

Prairie Fare: Be A Label Sleuth - What’s In Your Food?

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

I wonder what the other grocery shoppers were thinking as I parked my cart and intently studied food packages the other day. I pulled my phone from my purse and browsed the Internet, looking for information from food companies to learn about the ingredients.

I am regularly cooking for someone with celiac disease, and that means we need to bypass any ingredients with gluten. The packages that say “gluten free” on the front or back of the box or bottle make it easy.

Even for those who study food professionally, deciphering food labels can be a challenge sometimes. Natural color, artificial color, natural flavoring, modified food starch and vegetable protein, for example, could be derived from wheat and contain gluten protein.

Gluten is not technically an allergen, even though it is associated with wheat. Sometimes you need to be a sleuth to figure it out, and you may need to contact the company either online or by phone.

You can trust the information on food labels, but sometimes advertising can be misleading. Food labels are basically a legal document regulated by the Food and Drug Administration. Meat labeling is regulated by the U.S. Department of Agriculture.

As I pondered a lot of food packages that afternoon, I noted all the terms on the label. Try this quiz to see what you know about the meanings of these terms.

1. For fruits or vegetables to be labeled “organic,” how many years must the soil in which it was grown have no fertilizers or pesticides applied, according to the USDA?

- a. 1 year
- b. 3 years
- c. 5 years
- d. 7 years

2. If meat is labeled organic,

which is not true, according to the USDA?

- a. Animals are fed 100 percent organic feed or forage.
- b. Animals are administered antibiotics.
- c. Animals are not administered hormones.
- d. Animals are able to graze on pasture land.
- 3. Which of the following items are required on nearly every food label? Select all that apply.
 - a. Nutrition label
 - b. Shelf life notation such as “best by” date
 - c. Net quantity in ounces and metric measure
 - d. Name of the manufacturer
 - e. Health claims
- 4. What are the most recent items to appear on Nutrition Facts labels?
 - a. Vitamin D, added sugars and potassium
 - b. Vitamin C, total sugars and iron
 - c. Trans fat, total carbohydrate and total sugars
 - d. Calcium, protein and calories
 - 5. You see the symbol “U” in a circle on a food package. What does that mean?
 - a. Unpasteurized product - not heated as part of processing
 - b. Organic Union certification
 - c. Healthy designation
 - d. Kosher - conforms to Jewish dietary rules
 - 6. You notice that a food is labeled “low fat.” What percent of the daily value qualifies the food to be labeled “low”?
 - a. 2 percent
 - b. 5 percent
 - c. 7 percent
 - d. 10 percent
 - 7. Bonus essay question. Which three items on a Nutrition Facts label should we try to consume less of?

The answers are 1) b; 2) b; 3) c and d; 4) a; 5) d; 6) b; 7) saturated fat, sodium, added sugars.

By the way, if you are cooking for someone with any food intolerance,

ance, allergy or autoimmune disorder (such as celiac disease), be a cautious label reader and always do your homework.

Starting with whole ingredients such as fruit allows you to avoid allergens. This recipe naturally contains no gluten. Add a dollop of this topping to yogurt with fresh blueberries and a sprinkle of granola, or add it as a crunchy gluten-free topping for a delicious dessert.

Strawberry Rhubarb Freezer Jam
4 cups strawberries, chopped
1 cup rhubarb, chopped
1 ½ cups granulated white sugar
1 tablespoon lemon juice

Add all ingredients into a large pot and stir together on high heat until the mixture starts to bubble. Use a potato masher or a fork to mash the fruit to the desired consistency. Next, use a thermometer to bring the temperature to 220 F, stirring every 30 seconds. Remove from heat and scoop or pour into a Mason jar. Allow the mixture to completely cool before storing in the fridge or freezer. Jam can last 3 to 4 weeks in the refrigerator and up to 12 months in the freezer.

Makes fifty 1-tablespoon servings. One serving has 30 calories, 0 grams (g) fat, 0 g protein, 7 g carbohydrates, 0 g fiber and 0 milligrams sodium.

