

Powers Lake News

Jan Hegstad writes about their three day drive around Western North Dakota.

We began with Herbs medical appointments in Minot on Tuesday forenoon. Lunch at our favorite restaurant, The Badlands, then on 83 south to Bismarck. Jana met us in North Bismarck. We followed her to her daughter and family's newly purchased house just a few blocks in the northeast part of town. So fun to visit with them about the upgrades they're doing to make it theirs.

Jana made a delicious supper at their home east of Bismarck, then a ten minute drive to visit their son and family as they're doing the same... upgrading to make a house a home. Jesse's family chose acreage east of Bismarck near parents and near work.

We stayed the night with our daughter Jeri and Dave Nehring, one mile from Jana and Steve. Wednesday morning we drove west on 194

to meet Jan's cousin Arlo and Becky at Country Kitchen in Dickinson, for lunch. They're driving from Vancouver, Washington to attend their 65th high school class reunion in Portland, ND.

A drive down The Enchanted Highway, then to their daughter, Pam and Allen Cote's home. Their daughter, Anna and son, Mateo, are visiting from California. Good food and good chatting!

Thursday morning, Arlo's continued east, and we went into Dickinson to visit one more grandchild getting settled in a new house, Nathan, Pam and Allen's son and family recently moved back home from Washington. They're taking over the family business. What a blessing is ours to be with these grandchildren at a special time in their lives!

Back on the highway for a scenic drive home. The state is beautiful with healthy crops of different colors growing fast.

AARP Fraud Alert: The Latest In Amazon Impostor Scams

Criminals love to impersonate big businesses and the bigger the better. One of the largest targets of impostor scams last year was Amazon. According to the Federal Trade Commission, 44,000 reports about scammers using Amazon's name were filed last year, with \$19 million reported lost. Here are two of the latest versions of an impostor scam to be on the lookout for.

Complex scams that involve an Amazon impostor, a bank impostor and someone pretending to be a law enforcement investigator are trending. These scams have a heightened sense of legitimacy because the victim believes they are speaking to different independent entities who are all confirming the same threat. In reality they are talking to multiple criminals who are all part of the same scheme.

False membership renewal messages are another trending form of Amazon impostor scams. Because

many customers aren't aware of when their membership expires these messages can seem legitimate. The criminals also create real looking websites where you can share your payment information.

Whenever doing business, renewing a membership or dealing with a suspicious charge with any retailer, it is safest to do so at their official website or through their official customer service lines. Do not rely on links or phone numbers emailed or texted to you. These run a higher risk that you'll be connected directly to a crook.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

The AARP Fraud Watch Network is a free resource for all. Learn how to proactively spot scams or get guidance if you've been targeted. Visit aarp.org/fraudwatchnetwork or call our dedicated helpline to speak to a fraud specialist at 1-877-908-3360.

Grant Bootcamp: Communities Navigate Maze Of Federal Infrastructure Aid

By Mike Moen,
Prairie News Service

Federal officials have opened up a new round of funding under one of the many grant programs tied to the Bipartisan Infrastructure Law. As the multi-year initiative unfolds, North Dakota cities are getting an education on how to apply for funds. Since the law's passage, North Dakota has been awarded more than \$3 billion, with investments in road and bridges, water systems and high-speed internet.

Matt Gardner, executive director of the North Dakota League of Cities, said what is great about the package is towns and cities have more direct access to funds, instead of most of it being distributed by the states. It also means there is stiff competition. "One thing to consider is, of the 355 cities in North Dakota, 306 of those are under a thousand people in population," Gardner pointed out.

He suggested smaller communities might lack the capacity to examine the dozens of programs and figure out compliance needs for grants. The National League of Cities is hosting "bootcamps" for local

governments to help them become more savvy in applying. The latest funding announcement was for a pilot effort to help reconnect areas cut off from opportunity by past transportation projects.

Gardner acknowledged the Biden administration is trying to make the application process easier with free technical assistance but noted municipalities may need a few more tips on not wasting time in seeking grants that would not fit their needs. And they need to know if they can cover matching funds. "This money isn't free. I mean, it comes with strings," Gardner emphasized. "If a city is applying directly, in general, it's going to be those local funds (that are also needed)."

