

Prairie Fare: Which Foods Are Safe After Power Outages?

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

I saw the river of creamy liquid on our garage floor at the base of the freezer. I was on the way to retrieve something to thaw for dinner a few years ago.

My heart sank as I walked closer. I saw that the freezer door was slightly ajar.

The liquid came from a large box of melting ice cream bars that were irresistible to my children, especially on warm summer days.

After squeezing the food packages, I closed the door and began coming up with a game plan to deal with thawed food. Let's just say that this mom was not happy.

I found an ice cream wrapper in the trash. I could have smelled my kids' breath for chocolate. They would have left DNA on the wrapper for scientific testing. Instead, I got to work because my kids were not home.

I thought about the type of food, the current temperature and the approximate amount of time that had elapsed. I grabbed a food thermometer and checked the temperatures of the thawed food.

I determined that most of the food could be used, even though it was fully or partially thawed. The food temperature was still about 42 degrees. The freezer door was closed now so the temperature was decreasing.

Meat that is partially thawed and has ice crystals can be refrozen; however, I did not want to refreeze the meat for quality reasons. I made enough meals for a couple of weeks, including casseroles, soup, roast and pulled pork. I used every appliance in my possession.

Senator Cramer, Colleagues Introduce Bipartisan Legislation To Support Families Of Fallen U.S. Service Members

U.S. Senators Kevin Cramer (R-ND), Jon Ossoff (D-GA), and Mike Rounds (R-SD) introduced the Golden Star Children Education Act to support the education of children of fallen U.S. servicemembers. This legislation would make children of servicemembers who died while serving on active duty eligible for enrollment in U.S. Department of Defense Education Activity (DO-DEA) schools on a tuition-free, space-available basis.

The DODEA manages 160 schools globally, providing K-12 education to the children of active duty servicemembers residing on military installations. Military families frequently cite the availability of schools on installations as positively impacting their quality of life, but Gold Star children are not eligible to enroll in the schools after the death of a parent who served.

The Gold Star Children Education Act is endorsed by Tragedy Assistance Program for Survivors (TAPS), Blue Star Families, and Hire Heroes USA.

"America is the land of the free because of the brave servicemembers who sacrificed their lives in defense of our freedoms," said Cramer. "After losing a parent who

When my kids arrived home, they thought I had prepared a feast for them. I interrogated them and found my culprit. Since it was an accident, no punishment was in order, just a stern warning to be sure the freezer door is closed.

I regularly handle calls and emails from disgruntled people who find food that is partially or fully thawed. No one likes to throw food away. Unfortunately, freezers and refrigerators can stop working for lots of reasons, such as power failure from a storm, floods or equipment failure.

Sometimes, saving perishable food is not possible but you can try some steps. During power outages, keep the door on the freezer closed. A full freezer will maintain the food cold for up to two days. A half-full freezer will keep food safe for about a day, as long as you keep the door closed.

The U.S. Department of Agriculture uses a two-hour rule for determining safety. If the frozen meat, dairy, soup or casseroles have thawed and been about 40 degrees for more than two hours, the food is best discarded.

If you discover a refrigerator or freezer that is filled with food above the desired temperature of 40 degrees F for refrigerators and 0 degrees for freezers, think about the type of food it is.

Meat, poultry, fish, milk and other high-protein foods are excellent media for growing bacteria. They spoil quickly. If your refrigerator contains condiments such as ketchup, mustard, steak and Worcestershire sauce, your food is fine to use.

Ketchup and many other condiments are "acidified" foods. They are at an acidity level that does not

served, Gold Star children should not be further disrupted by losing their access to DOD schools. I joined Senators Ossoff and Rounds in introducing the Gold Star Children Education Act to preserve the educational options for families of fallen servicemembers."

"We can never do enough to support the families of fallen U.S. servicemembers. That's why I'm introducing this new bipartisan legislation to give more support to gold star families and ensure our children get the best education and support possible," said Ossoff.