I-BAND Signs Joint Letter Urging USDA To Maintain Ban On Mexican Cattle Imports Amid Screwworm Threat

The Independent Beef Association of North Dakota (I-BAND) has joined a coalition of national, state, and county cattle associations in signing a formal letter to U.S. Secretary of Agriculture Brooke Rollins, urging the U.S. Department of Agriculture (USDA) to immediately reverse its decision to reopen southern ports for live cattle imports from Mexico.

The joint letter, transmitted electronically to Secretary Rollins on July 3, 2025, outlines deep concerns over the continued presence and northward spread of the New World Screwworm (NWS) in Mexico. The USDA itself has acknowledged the devastating impact this pest poses to livestock, wildlife, and even humans, warning of “catastrophic” consequences should it reach the United States.

“Reopening the border to live cattle imports from Mexico while active screwworm outbreaks persist is an unnecessary gamble with the health of our national herd and rural livelihoods,” said I-BAND President Frank Tomac. “The USDA’s duty is to protect U.S. livestock producers, not put them at risk for the sake of trade expediency.”

The letter calls for the USDA to:

- Maintain the current ban on Mexican cattle, bison, and equines until NWS is eradicated within Mexico’s borders.
- Produce a science-based, quantitative risk assessment of reopening the border.
- Provide public notice and comment before lifting any safeguards.

Recent USDA reports confirm multiple detections of NWS in Mexico as of June 2025. The agency’s June 30 announcement of a phased reopening lacks a clear explanation of how risk was assessed or mitigated, raising alarms among U.S. cattlemen. The coalition of signatories, representing more than a dozen states, warns that relaxing import restrictions now will eliminate the last line of defense against a pest that has already breached containment efforts in Panama and south-

Clear Storm Debris To Minimize Risk To Livestock

The recent storms that swept across the state caused significant damage to buildings, wind breaks, grain bins and other structures. The high winds carried debris onto cropland, hay fields and pastures and should be cleared away before grazing or harvesting of forages.

Building insulation can be carried long distances by wind, even after the initial damaging storms have passed. Cattle, especially calves, are curious by nature and investigate with their mouths.

“Consuming insulation can cause irritation of the gastrointestinal (GI) tract, obstruction and bloat,” says Dr. Jake Galbreath, North Dakota State University Extension veterinarian and livestock stewardship specialist. “Even small pieces can be irritating and accumulate in the GI tract.”

Treatment may include administering mineral oil and laxatives orally to aid in the passage of insulation material, as well as IV fluids for hydration. In some cases, surgery to remove material within the rumen may be necessary.

Building debris that has blown into pastures or hay fields may in-

crease the risk of hardware disease, says Dr. Galbreath. Hardware disease occurs when metal, usually nails or pieces of wire, are swallowed and enter the reticulum (first stomach). These can poke through the wall of the reticulum, causing infection in the abdomen or chest, even potentially piercing the heart.

Metal debris can be picked up during baling, delaying ingestion and the resulting symptoms for weeks or months. Dr. Galbreath recommends that producers in affected areas consider administering rumen magnets to cows this fall, as these can bind to the pieces of metal and reduce the risk of internal injury.

In addition to ingestion risks, animals can suffer lacerations or penetrating injuries from pieces of wood, metal siding, and nails. Slicing injuries to the feet from metal siding can lead to deep tissue and possible joint infection. Lacerations

U.S. Department Of Transportation Awards \$4 Million To Minot Corridor Project

The U.S. Department of Transportation announced an award of \$4,050,000 to Ward County. These funds were made available through the Better Utilizing Investments to Leverage Development (BUILD) grant program.

Specifically, this BUILD grant funding will allow Ward County to conduct planning, environmental documentation, and preliminary design for three corridors and their connected intersections, including the Outer Connector from US Highway 2/52 to US Highway 83 along County Roads 14 and 16, and the Inner Connector from US Highway 2/52 to County Road 14 along 30th Street SW.

Proceedings Of The Stanley City Council

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were malfunctioning. Upon contacting the equipment provider, The Computer Store, it was determined that the cameras are broken and no longer under warranty. Chief Litten is requesting Council approval to replace the two non-functioning cameras located at the front and back of the building. The new cameras will include a five-year warranty. The estimated costs are \$195.00 for verification of the camera issues, \$1,298.00 for the two replacement cameras, and \$510.00 for installation, bringing the total to \$2,003.00.