He added several towns can work together on a single application with hopes of the state covering matching funds, potentially boosting approval chances. Gardner agreed with elected officials who said the infrastructure law will help communities thrive, creating temporary jobs along the way. His only caution was a potential spike in project costs if the investments collectively drive up demand for supplies.

Hoeven To Deputy Interior Secretary Nominee: Work With Us To Address Draft RMP For ND

At a hearing of the U.S. Senate Energy and Natural Resources (ENR) Committee recently, Senator John Hoeven called on Shannon Estenoz, the nominee to serve as Deputy Secretary of the Interior, to:

- Address issues with the Bureau of Land Management's (BLM) Draft Resource Management Plan (RMP) for North Dakota.

- Maintain access to federal lands for multiple uses, including grazing, energy development, tourism and others, as required by Congress.

In particular, the senator stressed how the split estate in North Dakota impacts private mineral owners' ability to exercise their property rights. Hoeven outlined concerns that the draft RMP would close off leasing to 45 percent of potential federal oil and gas acreage and 95 percent of federal coal acreage. This would unfairly disenfranchise the state and private property owners, as federal minerals are often co-located with state or privately-owned minerals or lie under non-federal surface acreage. In response, Estenoz committed to work with Hoeven on this priority. Hoeven also pressed Estenoz regarding concerns over the Biden administration's inflated oil and gas permitting statistics, and Estenoz committed to providing accurate data.

"In North Dakota, we really live up to the tradition of multiple use on federal lands, whether it's for grazing, energy development or tourism. We do it all," said Hoeven. "Policies like Draft Resource Management Plan undermine these requirements established by Congress, while hurting our nation's energy security by locking away vast, taxpayer-owner

resources. Considering the impact inflation is having on American families and businesses, it's critical that we develop these resources here at home, where it will be done with the very best environmental stewardship, rather than importing that energy from countries with lower standards. That's one important priority I've raised with Assistant Secretary Estenoz, and I am grateful for her willingness to work with me on this issue."

The hearing follows Hoeven's efforts pressing Interior Secretary Deb Haaland and BLM Director Tracy Stone-Manning to rescind the draft RMP, as well as BLM's Public Lands Rule. This comes as part of the senator's broader efforts to push back on burdensome regulations like these that lock away taxpayer-owned surface acres and energy resources. At the same time, the senator is sponsoring legislation to provide regulatory relief and empower greater development of the nation's abundant oil, gas and coal resources. This includes:

- The BLM Mineral Spacing Act, which would remove duplicative BLM permitting regulations and better respect the rights of private mineral holders.

- The North American Energy Act, a bill to prevent unnecessary delays for important cross-border energy projects, such as pipelines and transmission lines.

- Legislation to streamline and set deadlines for multi-agency National Environmental Policy Act (NEPA) reviews of natural gas pipelines and liquid natural gas (LNG) projects needed to get energy to market.

4,296 Citations Issued During Click It Or Ticket Enforcement Campaign

Law enforcement agencies across the state participated in the Click It or Ticket enforcement campaign from May 1 to June 2, 2024, to help save lives on North Dakota roads.

A total of 4,296 citations were attributed to the overtime enforcement patrols. Of the total citations, 2,871 were citations for failure to wear a seat belt and 42 were child restraint citations. Tickets for speeding totaled 604. The traffic stops also resulted in 331 other traffic citations (i.e. disobeying traffic signals, equipment violations), 124 uninsured motorists, 145 suspended/revoked license violations, two drug arrests, 16 citations for distracted driving, 22 warrants served and six

driving under the influence (DUI) arrests.

Preliminary data for 2023 shows that 48 percent of motor vehicle fatalities in North Dakota were not wearing their seat belt. Seat belts are the single most effective safety device to prevent death and injury in a motor vehicle crash.

High-visibility enforcement for traffic safety is one element of a collaborative effort to help meet the state's goal of zero motor vehicle fatalities and serious injuries on North Dakota roads.

Learn more about traffic safety at VisionZero.ND.gov. Join the conversation on the Vision Zero ND Facebook or X page.

Statutory Initiative Submitted To Secretary Of State

Secretary of State Michael Howe announced that the sponsoring committee proposing the statutory initiative related to legalization of cannabis and related regulation submitted petitions to the Office of the Secretary of State for review and approval for the ballot.