"We should all strive to thank our men and women in uniform as often as possible, but we have a special obligation to never forget the sacrifices made by their families as well," said Rounds. "Military children in particular often grow up with a parent away from home for months at a time - even years over the course of a career in the service. If, God forbid, their mom or dad makes the ultimate sacrifice, these Gold Star children should still be able to enroll in Department of Defense schools. I am pleased to co-lead the bipartisan Gold Star Children Education Act and honor this sacred trust."

grow bacteria. That's why many restaurants often leave these condiments on the table. However, these tasty sauces will maintain their flavor better if they are kept in the refrigerator.

If you find warm milk in the malfunctioning fridge, and you do not know how long it was at room temperature, the safest thing to do is to toss it. Whole fruit and vegetables are safe to use.

Melted ice cream does not refreeze. Soft and semi-soft cheese and shredded cheese should be discarded if held above 40 degrees Fahrenheit for more than two hours, while hard cheese such as parmesan can be refrozen. Breads, including muffins, can be refrozen.

Check your refrigerator or freezer for the ingredients found in this easy and colorful recipe. See www.ag.ndsu.edu/food for more information.

Hawaiian Chicken Sheet Pan Meal

- 1.5 pounds chicken breast or boneless skinless chicken thighs, cubed
Salt and pepper (to taste)
1 tablespoon canola oil (or your favorite oil)
1 large red bell pepper, diced

1 large orange or yellow bell pepper, diced

1/2 cup red onion, cut into chunks
1/2 cup barbecue sauce (plus more for drizzling)

1 cup pineapple chunks, canned (drained) or fresh
Juice of 1 lime

Cilantro and white sesame seeds for garnish (optional)

6 cups cooked brown or white rice (as an accompaniment)

Preheat oven to 350 F and prepare a baking sheet by lining with parchment paper and spraying with oil. In a large mixing bowl, season chicken breasts with salt, pepper and a drizzle of oil. Next, add bell peppers, red onion and barbecue sauce to chicken and coat thoroughly. Bake in the oven for 20 minutes, then remove sheet pan and add pineapple chunks. Return to the oven for 15 to 20 more minutes or until chicken reaches an internal temperatures of 165 F. Remove sheet pan from oven and squeeze lime juice over all. Add cilantro and sesame seeds to garnish. Serve with a side of rice.

Makes six servings. Each serving (with rice) has 470 calories, 7 grams (g) fat, 32 g protein, 68 g carbohydrate, 5 g fiber and 340 milligrams sodium.

Minutes Of The New Town City Council

NEW TOWN SPECIAL CITY COUNCIL MEETING MINUTES WEDNESDAY, MAY 22, 2024

Members Present: Mayor Jay Standish; Council Members: Frank Sillitti, Jesse Baker.

Members Absent: Doug Bratvold, Nathaniel Mayer.

Others Present: Eileen Zaun Meeting called to Order: 12:00 P.M.

1. Main Street Apartment Demo Bill: We accepted a bid from Kurt Danks but can't get the demo done at this time, so we had to find someone else to demo the Main Street Apartments. I got a quote (\$57,917.00) from B & F Salvage and can start right away.

Motion by Baker, second Sillitti to hire B & F Salvage to demo Main Street Apartment.

Voting Aye: Baker, Sillitti, Standish Voting Nay or Absent: Mayer, Bratvold Meeting adjourned: 12:04 P.M.

Mayor, Jay Standish

NEW TOWN SPECIAL CITY COUNCIL MEETING MINUTES THURSDAY, JUNE 6, 2024

Members Present: Mayor Jay Standish; Council Members: Frank Sillitti, Doug Bratvold, Jesse Baker, Nathaniel Mayer.

Others Present: City Attorney William Woods, Eileen Zaun, Scott Andersen, Laurie Giffey, Doug Opland.

Motion by Mayer, second Sillitti to approve the agenda. All voting Aye.

1. Liquor License - Rodeo grounds (Rum Dum Dram insurance) Motion by Mayer, second Bratvold to approve Run Dum liquor license at the rodeo.

All Voting Aye: Motion carried.

2. Letter of support for United Agronomy/Annex-property/Road route: United Agronomy wants to get annexed into the city, what is our next step. We want to be able to get water and sewer to our new building. We have asked the tribe to get water for over a year, even paid them money, still got nothing from them.