Motion by Littlereck, seconded by Johnson, to proceed with the quote for new cameras. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Weyrauch, Taylor, Jarmin, Littlereck and Hysjulien; and no “NAYS.” Motion carried.

HOUSING COMMITTEE
Agenda adjustment: Item removed prior to the meeting.

NDIRF - INSURING AT REPLACEMENT COSTS VS ACTUAL COST VALUE

Ranum introduced the NDIRF insurance and stated he is not familiar with the specific figures or the pricing difference between insuring at replacement cost versus actual cost value. However, based on his experience, replacement cost coverage is typically not significantly higher than actual cost value, providing greater assurance that the property will be fully covered in the event of a replacement.

Hollekim explained that she has been reviewing the NDIRF insurance options and these buildings qualify for coverage at replacement cost, which is the recommended approach. The City’s objective is to ensure adequate coverage and avoid underinsurance. Hollekim recommends granting authorization to the City Auditor to update the coverage to replacement cost for all qualifying properties.

Motion made by Hysjulien, seconded by Littlereck, to approve the insuring of all qualifying buildings at replacement cost and to authorize the City Auditor to implement these changes moving forward. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Weyrauch, Taylor, Jarmin, Littlereck and Hysjulien; and no “NAYS.” Motion carried.

DEPUTY AUDITOR POSITION – SET SALARY RANGE

The current salary for the Deputy Auditor position is \$33.28 per hour, equivalent to \$69,222 annually. The City is in the process of establishing a salary range for upcoming interviews. This range has not yet been approved by the Employment Committee. There is a discussion to either table this agenda item or refer it back to the Employment Committee for further consideration. The City Auditor intends to initiate the interview process promptly; however, if the matter is referred to the Employment Committee, it may delay the process by at least one month. Hysjulien suggested that the City Council consider a recommended annual salary range between \$58,000 and the current \$69,222.00, considering the candidates’ experience and qualifications.

Motion by Hysjulien, seconded by Littlereck, to set the annual salary range for the Deputy Auditor position of \$58,000 up to the current \$69,222.00 per year, based on experience and qualifications. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Weyrauch, Taylor, Jarmin, Littlereck and Hysjulien; and no “NAYS.” Motion carried.

ATTORNEY UPDATES – EDC LOAN AGREEMENT/LOSTWOOD MEDIA

Attorney Ryan Sandberg advised Council he reviewed the EDC Loan approved at the June 10, 2025, meeting for Lostwood Media in the amount of \$25,000. He prepared necessary documentation to ensure the City’s protections in the event the business does not remain operational for five years. The documents include the Secured Promissory Note and Security Agreement, Collateral Protection, Insurance Requirements and the UCC-1 Financing Statement filing.

Motion by Weyrauch, seconded by Jarmin, to adopt the agreement and paperwork for the EDC Loan Agreement with Lostwood Media. ON ROLL CALL VOTE, the following Council Members voted “AYE”:

may require repair and treatment by a veterinarian.

Sudden lameness that does not improve within 24 hours should be evaluated. Affected livestock need to be caught and restrained to allow picking up and examining all four feet for embedded nails or wire.

“Producers should thoroughly inspect their pastures and hay fields to remove storm debris,” says Dr. Galbreath. “This includes damaged cropland that may be salvaged for livestock feed as well as fields where crop residue may be grazed this fall.”

If there is suspicion that debris was ingested or an animal develops sudden lameness, producers should consult their local veterinarian for assistance.

For additional NDSU Extension information on livestock, visit ndsu.ag/livestock25.

For Extension information and resources regarding the June 2025 summer storm, visit ndsu.ag/summerstorms25.

“Minot’s growth is a testament to the region’s strong economy and welcoming community, and this BUILD grant will enhance residential and commercial transportation options in the area,” said U.S. Senator Kevin Cramer (R-ND) chair of the Senate Environmental and Public Works (EPW) Transportation and Infrastructure Subcommittee. “This grant will help ensure the Magic City’s growth goes hand-in-hand with safer and more efficient travel.”

