

Prairie Fare: Gift-Giving Season Includes Gift Drawing For Readers

By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension

“I think it’s time to leave,” I said to my husband.

My husband picked up our kid, who could transform into a marble statue or a column of wiggly jelly.

At this moment, our kid was a screaming two-by-four tucked under my husband’s arm enroute to the car.

This was a little embarrassing. We had been looking at the toy section. Our children wanted a particular toy right then. Eventually, our child learned that the “screaming statue” tactic resulted in our leaving the store immediately.

Now that our kids are in their 20s, selecting gifts isn’t as easy as a trip to the toy store. Gift cards seem to be a logical choice that allow people to choose what they want. Sometimes, however, gift cards get tucked in a drawer and are found much later, if ever.

According to a Credit Summit survey of 1,200 consumers, half of consumers lose their gift cards.

An estimated \$21 billion is tied up in unused gift cards.

While gift cards are appreciated by many, what are some other gifts for adults? If you give gifts for the holidays, consider a few ideas and free online resources from NDSU Extension.

1. Give a gift that promotes safe food preparation. A food thermometer, an apron and a set of potholders are usually welcome additions to a kitchen. Grilling enthusiasts might enjoy long-handled food turners. If you like to sew, you can make the potholders and apron in the favorite colors and design of the recipient.

See www.ag.ndsu.edu/food and check out the “Home Food Safety” section of handouts about thermometers, food storage and more. They are free to download and share.

2. Create a cookbook of favorite family recipes. If you have the actual recipes in the handwriting of a relative, photocopy or scan them to make an extra-special keepsake. Add some digital photos of the recipe writer.

- Although great-grandma’s home food preservation recipes might be tempting to share, we caution against sharing “old” food preservation recipes. Cookie and cake recipes usually are fine to share, but food preservation research has led to changes in our recommendations.
- Be sure to compare “old” canning recipes to current ones. Sometimes, canning recipes withstand the test of time, but often they do not. See www.ag.ndsu.edu/food and go to “Food Preservation” for the latest information.

3. Consider a gift that helps you avoid food waste. We all have experienced increased prices at grocery stores. Unfortunately, an estimated 31 percent of food is wasted at the retail level or at home according to the U.S. Department of Agriculture’s Economic Research Service.

Let’s work together to avoid throwing away edible food. How about a new set of microwaveable bowls, freezer containers and/or an insulated lunch bag to make use of these “planned-over” foods? Consider composting leftover food scraps, such as potato peelings.

- See the “Food Preparation” section at ag.ndsu.edu/food. The “Pinchin’ Pennies in the Kitchen” series of publications have ideas to make foods from what you have on hand. These can be printed into a booklet of ideas.

- See “How to Compost” at ndsu.edu/agriculture/extension/publications/how-compost if you want to learn how to turn vegetable table scraps into “black gold” for growing

gardens.

4. I have a potential gift as a thank you for reading “Prairie Fare.” We created 2024 recipe calendars. I’d like your feedback and invite you to enter a drawing for 50 free calendars (one per person) by December 23.

Go to <https://forms.gle/L1R5qUbthp4SQEE99> and enter the two-minute survey. If the survey link does not work for you, please send an email to julie.garden-robinson@ndsu.edu and include your name, full mailing address and an idea for a column topic. Be sure the subject of your email says “calendar drawing.”

How about some beverage, soup or bread mixes as gifts for family and friends? We have several “quick mixes” (at ndsu.ag/quick-mixes), which can be made as a recipe or layered in a jar for a gift mix.

Herb Quick Bread
2 cups all-purpose white flour
1 cup whole-wheat flour
1 tablespoon baking powder
3 teaspoons caraway seeds
½ teaspoon salt
½ teaspoon ground nutmeg
½ teaspoon dried thyme

If making a gift mix, layer the recipe ingredients in a clean quart-sized jar. Cover the jar tightly with a lid, decorate if desired and attach a copy of the recipe card.