Motion by Baker, second Mayer to approve the application process to be annexed in. (Township 152 N., Range 92W, Section 18: NW 1/4 SE1/4 less 2.50-acre tract; S-acre tract in lot 3; W 5.62 acres of the NE1/4, SE1/4 less .21-acre tract and right of way.)

All Voting Aye: Motion carried.

Another issue we are having is our grain trucks getting stopped by the City Police. We used the route designated for our trucks, but still got stopped. There is a sign that says 6-ton axle. The council said the sign is for trucks that are not doing business in town, not the grain trucks, and you should not have gotten a ticket. Will check into this.

3. Sale of PD Dog: TAT Police are willing to pay \$7,000.00 for Luna the therapy dog. As of now we have no one trained in keeping Luna.

Motion by Mayer, second Bratvold to sell Luna (PD Therapy Dog) to the TAT Police.

All Voting Aye: Motion carried.

4. Elbowoods Meter Pit: The tribe does not want to annex the Elbowoods medical campus, with that being said we are going to put in a meter pit, as this should have been done a long time ago. Some of the water is not being metered, so the city has no idea how much water they are actually using.

Another concern is that is private property, the city should not be on that property fixing things there, they are not annexed in.

Motion by Mayer, second Bratvold to start the process of getting the meter pit started. The city will be paying for this.

All Voting Aye: Motion carried.

5. Shop Bid: Scott came with a bid from Open Skies Enterprises \$768,000.00, the council thought this is too high, try see if you can find another bid somewhere. Nathaniel Mayer had a company that built their new shop, but he has never gotten back to me on this, so I went ahead and got this bid. I will try and find another one. Baker thought this was supposed to be a cold storage building, but the shop needs to be heated for some of the equipment.

6. Employee Housing: Scott and Eileen went to Minot and looked at housing, got a few prices, but all have a pretty good price tag on them. The council thought maybe go out of ND to look for houses.

Motion by Bratvold, second Baker to approve \$350,000.00 for and housing allowance plus the budgeted amount. See if you can get two employee homes.

Voting Aye: Bratvold, Baker, Mayer, Sillitti

Voting Nay: None

7. Garbage Truck Rental: The City of Killdeer wants to rent one of the city's garbage truck. The council decided we will not rent out the garbage truck, but will sell it at a reduced price.

Motion by Mayer, second Bratvold to sell the 2023 Garbage truck for \$100,000.00.

All Voting Aye: Motion carried.

Meeting adjourned: 2:55 P.M.

Mayor, Jay Standish

NEW TOWN REGULAR CITY COUNCIL MEETING MINUTES THURSDAY, JUNE 13, 2024

Eileen Zaun, Auditor

trail County, Owners Biourja New Town Terminal LLC.

Motion by Sillitti, second by Bratvold to approve the new Airport-Plat as presented.

All Voting Aye: Motion Carried. Absent - Mayer

7. City Foreman Scott Andersen: Sold the 2023 Freightliner Garbage truck to the City of Killdeer for \$100,000.00. I got a quote for the sidewalk at the 8th street house from Porta Brothers \$6,200.00. Right now, they are walking on pallets, as it's so muddy there, we have to do something, this is not safe.

Motion by Sillitti, second Bratvold to approve the bid from Porta Brothers for the 8th Street house.

Voting Aye: Sillitti, Baker, Bratvold Voting Nay or Absent: Mayer

Curb repair on 3rd Street S. will be done in the next few weeks. Had a new hire, will start on Monday.

Bratvold had a concern about the landfill, as he has gotten lots of calls about why it was not open. Scott said the landfill is open on Tuesday and Thursdays from 4:00 P.M. to 6:00 P.M. and Saturdays 9:00 A.M. to 12:00 P.M. No one called me and let me know, there is a sign there with the dates and time and my phone number on it. If someone does call me, I will let them in.

Bratvold also asked who fills in all the potholes in the alleys, they are bad behind my house. Scott said we have been hauling rocks and millings in and now they are gone, we are working on all the alleys in town, but people keep driving on them when they are a muddy mess.

