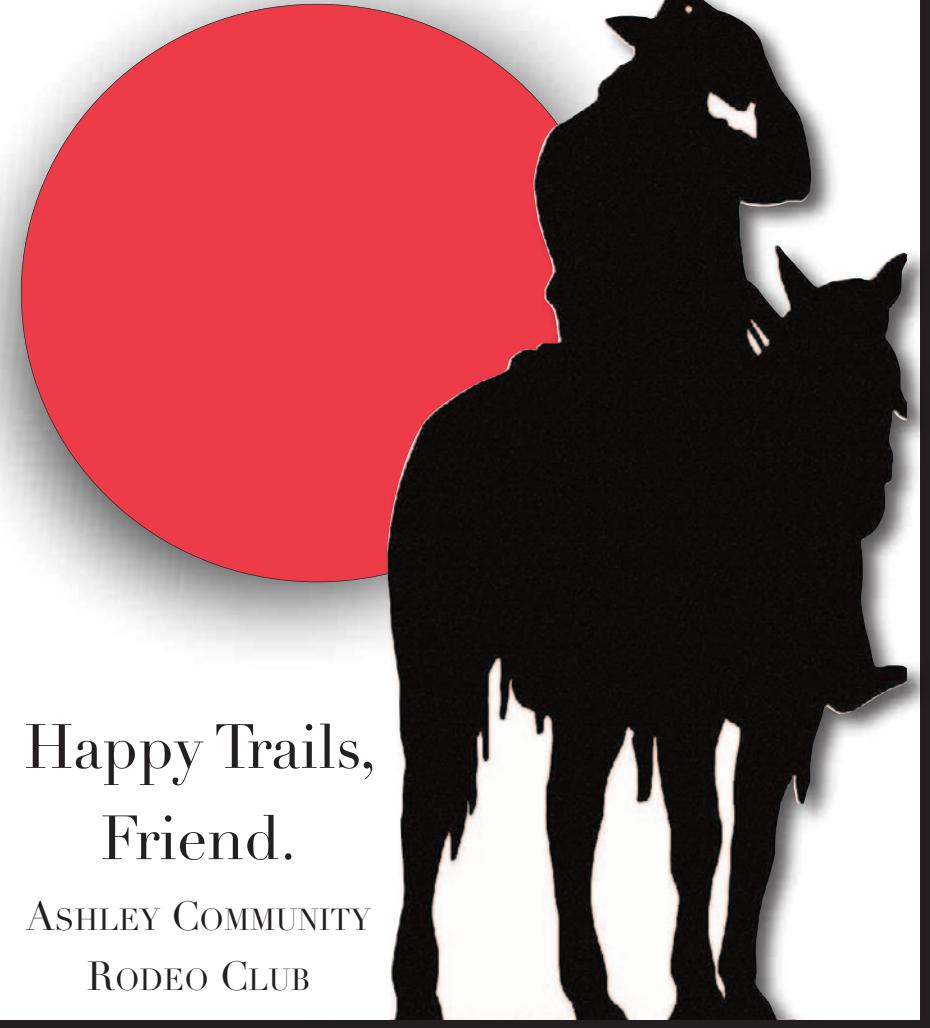
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Anthem Oats on the shelf at Ashley Super Valu.

enterprise, "It's really cool to watch the product go out," Taylor says.

It's family-owned, but the company leaned on a marketing firm for branding and trademarking expertise. Small town location, big time aspirations. They made their first sale in 2021 and haven't looked back. At first, packaging was outsourced. Now that it's in-house, the next necessary step will be automation.

Anthem products are featured in two major supermarket chains in the nation, Hy-Vee, and Ingles, which has 200 stores in the Appalachian region of the country. Regionally, Anthem ships directly to a handful of stores. Ashley Super Valu stocks the brand. You'll find it in Aberdeen stores, too.

The Sumptions work with two distributors, KeHe

and UNFI, both of which focus on healthful, natural foods. You can order Anthem products on Amazon, too. They haven't gotten too big for their britches, though. It's a source of great pride for Frederick residents to be able to drive up that hill and buy Anthem Oats from the CEO. Or the real boss, the woman in charge of scheduling, Common Sense Cassandra.