1 recipe/jar Herb Quick Bread mix

1 egg
1 cup fat-free milk
1/3 cup canola oil

Preheat oven to 350 degrees. In a mixing bowl, whisk together dry ingredients. In a separate bowl, whisk the egg, milk and oil. Add the wet ingredients to dry ingredients and stir until moistened. Place mixture in a 9- by 5-inch loaf pan coated with nonstick cooking spray and bake for 40 to 50 minutes. Cool for 10 minutes in pan; remove from pan and place on a wire cooling rack.

Makes 16 servings. (Each serving has 140 calories, 5 grams (g) fat, 4 g protein, 21 g carbohydrate, 1 g fiber and 180 milligrams sodium.



Probate No. 31-2023-PR-00145
IN THE DISTRICT COURT OF
MOUNTRAIL COUNTY,
STATE OF NORTH DAKOTA
In the Matter of the Estate of PATRICIA
CHARGING MIKE, Deceased.

**NOTICE OF HEARING
PETITION FOR FORMAL PROBATE
OF WILL AND APPOINTMENT OF
A PERSONAL REPRESENTATIVE**
NOTICE IS HEREBY GIVEN THAT
GINA FEATHER MARIE MIKE HERR-
ARA has filed herein a petition for formal
probate of will and appointment of a per-
sonal representative.

Hearing has been set upon said petition
on the 25th day of January, 2024, at 10:30
a.m., at the Courtroom of the above named
Court, in the City of Stanley, County of
Mountrail, State of North Dakota.

Dated this 9th day of November, 2023.
PRINGLE & HERIGSTAD, P.C.
By: /s/ Debra L. Hoffarth
Debra L. Hoffarth,
Attorney for Petitioner
2525 Elk Drive
P.O. Box 1000
Minot, ND 58702-1000
(701) 852-0381
dhoffarth@pringlend.com
Nov. 15, 22, 29, 2023

Reliable. Relevant. Real.

The NDNC is a new nonprofit providing REAL journalism about North Dakota for North Dakotans.

To support local journalism, please make your charitable contribution at www.newscoopnd.org/donate

Place your classified ad in every North Dakota Newspaper for as low as

\$160

Contact this newspaper for details.

HELP WANTED

CITY AUDITOR POSITION: City of Strasburg, N.D.: \$20-\$25/hr. based on experience. Vacation, sick, personal days with health stipend negotiable. Duties payroll, bill paying, reports, etc. Computer skills helpful. Contact Sonya Schumacher at 701-321-0333.

ACADEMIC COUNSELOR Primary duties include helping facilitate students' career, educational, and personal growth by providing academic support and guidance for current and/or prospective students and faculty in the areas of academic counseling, registration, student referrals, career counseling, academic standing, and other student issues and related activities. Salary: \$52,000 - \$45,000 commensurate with education and experience. Screening begins immediately. Interested candidates must submit the NDSCS employment application at: www.ndscs.edu/join-our-team EOE

EVENT SERVICES COORDINATOR Primary duties include scheduling and coordinating internal and external rentals and events and supporting various functions of the Customer Service Desk and Student Life operations. Salary: \$35,000 - \$45,000 commensurate with education and experience. Screening begins immediately. Interested candidates must submit the NDSCS employment application at: www.ndscs.edu/join-our-team EOE

YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

REAL ESTATE FOR SALE

ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

SERVICES FOR HIRE

PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termites, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 1-866-892-7677

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-482-4836.

VEHICLES FOR SALE

2007 STERLING ACTERRA GARBAGE TRUCK FOR SALE, 119,000 miles, Allison automatic, AC, cruise control, Jake brake, tandem, New Way garbage box. Mail bids by Thurs., Nov. 30: City Auditor, PO Box 31, Napoleon, ND 58561. Call 701-754-2266.

MISCELLANEOUS FOR SALE

ADD TONEKOTE® to dog and cat rations to treat dry, scaly skin, doggy odor and insure winter coat. At Tractor Supply® (www.happyjackinc.com)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-866-892-5868

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins / Banjos. 855-754-3470

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 844-741-0705

LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$25! Call 701-223-6397, ND Newspaper Association.