8. Water Plant Updates Cal Oldenburg:

We have 141 curb stops to fix - I have given them a grade:

- (a) Locate/add to GIS - 12
(b) Could not get onto valve - 11
(c) Minor repairs, requires manual labor, hand tools - 68
(d) Minor repair, requires some excavation - 16
(f) Full replacement of curbbox, curbstop if needed - 10
(x) Try Again - 10
(sc) Sewer cap - 10

The city will be paying for these repairs, not the homeowners. We will be getting the easy ones done first, we want to get them all done this year. Got the pool up and running for tomorrow's opening.

Lead-Copper closing, we had customer side non-lead/unknown=589/345 and utility side non-lead/unknown=649/285, next step make updates after 2024 and 2025 street/utility projects done, continue to identify lines under normal operating work.

9. AE25 - Jason Strand:

New Town 2023 Street & Utility Improvements Phase 1: I am requesting funding reimbursement request #1 to State Water Commission, this is the cost share reimbursement on the project for \$152,569.22. Need Eileen to sign this.

Motion by Bratvold, second Baker to approve Eileen sign the cost reimbursement, \$152,569.22.

All Voting Aye: Motion carried. Absent: Mayer

The first draw request for the SRF loan total \$507,056.92, need Eileen to sign request form.

Motion by Bratvold, second Baker to approve Eileen to sign SRF draw request amount \$507,056.92.

All Voting Aye: Motion carried. Absent: Mayer

They got two crews working, but with the wet weather it's a sloppy mess out there. All the residences, businesses and the grade school within phase (1) of this project are currently on temporary water while the water mains are being replaced in this area. First pay app for Wagner Construction, \$751,088.53 was submitted to the city for payment. This was in the bill set. Wagner plans to install the water and sewer services on 3rd street next week with Cary's crew, and to continue digging the water and sewer services going east on Eagle Drive with Derrick's crew.

Wagner plans to take an extended weekend over the 4th holiday weekend, (July 3 - 7).

New Town 2023 Street & Utility Improvements Phase 2: Design continues to progress on the phase (2)- project for construction in 2025. Another design review meeting will be scheduled soon.

10. Ackerman-Estvold Patrick Samson:

Street repair will start this week on 7th street first and then to College Drive. Elbowoods signed all the paperwork for the sewer extension. Since the Elbowoods Campus does not want to get annexed in, they will have to sign a MOU with the City.

11. Building Permits:

Motion by Baker, second by Bratvold approve Curtis Lockwood, 410 8th St., new concrete slab.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Sillitti, second by Bratvold approve James Dubois, 432 3rd St. N., new mobile home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Sillitti, second Baker to approve NT Public School, 201 2nd Ave. E., replacing shingles.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Sillitti, second Baker approve NT Public School, 615 Eagle Dr.,

Dakota Datebook: NDAC Breeds New Flowers

By Leewana Thomas

The USDA Hardiness Zones Map divides North America into eleven gardening zones: 1 being the coldest and requiring the hardest plants, and 11 being the warmest. The coldest it gets in the 48 states is zone three, and unsurprisingly the majority of North Dakota is considered zone three or four. Translated, this means gardeners around here have a very limited selection. So, it can be exciting to find new plants that can survive our tough Dakota winters.

Donald Hoag, a North Dakota Agricultural College scientist, bred three new varieties of dianthus in 1959. They were bred specifically to be winter hardy in northern climates. In July 1959, they would have bloomed for the first time. He called them Rondo, Allegro, and Andante. Gardeners in our region had good reason to be excited about this news, and not only for a nice addition to their flowerbeds. It also marked an important achievement for the area. The Forum reported that "the dian-

thus work at the N-D-A-C Experiment Station represents an important contribution in ornamentals to the horticulture field, and our prediction is that they'll bring due recognition to their originator and to the Experiment Station."

The dianthus were influential. They were well-received when commercially released in 1960, and they added color to local flower beds for several years. Since they were only a two-year perennial, however, other varieties gradually replaced them in the popular market.