The hill historically has been the launching pad for Frederick 4<sup>th</sup> of July fireworks shows, instigator of the community's annual traffic jam. Now, it's the launching pad for something else. The sky's the limit.

Funny, spellcheck is puzzled by "Sumption." It suggests "gumption." That works, too.

Anthem's website is [www.anthemoats.com](http://www.anthemoats.com)

## True Value expansion helps make Wishek consumer destination

by Tony Bender

What's that they say? "Good things come to those who wait." Well, you couldn't blame Michael Martell if he got impatient as he and his builders struggled through COVID-related supply chain issues to complete his True Value Hardware Store expansion in Wishek.

The original completion date for the 13,000 square foot store was July. *Of 2022.* But now, "It's 99% complete," he says. He's just waiting on the final signage. Otherwise, the sparkling, fully-stocked, newly-expanded store is running full-tilt with a grand opening set for June 15, 16, 17.

If impatience or frustration arose along the way, it was hard to tell from Martell's demeanor. It's not an obvious part of his DNA. At one point last winter he'd finally been able to track down the exact window he needed—no small task as the supply chain slowly limped back to life. Then he got the call. A forklift operator in the warehouse had dropped it. His reaction? Bemusement. Maybe a sigh. Stuff happens.

It's the kind of unflappable good-natured attitude that's percolated down to his employees at



Michael Martell's vision of a destination hardware store has become reality. The huge new expansion is up and running.

True Value and at the attached Martell's Carquest store. Without fail, no matter

let's call it "relaxed professionalism."

Indifference is not an option.

The newly-expanded store is the largest of its kind within a 100 miles, exactly

what Martell envisioned—a destination hardware store. In a rural area, the availability of the essentials is a time and money saver.

TRUE VALUE: cont. A7

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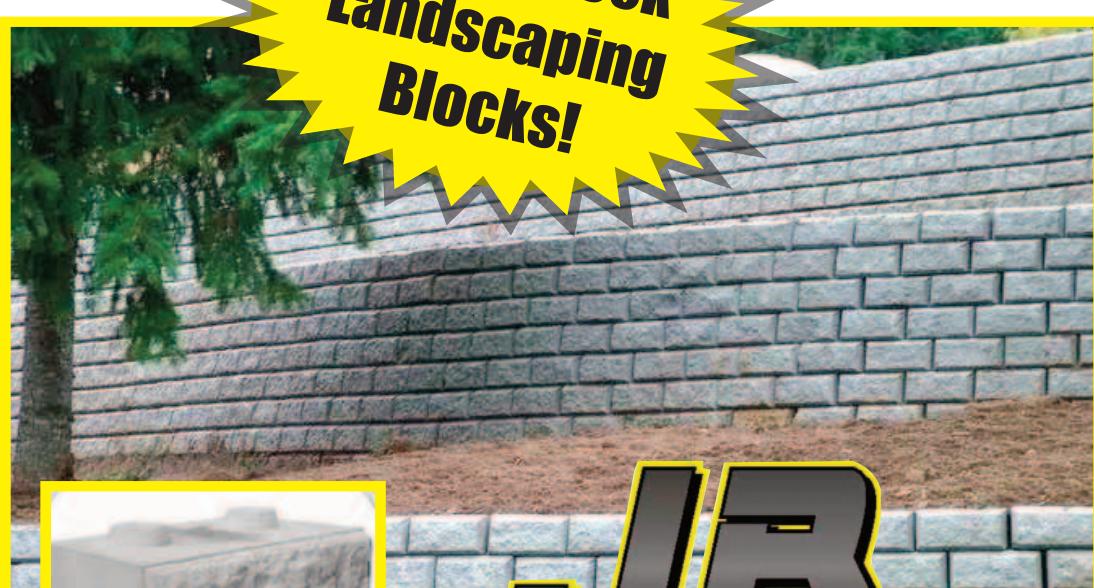
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Michael Martell stands before the new addition to True Value Hardware.

## TRUE VALUE:

continued from 5A

"We're trying to be the destination for a lot of things," he said.

That was the goal when they expanded Martell's Carquest a year and a half ago to vastly increase the amount of parts on hand, with a particular focus on truck parts—enhanced availability, critical when you're burning daylight. Carquest remains the go-to parts store in the region, keeping mechanics in the area going with daily

deliveries.