North Dakota Game And Fish News

Mountain Lion Zone 1 Late Season Opens

North Dakota's early mountain lion season in Zone 1 closed November 26, and the late season, when hunters can pursue lions with dogs, is open.

During the early season, hunters took six cats from a harvest limit of eight. Under the season structure, a conditional season could open five days after the late season closes for hunters to pursue the additional two mountain lions that were not taken.

The late season in Zone 1 is scheduled to run through March 31, 2024, or until the harvest limit is reached. The late season harvest limit is seven total lions or three female lions, whichever comes first.

Hunters are advised to check the status of the late season by visiting the North Dakota Game and Fish Department website, gf.nd.gov.

Zone 1 includes land in western North Dakota south of ND Highway 1804 from the Montana border to the point where ND Highway 1804 lies directly across Lake Sakakawea from ND Highway 8, cross Lake Sakakawea, then south along ND Highway 8 to ND Highway 200,

then west on ND Highway 200 to U.S. Highway 85, then south on U.S. Highway 85 to the South Dakota border.

The mountain lion season in Zone 2, which is the rest of the state outside Zone 1, has no harvest limit and is open through March 31, 2024.

The mountain lion season is open only to North Dakota residents. Hunters need a furbearer or combination license to participate.

Late Season Hunting Dates

The statewide duck and white-fronted goose seasons close December 3. However, duck hunting in the high plains unit reopens December 9 and continues through December 31.

In addition, the season for Canada geese closes December 16 in the eastern zone, December 21 in the western zone and December 29 in the Missouri River zone. Light goose hunting closes statewide December 29.

Archery deer, fall turkey, sharp-tailed and ruffed grouse, partridge and pheasant hunting seasons continue through January 7.

The season for tree squirrels closes February 29.

Proceedings Of The Board Of County Commissioners

PROCEEDINGS OF THE MOUNTRAIL COUNTY COMMISSIONERS

1. OPENING & ROLL CALL

The Board met in regular session on Tuesday, November 7, 2023 at 9:00 A.M. in the Emergency/Community Room, Mountrail County Courthouse, Stanley ND with Commissioners Joan Hollekim, Trudy Ruland, Wayne Olson, Jason Rice and John DeGroot were present. State's Attorney, Wade Enget was present.

Chairman Ruland called the meeting to order. The Pledge of Allegiance was recited.

2. BUSINESS

A. AGENDA
Moved by Comm. Rice, seconded by Comm. Olson, to review and approve the agenda as corrected. Upon roll call, all present voted yes. Motion carried.

B. MINUTES

Moved by Comm. DeGroot, seconded by Comm. Hollekim, to approve the minutes of the October 17, 2023 meeting as corrected. Upon roll call, all present voted yes. Motion carried.

C. FEES

Moved by Comm. Olson, seconded by Comm. Rice, to approve the October Overweight fines through 10/31/2023. Upon roll call, Hollekim, DeGroot, Ruland, Rice and Olson voted yes. Motion carried.

D. PAYROLL

Moved by Comm. Hollekim, seconded by Comm. DeGroot, to approve the regular full-time employee classification for Madison Ramberg with the Sheriff as a Dispatcher in the amount of \$23,365 per hour/\$48,600 per year. Upon roll call, DeGroot, Ruland, Rice, Olson and Hollekim voted yes. Motion carried.

Moved by Comm. Hollekim, seconded by Comm. Olson, to authorize Correctional Center Nurse, Sandy Mack, as an employee, of Mountrail County to assist the Upper Missouri District Health Unit (UMDHU) as a volunteer with scheduled vaccination clinics and educational presentations subject to the approval of Nurse Mack and her supervisor each time a request is made by UMDHU. It is understood that UMDHU must send a written request via mail or email each time assistance is needed and for what purpose in order to keep documentation between the County and UMDHU. Upon roll call, Rice, Hollekim, Ruland, DeGroot and Olson voted yes. Motion carried.