But the work continued, with experiment station scientists developing more flowers and vegetables, doing important work with trees, and publishing hundreds of scholarly articles and books. And the number of horticulture majors doubled from 1956 to 1966. When it later became a part of the larger Plant Sciences Department, not everyone was happy about it, but there's no doubt the department has been influential no matter what it's called.

replacing shingles.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Sillitti, second Baker approve NT Public School, 812 1st Ave W, replacing shingles.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Baker, second Bratvold approve NSPM, 1250 3rd Ave. E., concrete deck.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Bratvold, second Baker approve NSPM, 1058 College Drive, moving new location.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Bratvold, second Baker approve TAT, 222 3rd St. N., demo home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Bratvold, second Baker approve St. Anthony Church, 203 3rd St. N., demo home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Bratvold, second Sillitti approve NSPM, 324 6th St., demo burnt home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Sillitti, second Bratvold approve NSPM, 315 6th St. N., demo home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Bratvold, second Baker approve NSPM, 404 4th St. N., demo home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Bratvold, second Baker approve NSPM, 227 Main Street, commercial building.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Bratvold, second Baker approve NSPM, Cottonwood B-3, demo trailer home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Sillitti, second Baker approve Cottonwood B-7, demo trailer home.

All Voting Aye: Motion carried. Absent: Mayer

Motion by Sillitti, second Baker approve Adrian Birr Bear, 423 3rd St. N., demo home.

All Voting Aye: Motion carried. Absent: Mayer

12. Police Report: Troy White Owl: The council advised the chief that selling anything must go through city council, this needs council approval. Any new hire must live within the city. The Council members have been looking at the handbook with 15 new policies. No changes were made to the policy.

Motion by Baker, second Bratvold to approve the 15 new Police policies as presented.

All Voting Aye: Motion carried. Absent: Mayer

Still looking at funding options to potentially replace older vehicles. In training Officer Goudge attending D.A.R.E. program in SD, Officer Marsh approved for attendance for S.R.O training in Devils Lake in July, Sergeant Jamerson went to Bismarck for recertify drug Dusty, Officer Mitchell received training on over-weight enforcement. Calls for service 563.

13. Library Board Pay: It has come to my attention that at the last library meeting the board is wondering why they don't get paid for the meeting, as they heard the park board gets paid. The council had some discussion.

Members of the board are Rebecca Emmons, Audrey Staples, Tanya Haddeland, Jean Legrone, Jesse Baker.

Motion by Sillitti, second Bratvold to approve paying the Library Board \$100.00 per meeting.

Voting Aye: Sillitti, Bratvold, Baker

Voting Nay or Absent: Mayer

Meeting adjourned: 6:55 P.M.

Mayor, Jay Standish

Eileen Zaun, Auditor

NEW TOWN SPECIAL CITY COUNCIL MEETING MINUTES TUESDAY, JUNE 25, 2024

Members Present: Mayor Jay Standish; Council Members: Frank Sillitti, Nathaniel Mayer.

Others Present: Eileen Zaun, Laurie Giffey, Chief Troy White Owl, Demetrius Jamerson, Ryan Anderson.

Meeting called to order: 1:07 P.M.

1. Fireworks License: Motion by Sillitti, second Mayer to approve Brent Wollschlager and Lonnie Wright a transient merchant permit for fireworks stand.

All Voting Aye: Absent: Bratvold, Baker

2. New Civic Center Update:

At the June 13th Council Meeting there was some questions about the cost of the different phases of construction for the new City Hall. Council wants to know what it will cost the City just to get the ball rolling on this project. Ryan Anderson showed a sheet that had the break down cost of each. These 3-phase need to get done (1) relocation (2) abatement demolition and Site Restoration, (3) Full construction. These kind of it into each other to get the ball rolling. Cost for this \$154,000.00.

Motion by Mayer, second Sillitti to approve the agreement for the 3 phases, cost for this \$154,000.00. This is to get the ball rolling on the new City Hall building.

Voting Aye: Sillitti, Mayer, Standish Voting Nay or Absent: Bratvold, Baker Meeting adjourned: 1:25 P.M.

Mayor, Jay Standish

Eileen Zaun, Auditor