The latest expansion is part of a bigger story in Wishek, Martell says. It's a community of 850, but it's a vibrant small town with a big trade area. A one stop destination. The community features two car dealerships and two implement dealers. Wald Fencing is one of the largest fencing and livestock supply operations in the region, another big draw in ag country. Then of course, there's the famous Wishek Sausage at Stan's Supermarket. You run the risk of physical harm if you go to Wishek and don't bring

back sausage.

The business community is fleshed out by a myriad of other essential services. Services galore, from healthcare to haircuts, from sausage to SUV's. Big stuff in a small town, and a lot of it. "We all help each other," Martell said. "We all work together."

The community has increasingly become a magnet for residents in surrounding communities. A woman from Gackle recently stopped into True Value as part of a grocery shopping trip. She might have gone to Jamestown, but



Martell's True Value offers computer color matching for paint.

Wishek offered everything she needed. And more. "These stores have created unreal traffic," Martell says. "Our trade area is getting so large."

It's destined to get bigger with the True Value expansion. The hardware store opened in 2007 with about 3,500 square feet of space. The big changes in the Wishek store bear testament to big changes in the industry. When you walk into the expanded new store, and you'll find things you didn't know you needed. Or even existed.

"In the last 10 years, our

product line has quadrupled," Martell said. Right now, spring and summer items—yes, summer is finally here—are at the forefront; with mowers, gardening tools and supplies on display. Grills... air conditioners! But the backbone of any hardware store—the nitty-gritty—nuts and bolts, plumbing, and heating supplies, and computer color-matched paint, are here, too.

Wishek's Outlaw Construction, surprisingly-well-behaved builders, built the new expansion. "They were super," Martell said.

Outlaw is also the builder of Pinke Homes, another major industry in the community. The original enterprise, Pinke Lumber played an integral part in the expansion with the supply of materials.

The expanded store has long, well-stocked shelves. "More... more of everything—everything has been expanded big time. Everyday—every week—we're adding new products," Martell said. "It's unreal." The hardware store also added two employee, making it 10 combined, including Michael and Peggy Martell, between True

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**TRUE VALUE:**  
continued from 7A

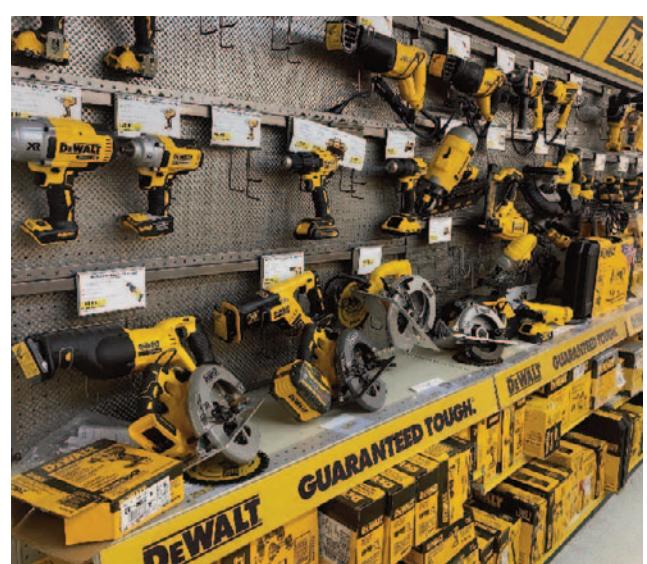
Value and Carquest. They also own Martell Salvage, one of the most expansive salvage yards in the region, heaven for motor-heads.

"Peggy's a huge part of the business," Michael said. "And we're fortunate to have outstanding employees."

Martell's True Value open house will feature hourly specials and drawings for grills, mowers, power tools and more. On Thursday, June 15, there will be complimentary coffee and cookies. On June 16, free hot dogs, and on Saturday, June 17, free burgers cooked on one of the featured grills.

Store hours are from 8 a.m. to 5:30 p.m., Monday, Tuesday, Wednesday, Friday, and Saturdays from 8-noon. And now, True Value and Carquest will be open until 9 p.m. every Thursday.