E. TRANSFER

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the transfer for overweight permits from 3rd quarter from the Road & Bridge Fund to Unorganized Townships 155 North, Range 94 West in the amount of \$2,481.48; 154 North, Range 94 West in the amount of \$1,413.41; 153 North, Range 93 West in the amount of \$3,795.86; 152 North, Range 93 West in the amount of \$10,212.14 and 150 North, Range 92 West in the amount of \$3.68 totaling \$17,906.57. Upon roll call, DeGroot, Olson, Hollekim, Rice and Ruland voted yes. Motion carried.

F. SECURITY MANUAL

Moved by Comm. Olson, seconded by Comm. DeGroot, to approve the signing of the Courthouse Security Manual. Upon roll call, all present voted yes. Motion carried.

G. BILLS

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the bills totaling \$3,234,388.52 and October 1-14 payroll, checks #17570-17591 and direct deposits #18981-19147 totaling \$893,347.33 and October 15-28 payroll, checks 17592-17613 and direct deposits #19148-19299 totaling \$539,407.96. Upon roll call, Ruland, Hollekim, DeGroot, Olson and Rice voted yes. Motion carried. (A complete list of bills is posted on a regular basis on the Mountrail County website @ www.co.mountrail.nd.us under the County Commissioner heading and/or are available for review in the Auditor's Office during normal business hours).

H. BOARD CONCERNS

The Township Officer meeting will be held on November 14th at 1 p.m. at the Plaza Complex Meeting Room. Discussion was held on the referendum petition relating to the elimination of property taxes and the mechanisms in how to get the information out to the constituents in the county.

Comm. Hollekim discussed the section of law allowing the Board of Commissioners to expend county funds as a donation for a capital improvement project to a non-profit health care facility within Mountrail County. In checking with Attorney Enget, a nursing home also fell under the definition of a health care facility. Wade Enget, State's Attorney discussed that this is something that can be done under NDCC. 11-11-14-24.

Corey Bristol, Sheriff presented a quote for a snowplow to be inserted on a sheriff pickup.

Moved by Comm. Olson, seconded by Comm. DeGroot, to approve the quote from American Truck & Trailer, LLC for purchase of a pickup plow in the amount of

Dakota Datebook: Tower University

By Dave Seifert

Many might be surprised that on December 1, 1886, classes began at Tower University in Tower City, North Dakota.

Founded and supported by the Baptists in Dakota Territory and the people of Tower City, the coeducational university started classes with an enrollment of fourteen students. Classes were held in a converted hotel.

The daily program of instruction included Chapel, Philosophy,

Reading, Arithmetic, Algebra and Physical Geography. Instrumental and vocal music was also available to students.

Tuition was \$8 per term and the furnished rooms went for 50 cents/week. Board contracts ran the students an additional \$3 per week.

Due to lack of enrollment, Tower University was forced to close its doors in 1889, after only two years of operation. Tower City History, 1879-1979 Centennial Edition, pg. 32-42

North Dakota Horizons 2024 Scenic Calendar!

EXCELLENT HOLIDAY GIFT!

We can mail direct to all on your gift list!

12" by 12" calendar with 12 stunning photos from across the state!

North Dakota Horizons Calendar & Magazine Gift Package - \$45

\$20 each
SAVE on two or more!
Includes shipping

Order at 866-462-0744 or www.ndhorizons.com

by Comm. Rice, to approve paying to fix the damaged railroad crossing on 89th Ave NW to be paid to the United Quality Grain Elevator in Ross in the amount of \$4,469.02. Upon roll call, Hollekim, Rice, Olson, Ruland and DeGroot voted yes. Motion carried.

2. STANLEY MUNICIPAL AIRPORT-ENVIRONMENTAL ASSESSMENT AGENCY SOLICITATION OF VIEWS

Superintendent Duerre discussed the letter received for views and solicitation for the environmental assessment for the Stanley Municipal Airport. The suggestions for letter of concerns would be the possibility of lights, turning lanes, signage and drainage issues.

3. PLAZA GENERATOR

Superintendent Duerre presented the quotes from Butler Cat and K Squared Electric for the Plaza Generator.

Moved by Comm. Olson, seconded by Comm. Rice, to approve the purchase of a Cat generator for the Plaza Complex from Butler totaling \$73,311 due to availability and the generator is larger in size. Upon roll call, DeGroot, Olson, Rice, Hollekim and Ruland voted yes. Motion carried.