Steven Bakken, of Bismarck, North Dakota, is the chairperson of the sponsoring committee.

The sponsoring committee delivered 531 petitions to the Secretary of State's office, which the committee stated contained approximately 22,444 signatures.

The Secretary of State has thirty-five days, or until Monday, August 12, 2024, to pass upon the sufficiency of the number of signatures to determine whether the measure will be placed on the ballot. The applicable state law that applies is as follows:

N.D.C.C. §16.1-01-10-Secretary of state to pass upon sufficiency of petitions-Method-Time limit

The secretary of state shall have a reasonable period, not to exceed thirty-five days, in which to pass upon the sufficiency of any petition mentioned in section 16.1-01-09. The secretary of state shall conduct a representative random sampling of the signatures contained in the petitions by the use of questionnaires, postcards, telephone calls, personal interviews, or other accepted information gathering techniques, or any combination thereof, to determine the validity of the signatures. Signatures determined by the secretary of state to be invalid may not be counted and all violations of law discovered by the secretary of state must be reported to the attorney general for prosecution.

Rural Developers Assembly Highlights Technologies To Aid Community Betterment

Community leaders and economic developers will be introduced to new and emerging technologies at the Rural Electric and Telecommunications (RE&T) Development Center's Rural Developers Assembly August 1. Attendees will learn how generative artificial intelligence, data collection and analysis tools can help them become more efficient and effective in their efforts to create positive change in their communities. The event will be held at the North Dakota Association of Rural Electric Cooperatives (NDAREC) headquarters in Mandan.

"Each year, the Rural Developers Assembly provides an opportunity to learn about concepts and programs that can help maintain and grow our rural communities," says Ellen Huber, NDAREC rural development director. "This year's event will benefit rural developers and

community 'super-volunteers' who wear many hats and are interested in enhancing efforts to sustain and grow their communities."

The event will feature a hands-on keynote presentation by Marlo Anderson, host of "The Tech Ranch" radio show, which explores technological innovations and their impact on our lives. Rural development professionals and community-volunteer extraordinaires will also share their experiences using various tools, the benefits and challenges, and potential applications of these tools for purposes of community betterment.

Participants are encouraged to bring their laptops. A virtual option is available for those who cannot attend in person.

At learn more about the event and register, visit ndarec.com/2024-rural-developers-assembly. The registration deadline is July 31.

Agriculture And Energy: The Big Picture For CO2

By Senate Majority Leader
David Hogue and House
Majority Leader Mike Lefor

Our two largest industries in North Dakota are energy and agriculture. These industries make up 70 percent of the state's economy. Each face the same pressures to operate in a carbon-constrained economy. That is why these industries have made huge investments to track and manage carbon and in technology to capture, transport, and store carbon dioxide. North Dakota is leading the world. The legislature had the foresight to spend over 15 years setting the framework for CO2 capture and storage in ND - millions of dollars in research and development, the balancing of property rights of landowners, mineral owners, and pore space owners, and national leadership in the state taking over the EPA's role.

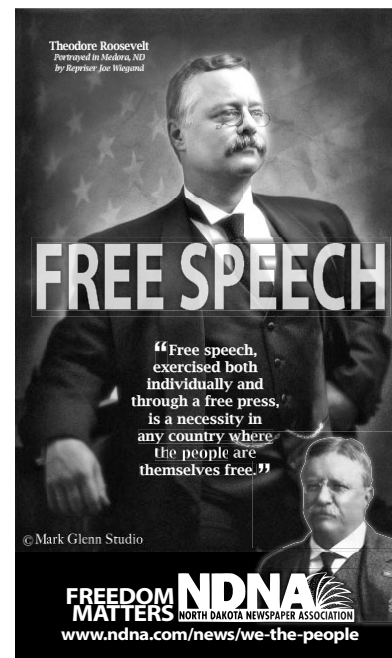
The stakes for coal are high. The state's CO2 policies could allow the coal industry to extend its life to provide baseload power to our state and region for decades to come. Coal and ethanol are working together to make this a reality, with Minnkota Power Cooperative collaborating with Summit Carbon Solutions to develop a world-class CO2 storage complex. Without a stable and predictable regulatory environment that allows for capture and storage of CO2 from our state's lignite plants, an industry that employs 13,000 and is responsible for \$5.4 billion of annual economic impact is at risk.