When expatriates and other celebrants return for the Wishek 125th Celebration June 29-July 2, they'll see a rarity, a small town still on the grow. In Wishek, the Martell Family's endeavors are a big part of that.



From toys to nuts and bolts, from paint to vacuum cleaners and kettles, plumbing and powertools, you'll find it at Martell's True Value.

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# Prunes and noodles, part of a German dough-food rural tradition

by Sabrina Hornung

There was something special on the menu at Wishek Living Center on Good Friday, homemade noodles with stewed prunes, pickled herring and a slice of homemade kuchen, which has been a Good Friday tradition in German Russia country as far as anyone can remember.

Wait...what? Prunes and noodles?

"Christians would not eat meat, because of the proper holiday. Jesus was crucified on Good Friday, so it became a tradition back then. Most people around here 100 years ago didn't have a lot of money because of hard times. But they could always make noodles because they would have wheat and eggs," said Cindy Gall, an LPN at Wishek Living Center.

She went on to say that stewed prunes were often added to the noodles because it was common to have dried fruit on hand, along with a homemade sauce, and if they had the means it would be served with fish.

Gall is well versed in the region's German Russian cooking traditions. She learned from her mother and grandmother and has since

passed the tradition on to her daughters, who are now in their 20s and 30s. She expressed concern about losing these traditions because the younger generations aren't as interested in learning.

"The thing that's been fun here, is when we have new employees that are not from the area or a resident that is not from the area come up and say, I looked at the menu yesterday, what in the world is prunes and pickled herring—what kind of a meal is that?" she laughed.

Sometimes there needs to be a bit of an explanation or a little bit of encouragement to just give it a try. Of course, if they're not interested or not feeling adventurous enough to try it, there's an alternative meal available — no one goes hungry.

She says one of the best parts that comes with serving these traditional meals is the conversations that spring up surrounding them. Lots of reminiscing, especially on the topic of making homemade noodles. Oftentimes, egg yolks would be used for making the noodles themselves and the whites would be saved to

make an angel food cake which would most often be served on Easter Sunday. Gall fondly recalled her mother making one every year and serving it with strawberries.

Good Friday isn't the only day residents get treated to traditional fare. They, along with the rest of the community, are delivered meals for Sauerkraut Day and Tuesdays are "dough day."

Hold up...Sauerkraut Day?

Mark your calendars for the second Wednesday of October. It's an almost century-old tradition in which Wishek businesses sponsor a community meal of wieners, sauerkraut and "speck," feeding nearly double the population of the town. People travel from miles around and even politicians have been known to show up to shake hands, rub elbows, and kiss babies during the event. Volunteers will even drop off meals at local businesses if employees aren't able to make it to the Civic Center for the feast. Locals will often joke about Sauerkraut Day being "Wishek's Thanksgiving."

"Many, many of our



Sounds weird, looks weird, tastes great.

people here grew up not having a lot of money. So you had to be very frugal and you would make delicious meals out of basic, simple ingredients that you would have in your home. Living on a farm we always had meat. Many people had chickens and cows or pigs that they would butcher themselves. They would always have wheat so they could make their own flour. They had eggs.

Dough meals were a big

thing back then and still are," Gall went on to say, "We do different desserts that are made with dough called blachenda. It has pumpkin in it or apple, like a turnover, and that was a tradition for people that were growing up here."

Dumplings, strudels and creamed chicken are also meals residents enjoy on dough day.

"This is their home. They live here, we work for them. So we want to make it

as comfortable as possible. We want to bring back memories of good food and accommodate them in any way that we can and make them happy here. People work very hard, they paved the road that we're on, they were hard workers, so we want to honor them by giving them what they're used to, in their own home, and bring back good memories," Gall said.

—High Plains Reader

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Liver and onions... why all the hate?

## Liver and onions can spark culinary civil wars

by Tony Bender

Several weeks ago, I chronicled a herculean effort to smuggle dry curd cottage cheese from Ashley Super Valu to my mother in Frederick, SD, with the help of a hearse that happened to be going that direction. The mission was a success, so we were able to have cheese buttons for Christmas dinner. They taste better when delivered in a Lincoln.