4. CR9 PHASE II

Superintendent Duerre discussed sending out a letter to be mailed out to the industry users of CR 9 updating them on the construction progress.

Moved by Comm. Hollekim, seconded by Comm. Olson, to approve signing and sending a letter to the industries that utilize CR 9 giving them an update on the construction progress which include XTO, Chord, Continental, Governor Burgum, Hess, ND Industrial Commission and ND Petroleum Council. Upon roll call, all present voted yes. Motion carried.

5. SOURCEWELL COOPERATIVE PURCHASING PROGRAM

Moved by Comm. Rice, seconded by Comm. Olson, to approve signing the Sourcewell Cooperative Purchasing Program Participation Agreement. Upon roll call, all present voted yes. Motion carried.

6. NEW TOWNSHIP ASSISTANCE PROGRAM

Discussion was held on the signage and 911 signs. More discussion will be held with the 911 signs at the next commissioner meeting.

Moved by Comm. Ruland, seconded by Comm. DeGroot, to approve the 2024 Request & Agreement for Township Road Signs Purchase and Installation for Stop and/or Yield signs with the township(s) reimbursing 50% of cost of materials and the labor and installing of the traffic signs at no cost to the Townships. Upon roll call, Hollekim, Ruland, Rice, Olson and DeGroot voted yes. Motion carried.

7. CONSTRUCTION PROJECTS UPDATE

Superintendent Duerre discussed the construction project updates for the 2023 year.

8. WARRANTY DEED/RICE PROPERTY

Wade Enget, State's Attorney prepared a warranty deed for the 6 acres, more or less, for Ardis M. Rice, Brian and Nancy Rice's right of way property previously deeded to Mountrail County.

Moved by Comm. DeGroot, seconded by Comm. Olson, to approve signing the warranty deed for the Ardis M. Rice, Brian and Nancy Rice property described as Township 156 North, Range 94 West, Section 18 a portion of the E1/2NE1/4 described as follows and as shown on plat 19: Commencing at the NE corner of Section 18, thence southerly along the east line of said section 18, S 01 deg. 36 min. 28 sec. W a distance of 1082.57 feet. Thence S 01 deg. 36 min. 32 sec. W a distance of 33.00 feet to the Point of Beginning. Thence S 01 deg. 36 min. 28 sec. W along a line westerly and parallel with the east line of section 18 a distance of 1556.45 feet to a point on the ½ line. Thence N 88 deg. 09 min. 12 sec. W along said ½ line a distance of 83.00 feet to a point on a non-tangent curve concave to the left (northwesterly) the radius point of which bears S 82 deg. 00 min. 13 sec. W a distance of 2925.00 feet. Thence northwesterly along said curve 181.81 feet through a central angle of 03 deg. 33 min. 41 sec. to the end of the curve. Thence N 11 deg. 33 min. 27 sec. W a distance of 1032.16 feet to the beginning of a tangent curve, concave to the right (northeasterly), having a radius of 590.00 feet. Thence northeasterly along said curve 445.96 feet through a central angle of 43 deg. 18 min. 30 sec., to the end of the curve. Thence N 31 deg. 45 min. 02 sec. E a distance of 98.78 feet to a point on the ND Hwy 2 Right of Way line and to appoint on a non-tangent curve concave to the right (southeasterly) the radius point of which bears S 30 deg. 58 min. 25 sec. E a distance of 5529.65 feet. Thence southeasterly along said curve 279.58 feet through a central angle of 02 deg. 53 min. 49 sec. to the end of the curve and the point of beginning. Upon roll call, Ruland, Hollekim, DeGroot, Olson and Rice voted yes. Motion carried.

9. ADJOURN

The Board adjourned at 12:30 P.M. to meet in regular session on Tuesday, November 21, 2023 at 9:00 A.M. Accepted and approved this 21st day of November, 2023.

Trudy Ruland, Chairman
Mountrail County Commissioner
Stephanie A. Pappa
Mountrail County Auditor