Cramer and the North Dakota delegation wrote a letter supporting the application submitted by the City of Minot and Ward County, highlighting the need for the project.

Despite Pending Loss Of Federal Credits, EVs Still Encouraged For ND

By Mike Moen, Prairie News Service

Federal tax incentives for electric vehicles will be eliminated sooner than originally planned. Potential EV buyers in North Dakota might be rethinking their approach, but a regional expert said they should not suddenly change course.

Under the new tax policy law pushed by the Trump administration, enhanced tax credits bringing down the cost of a new or used electric vehicle end September 30. They were originally planned to run through 2032.

Jukka Kukkonen, Chief EV educator and strategist for the Minnesota-based EV consulting firm Shift2Electric, acknowledged the move might dampen enthusiasm, especially in a low-adoption state such as North Dakota but with or without the credits, local consumers should keep an open mind.

“Because people in rural areas drive more, they actually get more advantages from driving an EV than people in cities do,” Kukkonen contended.

He pointed out if a rural North Dakotan has to drive 30 miles to the next town for work each day, doing so in an electric car means minimal

transportation costs and low maintenance expenses. Kukkonen noted EV technology has improved, creating much longer range for batteries. However, charging infrastructure remains a concern outside of homes.

Even with federal help in recent years, analysts said low adoption in rural areas provides little incentive for commercial developers to add stations.

Kukkonen added in states where households are not used to making such decisions, it is understandable they might feel intimidated, including by the sticker price before the incentives. For families with multiple cars, he suggested easing in is a good approach.

“What I would recommend for people who are thinking to buy a new EV is go to evinfo101.com and download the list of the new EVs that are available in the U.S.” Kukkonen recommended. “That’s how you can make a comparison.”

He warned with the tax credits expiring this fall, there could be an immediate rush to snatch up electric models, potentially limiting inventory for the time being. The credits are up to \$7,500 for qualifying new EVs and up to \$4,000 for used models.

North Dakota Congressional Delegation Introduces Congressional Review Act To Repeal BLM’s Harmful Land Use Plan

Congresswoman Julie Fedorchak and Senators Kevin Cramer and John Hoeven introduced a Congressional Review Act (CRA) joint resolution of disapproval to overturn the Biden administration’s Bureau of Land Management (BLM) Resource Management Plan (RMP) for North Dakota. The introduction follows the Government Accountability Office’s (GAO) determination that the plan qualifies for repeal under the CRA.

“North Dakotans saw the Biden administration’s plan for what it was: A backdoor attempt to shut down responsible energy development on federal lands. It would crush coal production, close off millions of acres to leasing, and devastate jobs and communities across our state,” said Rep. Fedorchak. “This legislation overturns this harmful rule and restores common sense for North Dakota’s landowners and energy producers. We need energy policy that embraces innovation, not one that caters to out-of-touch activists at the expense of our energy security and economic strength.”

“The Biden Administration’s Bureau of Land Management Resource Management Plan for North Dakota represented another assault upon our state’s economy and energy producers,” said Senator Cramer. “Washington bureaucrats targeted our coal, oil, and natural gas reserves by blocking producers’ ability to develop them, ignoring the state’s input, clear text of federal law, and countless court precedents. Thankfully, the Trump administration is taking a new direction. This resolution under the Congressional Review Act is another tool at our disposal to get rid of this disastrous rule.”

“The RMP for North Dakota is an egregious example of the Biden administration’s overreaching Green New Deal agenda. This rule would lock away vast oil and gas acreage and nearly 99 percent of federal coal acreage in our state, undermining our energy security and economic resilience,” said Senator Hoeven. “The CRA resolution we’re introducing will roll back this harmful policy, ensuring North Dakota remains a powerhouse for our nation, while helping the U.S. to become truly energy dominant.”

In the final days of the Biden administration, the Bureau of Land Management adopted the RMP for North Dakota, significantly constraining the state’s ability to access and develop its mineral resources. The plan prohibits coal leasing on over four million acres, or nearly 99 percent of federal coal acreage. It also blocks 213,000 acres, or 44 percent of federally owned fluid mineral acreage, to future development. Throughout the drafting process, the state of North Dakota and the Congressional delegation expressed opposition to the draft RMP before the BLM finalized it.