The episode was even mentioned on Prairie Public Radio. Sue Balcom, once alerted to the shortage of dry curd cottage cheese, made an emergency broadcast to listeners to tell them how they might make their own dry curd cottage cheese if they don't have "access to an undertaker in Ashley, North Dakota."

Later, when I posted pictures of the cheese button dinner along with the recipe on social media, it received universal approval, and frankly, you can't even get that with pictures of kittens. So imagine how surprised I was by the response the other day when I posted pictures of our family liver and onions dinner. Within hours I received more than 50 comments, or as they are better known in law-enforcement circles, credible threats.

Let me say right now, there are two kinds of people in this world, real Americans and people who will not eat liver and onions. But first a disclaimer: No morticians were involved in this culinary exercise. The exact response was a terse, "I don't want to be involved in something like this."

The last time I had a cow butchered at Kauk's Meat Market in Eureka, SD, they asked me if I wanted the liver, and when I said yes, they looked at me like I was some kind of freak, and then loaded me up with several hundred pounds of beef liver abandoned by more respectable customers. That led to the First and Final Annual Tony Bender Tri-County Liver and Onions Cookout—\$10 at the door. We paid them.

I blame the weather for the poor attendance. It was a balmy, sun-soaked 75 degrees with a gentle breeze—a zephyr, I

believe you call it. No one in North Dakota knows how to deal with that sort of thing. We usually have to issue hammers and nails to hold the paper plates to the picnic tables.

When I noted that my brother Mike refuses to eat liver and onions—he insisted on fried sausage, instead—it created a movement—#IStandWithMike—and sadly, a rift in our family. He's gone viral, but I would like to point out, it is flu season. His agent is already negotiating a deal to make Mike the marshall of the Gypsy Day Parade in Aberdeen.

Dylan had never eaten liver and onions, another one of my parental shortcomings, but he liked them very much, because as his Grandma Jan explained, "he knows what's good for him." On an unrelated note, we do not understand why the potted plant he was sitting by died suddenly during dinner. It actually screamed. Maybe it was a ringtone.

One former friend, who may or may not be famed multi-media horticulturist Don Kinzler, even went so far as to cite the Bible's objection to eating organs, so we're all going to Hell on top of it, I guess. In my mind, though, I picture Don wearing mixed fabrics—stripes and plaids, probably—and nibbling on shellfish as he terminated our friendship. Shoot. I forgot to ask him about the dead fern.

One person cryptically wrote, "That's how they got Epstein."

A few people offered cooking tips which mostly involved making liver and onions not taste like liver and onions. Among the suggestions were soaking the liver in milk, adding garlic, celery and peppers, frying in bacon grease, going with vastly more onions and far less liver, or just going to Taco John's with Mike. It's also important to, and I quote, "not cook the bejesus out of it."

In its defense, liver is high in protein, every B-vitamin known to man and low in calories, especially, as many people pointed out, if you don't eat any.

Save the livers.

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## New FDA implant rules roll out in July

The Food and Drug Administration is changing guidance for using implants in beef cattle after June 2023.

Implants for beef cattle are placed under the skin of the ear and promote growth and improve feed efficiency. "The new guidance from the FDA's Center for Veterinary Medicine redefines beef cattle's production phases, which will affect the label claims of existing and new drugs," says Zac Carlson, North Dakota State University Extension beef cattle specialist. "This affects implants for beef cattle production because they are considered a drug."

The new production phases are:

1. Calves nursing their dams less than 2 months of age.

2. Calves nursing their dams 2 months of age or older.

3. Growing beef steers/heifers on pasture (stockers).

4. Growing beef steers/heifers in a dry lot (backgrounders).

5a. Growing beef steers/heifers fed in confinement for harvest (feedlot cattle).

5b. Growing beef steers/heifers in a grow yard.

"These production phases are important because the new guidance will allow beef cattle to receive one implant for each production phase," says Dr. Gerald Stokka, NDSU Extension veterinarian and livestock stewardship specialist. "Additionally, beef cattle will be allowed to receive more than one implant within a production phase, but only if that implant has a claim for reimplantation on the label."

Currently, there are implants approved for reimplant use within a production phase. However, most implants do not have any language on their label addressing reimplantation.