The stakes for oil are high. The state's CO2 policies create the opportunity, through enhanced oil recovery, to double the output of the Bakken to date. Double. Enhanced oil recovery will have tremendously positive impacts on the economy of North Dakota and the state's budget. This is only possible if CO2 can be transported within the state via pipelines, as common carriers, from sources in central North Dakota to oil and gas reservoirs in western North Dakota. Enormous amounts of CO2 from sources outside of North Dakota will be needed for this to even be possible. We don't have enough CO2 in ND today. Doubling the Bakken's output through enhanced oil recovery means a Bakken renaissance that amounts to a new \$40 billion industry.

The stakes are high for agriculture and ethanol. The state's CO2

policies allow ethanol to be decarbonized to access greater low-carbon fuels markets, paying a premium to the ethanol plants and the corn growers that supply corn to the plants. North Dakota ethanol plants produce around 550 million gallons of ethanol annually, consuming 60 percent of ND's corn production. In many markets there is a willingness to pay more for low carbon fuel. And the airline industry is hungry for a product we could make here in ND: sustainable aviation fuel. We've already adopted incentives to get a head start on this market, but we can't compete if our ethanol plants can't capture, ship, and store the CO2 they emit. Accessing low-carbon fuels markets means a stronger long-term market for corn. And that means a stronger farm economy in North Dakota.

Our state's most important industries - agriculture and energy - are tied to carbon capture, transport, and storage. The legislature has set up the framework to make this industry a success. We have multiple projects, including Summit Carbon Solutions, in the queue that have been vetted well by state agencies like the Public Service Commission and the Department of Mineral Resources. Once these projects are approved, we will secure our spot as a world leader in agriculture and energy, positioning our state to thrive in a carbon constrained economy.



First Case Of West Nile Virus Reported

North Dakota Health and Human Services (HHS) has confirmed the first human case of West Nile virus disease this season. The individual lives in Morton County and was hospitalized. There is risk of contracting West Nile virus anytime mosquitoes are active, so it is important to know how to avoid mosquito bites.

HHS recommends North Dakotans take these precautions to avoid mosquito bites:

- Use insect repellent registered with the U.S. Environmental Protection Agency (EPA) that contain ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus, PMD, 2-undecanone and permethrin (clothing only). Always follow the directions on the manufacturer's label for safe and effective use.

- Wear protective clothing outdoors such as long-sleeved shirts, long pants and socks.

- Limit outdoor activities between dusk and dawn when mosqui-

toes that can carry WNV are most likely to bite.

- Eliminate still water in containers around homes where mosquitoes can lay their eggs (gutters, buckets, flowerpots, old tires, wading pools and birdbaths).

- Install or repair screens on windows and doors to keep mosquitoes out of residences.

- Maintain a well-trimmed yard and landscape around homes.

Most people infected with West Nile virus experience no symptoms. Those who develop symptoms will commonly report fever, headache, body/joint aches or rash. People who develop severe illness may experience stiff neck, altered mental status, paralysis, coma and possibly death. People over 60, or those who have underlying health issues are at greater risk for developing West Nile neuroinvasive disease.

For more information on West Nile virus, visit www.hhs.nd.gov/wnv.

PSC Schedules Public Input Sessions For Proposed Xcel Natural Gas Rate Increase

The North Dakota Public Service Commission (PSC) will hold two public input sessions on Monday, July 29, which will allow participants to view the sessions and provide comments in person or virtually. The sessions will be an opportunity for Xcel Energy natural gas customers to provide comments regarding a request for an increase to their natural gas rates.

During the sessions, officials from Xcel will provide a presentation regarding their proposal and then public comments will be taken. The proposed increase would result in an annual increase in its North Dakota natural gas service revenue of approximately \$8.5 million or 9.4 percent. The proposed rate increase would affect rates for all of Xcel's retail natural gas customers in North Dakota.