In February 2025, the North Dakota delegation sent a letter to GAO asking the Comptroller General of the U.S. Gene Dodaro to “conclude the CRA applies to the North Dakota RMP, including specifically that GAO determine it is subject to CRA’s submission requirements and subject to review by Congress.”

North Dakota Governor Kelly Armstrong said, “We appreciate Senators Hoeven and Cramer and Congresswoman Fedorchak for introducing this Congressional Review Act resolution that would force the BLM to simply respect the rule of law.”

to overturn the Biden administration’s disastrous plan. Instead of destabilizing the electric grid, raising consumer costs and making our nation less safe like the Biden plan threatened to do, North Dakotans deserve a Resource Management Plan that encourages responsible development of U.S. energy resources and supports our communities. The state stands ready to work with our delegation to repeal the RMP and replace it with a plan that protects states’ rights and recognizes our unique concerns about mineral ownership.”

Alison Ritter, Executive Director of the Western Dakota Energy Association, stated, “The Western Dakota Energy Association thanks our Congressional Delegation for introducing this Congressional Review Act resolution to overturn the anti-energy Resource Management Plan (RMP) President Biden imposed upon North Dakota. Rescinding this plan is key to unlocking North Dakota’s full energy potential, while also protecting good-paying jobs, sustaining strong local economies, and preserving responsible access to the vital resources that power our nation.”

Ron Ness, President of the North Dakota Petroleum Council, added, “As part of former President Biden’s overreaching regulatory agenda, the BLM proposed a Resource Management Plan which was nothing but a transparent anti-energy power grab. The North Dakota Petroleum Council thanks Senators Hoeven and Cramer and Congresswoman Fedorchak for introducing this Congressional Review Act resolution that would force the BLM to simply respect the rule of law.”

Minutes Of White Earth City Council

CITY OF WHITE EARTH SPECIAL MEETING MINUTES JULY 8, 2025

Present: Mayor Greg Gunderson, Alderpersons Jerald Ogden, Jax Wearley, Justin LaBar (remotely), and Van Rice; Auditor Shannon Swain; and Employee Dan Goettle.

Guest/Visitors: Dorothy Feiring, Kathy Boyd, Norman Ogden, Erin Parker, Tey, Niles Thielens, and Gary Kreiger.

Called to order at 7:00 p.m., followed by the Pledge of Allegiance.

Ogden motioned to approve the consent agenda and Wearley seconded. Unanimous, motion passed.

BALANCES: **BRAVERA:**
\$58,993.88; BNC: \$102,471.20;
WESTERN COOP: \$495.00, \$500.67, \$129,580.19

DEPOSITS: Manual Deposit
\$2775.04; Cigarette Tax \$67.43; Highway Tax \$469.23; State Aid Tax \$726.38; Oil & Gas \$12,684.23; Hess \$186.80; Bravera \$0.42

EXPENSES: Google Suite \$118.80; MDU \$93.27; Ace Hardware \$488.99; R&T \$58.53; Quick Books \$116.00; MWEC \$629.68; RTC \$156.00; IRS \$339.64; Circle Sanitation \$897.50; Pinnacle 110.24; Mybestbuy \$49.99

CHECKS TO APPROVE: CK# 6047 ND Lease Of Cities \$371.00; CK# 6048 Pringle & Herigstad \$1,190.00; CK# 6049 Farmers Union Insurance \$629.00; CK# 6050 MC Promoter \$103.20; CK# 6051 Greg Gunderson \$104.77

COUNCIL: \$1108.20; **EMPLOYEES:** \$877.48

Old Business:
Purchase of website- Wearley motioned to purchase website design by Catalis and Ogden seconded. Unanimous, motion passed.

Boyd approach- Not complete

Update on commenting period- LaBar read Senate Bill #2180 set forth on 1.7.2025 regarding public commenting in NDCC 44-04. LaBar motioned to amend public comments must be limited to current agenda items and/or previous agenda items and Wearley seconded. Unanimous, motion passed.

