



BIG FLAT NEWS



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North Country Repair

Family business offers a wide range of auto and farm equipment repair

STORY BY **SHAWNA MYERS** | *BIG FLAT ELECTRIC COOPERATIVE*

Big Flat Electric Cooperative would like to recognize North Country Repair located in Loring, owned and operated by Kenny and Brenda Clark. Kenny's father, Dave Clark, purchased what then was known as Loring Auto in September 1996. Kenny and Brenda then purchased the business from his father in July 2015, renaming it North Country Repair. But as Kenny put it, "I wouldn't tell you so much as I bought it, but he told me I was buying it".

North Country Repair specializes in auto and diesel repair, welding repair and onsite mobile repair. Basically, Kenny says, "I haven't said no to much." Along with repairs, they build hydraulic hoses, sell batteries and have become a Baldwin filter dealer.

Kenny and Brenda purchased the Cenex building in Whitewater in spring 2021. Future plans are to open it as a retail store for farm and auto-



PHOTO COURTESY OF BRENDA CLARK

ABOVE: Brenda and Kenny Clark (back row) purchased Loring Auto from his father in 2015, and renamed it North Country Repair. They specialize in auto and diesel repair. They have three children, Milee, Bryten and Ryan.

BELOW: North Country Repair can be found in Loring. To contact them, call 654-4185.

motive needs, with the possibility of offering repairs, depending on the skillset of the employee(s).

As many of you know, being self-employed can be a 24/7 job. Hours vary for Kenny depending on what season it is, and what is going on with farming and ranching. Farmers and ranchers make up a large part of his business, so it is important he be available for them anytime he is needed. He also expressed how thankful he is for Rod Stordahl, who is employed full-time at North Country Repair and helps make the workload manageable.

Kenny and Brenda have three children. They are at the shop from time to time when available, to help in the areas that they can. With most of Kenny and Brenda's time focused on North Country Repair, and the kids busy in extracurricular activities, they make it a point to get away for family time and vacation.

If you are ever in the Loring area, stop in for coffee and a visit, and if you have any questions or problems, Kenny will gladly help you with anything he can. If you aren't in the area, feel free to contact Kenny at the shop (406) 654-4185, or on his cell phone (406) 674-5249 for your automotive and farm repair needs. 

BIG FLAT PHOTO





Big Flat Electric Cooperative linemen, Nate Veit, shown, and Leif Sorenson gave a presentation about being a lineman at Malta High School's Career Day. | **BIG FLAT ELECTRIC PHOTO**

Big Flat Electric presents at MHS Career Day

Big Flat Electric Cooperative joined in on Career Day at Malta High School on Jan. 12. The sessions, which started at 8:15 a.m. and concluded at 12:05 p.m., featured several career presenters. There were sessions explaining careers in meat packing, computer software, ranching, veterinary, banking, the medical field and more.

Two of Big Flat's linemen, Leif Sorenson and Nate Veit, presented to a class of about 21 students about a career of being a lineman. They started out explaining what kind of schooling it entails, the hours worked, and the bookwork that is involved with becoming a journeyman lineman. They informed the students they must like working outdoors in all kinds of

elements and be able to do physical work to enjoy this career. When asked what the one thing linemen dislike most about their job, a lineman replied, "Working in the way below zero cold."

Thank you Malta High School for inviting us to participate and present during Career Day. **RM**

Scholarship applications available now



Big Flat Electric Cooperative is offering \$500 scholarships. High school graduating students whose primary residence is served by Big Flat Electric may apply for a \$500 scholarship.

The Trade School Scholarship is being offered to students of any age who are or plan to attend a trade school. Up to \$1,000 will be awarded to a selected applicant whose primary residence is served by Big Flat Electric.

Applications can be found at our office in Malta, on our website, bigflatelectric.com, and at the local school's guidance counselor office. **RM**

FIVE TIPS TO ADJUST TO TIME CHANGE

THERE are several ways to prepare for the upcoming time change.

Go to bed and get up at the same time. Get at least seven hours of sleep on the day(s) before and after the transition as a lack of sleep tells the body to store fat. While it's tempting to stay up later or change your habits, it's best to keep your bedtimes consistent. The closer you stick to your normal routine, the faster your body will adjust to the time change.

Practice good habits before bedtime. Slow your body down. Quit caffeinated beverages four to six hours before bedtime. Avoid alcohol in the evening. If you are exercising, avoid workouts within four hours of bedtime because raising your body's core temperature can make it harder to fall asleep. An hour before bedtime, put your phone, computer or tablet away! Electronics' high-intensity light hinders melatonin, a hormone that triggers sleepiness. The light stimulates your brain and makes sleep difficult, the same way sunlight does. Also, turn off the television and pick up a book. Take a warm, not hot, shower. Dim the lights. Relax.

Keep your dinnertime consistent.



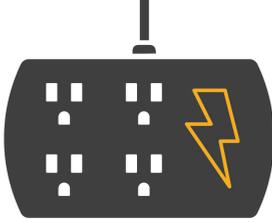
Eat more protein and less carbs. On the days around the time change, eat at the same time or even eat a little early. Our sleep cycle and our eating patterns affect each other. Don't overeat. Also, try to eat more protein instead of carbohydrates. (This might seem like good everyday advice, but it's even more important during time changes.) Go shop for fish, nuts and other sources of protein for dinner this week! Avoid the pasta.

Get more light! Go outside and get exposure to morning sunlight on the Sunday after the time change to help regulate your internal clock. Having shorter daylight hours affects our mood and energy levels, decreasing serotonin. Make time to take a morning or early afternoon walk outside when the sun is out. Try using a light therapy box or an alarm light that brightens as you wake up.

Take a short cat nap. Some folks may disagree, but if you're starting to stack up sleepless hours, it's safer and healthier for your body to give in to a short nap than to continue without sleep. Make it a short nap (no more than 20 minutes) to restore lost sleep hours; however, do NOT take long naps. It may help to go outside into the natural sunlight to cue your body and help retrain your inner clock.

Plan ahead. If you have a tough time twice a year when the clocks change, may we suggest you start planning ahead? Gradually adjust sleep and wake times two to three days before the change by shifting bedtime 15 to 20 minutes each night. This helps your body make gradual shifts and more slowly adjust. RAM





SURGE PROTECTION

Keep your electronic equipment safe.

A power surge is typically caused by lightning, changes in electrical loads, faulty wiring or damaged power lines.

Install power strips with surge protection to protect sensitive equipment.

- Easy to use (just plug them in)
- Protect electronics plugged into the device
- Must be replaced over time or after a major surge event

REMEMBER: Not all power strips offer surge protection. Carefully read the packaging labels when purchasing.



SEND BIG FLAT YOUR PHOTOS

Big Flat Electric welcomes pictures from our service area. Please feel free to submit photos that you have taken so that we can publish them in the Big Flat Electric news section of the *Rural Montana* magazine. Photos can be emailed to shawna@bigflatelectric.com along with an explanation or description of your photo.

MARCH PHOTO SPOTLIGHT

PHOTOS BY KAY HOULD



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