Details for viewing/listening to the public input sessions are as follows:

- Monday, July 29, 2024 - Noon and 5:30 p.m. Central (12th Floor State Capitol)

- View the hearing online: <https://psc.nd.gov/public/meetings/live.php>

Public Input: The Commission will receive comments through the following methods:

- In person - North Dakota State Capitol, 12th Floor Commission Hearing Room (600 E Boulevard Ave., Bismarck, ND 58505)

Prairie Fare: Do You Know The Safety Rules For Home Food Preservation?

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

The other day, I received a notification on my phone that someone had "tagged" me on Facebook.

You never know the photo someone might have found of you from your past to post. I was hoping it wasn't from my embarrassing days of permed hair. I opened Facebook to learn more.

The tagged item was not what I was expecting.

Am I the only person who gets "tagged" during botulism outbreaks? Most likely I am one of the few.

At least I didn't have "big hair" on Facebook.

Recently, ten people in California were treated for botulism after eating home-canned cactus pads in a salad. Two people were in the intensive care units with severe respiratory issues.

Some of the hallmark symptoms of botulism poisoning are blurred or double vision and difficulty swallowing and breathing. The toxin (or poison) attacks the nerves and can paralyze muscles, including the muscles needed to breathe.

Without prompt medical treatment, botulism can be fatal.

Botulism toxin has no characteristic color or odor. If a food was improperly canned, we do not recommend that you taste the home-canned food "to see if it is safe." Do not take the risk. A small taste could be fatal.

Be aware that you are a full-fledged scientist when you are canning food. You might even put on a lab coat or at least an apron.

Some of the home canning recipes I see shared online actually scare me. You might discover some outdated and potentially unsafe canning recipes in old cookbooks or recipe boxes. I understand the sentimental value of old recipes. Cakes, cookies and hot dishes are not the concern.

Your great-grandparents would not want you to take risks with your health. Just because they might have sealed food in jars with galvanized screw top lids without any processing equipment doesn't mean we should.

Be sure to use safe sources of recipes from university Extension throughout the U.S., from the U.S. Department of Agriculture and the current Ball Blue Book.

Sometimes, commercially canned food is implicated in botulism outbreaks. If a food was recalled due to a safety risk, follow the guidance from the manufacturer.

Food needs to be at a certain acidity level to be canned in a wa-

ter-bath canner. Pickles, tomatoes with added lemon juice, jams and jellies are among the foods that can be canned safely in a boiling water-bath canner.

Low-acid foods such as vegetables, meat and many mixtures of food must be processed in a pressure canner to inactivate the potentially deadly bacterium, Clostridium botulinum, associated with the botulism toxin. To inactivate the bacteria, you must reach about 240 degrees Fahrenheit, which is only possible in a pressure canner. Follow these safety tips:

- If you invent a salsa recipe, canning experts suggest freezing your creation.

- Be sure your equipment is up to date. If you have a dial gauge pressure canner, be sure to have an annual gauge test done, which is available from many Extension offices.

- Do not can food in your oven.

- Prepare canning lids as directed on the box. Most do not require boiling. Do not over tighten or the lids can buckle. Remove the screw band before storing in a cool, dry place.

- Use vinegar in pickling recipes with a 5 percent acidity level. That's the acidity that was used in testing the recipes, so we know that is safe.

- Add lemon juice or citric acid in the prescribed amount to canned tomatoes. Many of our tomato varieties are less acidic than they used to be. The processing times also have been updated.

Preserving food from a grocery store, farmers market, or your own backyard garden can be very rewarding. Be sure to keep your family and friends safe by following the latest guidance. See the "Food Preservation" information at www.ag.ndsu.edu/food to learn more.

Here is an interesting salsa recipe that combines traditional ingredients (tomatoes, peppers, onions) with a bit of sweetness from the mango.

Fresh Salsa with Mango (not for canning)

4 tomatoes, chopped (about 2-3 cups)
½ cup chopped onion
½ cup chopped green pepper
1 jalapeno pepper, seeded and minced
1 teaspoon salt

½ teaspoon oregano or cilantro
1 tablespoon lemon or lime juice
1 tablespoon white vinegar
1 teaspoon sugar (optional)
1 mango, diced

Combine all ingredients in a medium bowl and mix. Makes 16 (1/4-cup) servings.

Each serving has 10 calories, 0 grams (g) fat, 0 g protein, 2 g carbohydrate and 150 milligrams sodium.