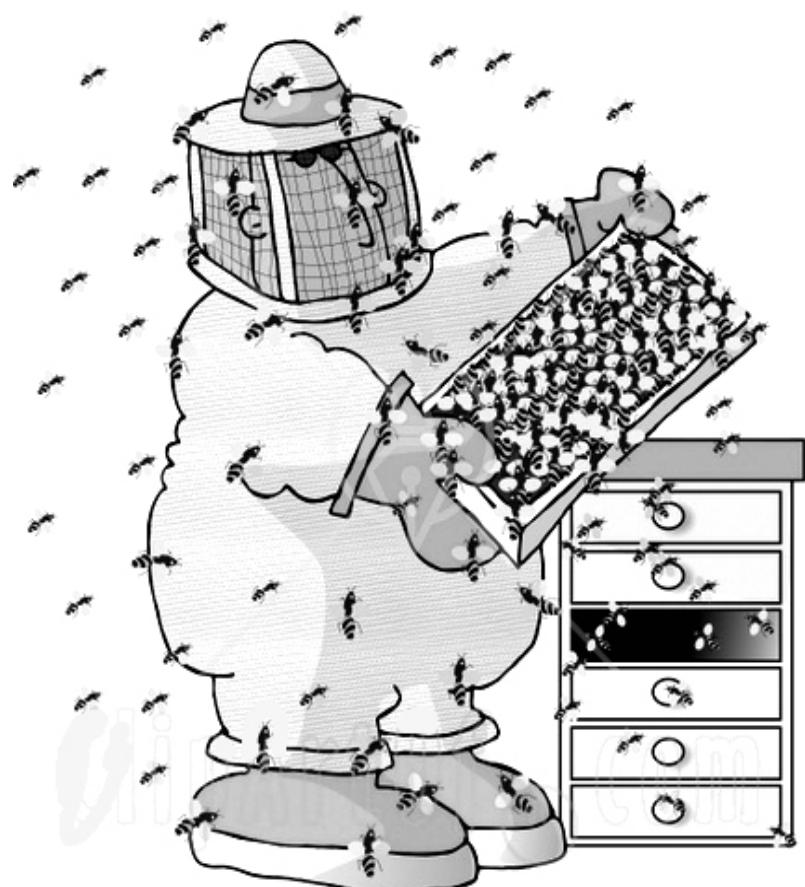
Production phase 4 (growing beef steers/heifers in a dry lot) is a new production phase, says Karl Hoppe, NDSU Extension livestock systems specialist. It consists of weaned, growing beef steers and beef and dairy heifers that are maintained in a dry lot and receive the majority of their diet from harvested forage, possibly with a supplement. Because this will be a new production phase, no current implants are approved.

Production phase 5b consists of weaned, growing beef steers and heifers confined in group pens and fed a moderate- to high-roughage diet available at all times as their sole ration prior to the finishing phase.

This would describe most pre-conditioning and backgrounding operations in North Dakota. However, production phases 5a (finishing beef cattle phase) and 5b are considered the same production phase. Therefore, beef steers and heifers implanted during production phase 5b (backgrounding phase) would only be allowed during the finishing feeding period (production phase 5a) if the implant they were given during the backgrounding phase (5b) was approved for reimplantation.

"Be sure to check the label of the steroid implants you intend to use to see if it is allowed within the production phase of the cattle you intend to implant," says Dr. Stokka. "Contact your county Extension agent, Extension beef and livestock specialist, veterinarian or implant manufacturer representative for further assistance."

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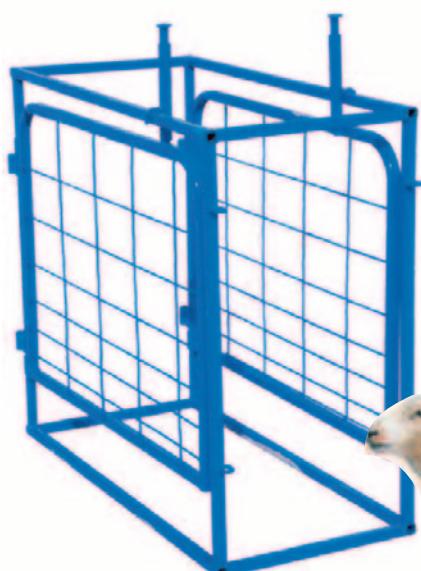
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