New Business:
JDA Grants- Speaker Erin Parker spoke about Community grant programs, Growth funds, and Horizon grant.

City Ordinances- LaBar directed auditor to investigate what our ordinances say as far as requirements for speed and weight limits, and to make notes on signs that are posted in town. And to send the procedures for adopting ordinances to Rice.

Proposal/City Council engaging in work for City- LaBar motioned to allow City Council to engage in work as an employee by NDCC (but not mandatory to work) and Rice seconded. Roll Call: Rice-yes, Ogden-yes, Wearley-yes, LaBar-yes. Unanimous, motion passed.

Mayor’s duties- Discussion. LaBar motioned to call to question and Ogden seconded. Roll Call: Rice-yes, Ogden-yes, Wearley-yes; LaBar-nay; Motion passed.

Minutes supervisor- Discussion.

Announcements/Public Commenting:

Hall is reserved for August 15th through 17th.

Adjournment:
Ogden motioned to adjourn the meeting and Wearley seconded.

Time Meeting Adjourned: at 9:05 p.m. Shannon Swain, Auditor

Johnson, Weyrauch, Taylor, Jarmin, Littlereck and Hysjulien; and no “NAYS.” Motion carried.

Motion made by Taylor, seconded by Weyrauch, to adjourn at 7:43 P.M. All present voted yes. Motion carried.

Accepted and approved this 8th day of July, 2025.

Marlin Ranum, Mayor
Stanley City Council

ATTEST:
Ada Arneson,
Stanley City Auditor

MINUTES OF THE STANLEY CITY COUNCIL JUNE 30, 2025

Mayor Marlin Ranum called the June 30, 2025, special meeting to order at 4:30 P.M. The following Council Members were present: Kirk Johnson, Ty Taylor, Randy Jarmin, George Littlereck (arrived 4:37) and Chad Hysjulien via Teams. Others in attendance were City Auditor, Ada Arneson; Public Works Director, David Brown; and Chief of Police, Kevin Litten. Absent: Council Member Jesse Weyrauch and Planning and Zoning Administrator, Amanda Dennis.

PUBLIC WORKS EQUIPMENT

Public Works Director David Brown provided an update to the City Council regarding the department’s equipment. He reported that the department currently operates a 2011 John Deere Gator, originally procured from the County. The equipment has experienced wiring harness issues, rendering it inoperable for the past six months while repairs have been attempted. Public Works Director Brown indicated that the repair costs are likely to exceed practical limits and presented a quote from Goose-neck Implement Company for a new 2024 John Deere Gator, in the amount of \$17,500.00 which includes a trade-in allowance of \$3,000.00 for a total purchase amount of \$14,500.00.

Motion made by Taylor, seconded by Johnson, to approve the purchase of the John Deere Gator at \$14,500 which includes a trade-in value of \$3,000 for the John Deere Gator. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Weyrauch, Taylor, Jarmin, Littlereck and Hysjulien; and no “NAYS.” Motion carried.

PAYDOWN ON LOANS

Joan Hollekim explained loans for Capital Improvement Projects Phase 1, District 53 and 54. Hollekim stated the City can paydown on the loans to eliminate the City’s portion of the debt. Advance notice must be provided, and the paydown can be executed with the next scheduled payment due on September 1, 2025. Hollekim explained that reducing these loan balances would result in significant interest savings for the City. The balance left on the loans would be the 25% portion of the project costs which will be assessed to the property owners.

Motion by Hysjulien, seconded by Taylor, to paydown the principal in the amount of \$837,039.21 for the Drinking Water Loan #313 - District 53 Water Revenue Bond and \$620,954.30 for the Clean Water Loan #339 - District 53 Sewer Revenue Bond. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Weyrauch, Taylor, Jarmin, Littlereck and Hysjulien; and no “NAYS.” Motion carried.

Hollekim also discussed paying down on the city portion of the debt for Loan #587005700001 - District 54 Street. The balance left on the loan would be the 25% portion of the project costs which will be assessed to the property owners.

Motion by Taylor, seconded by Littlereck, to paydown the principal in the amount of, \$304,637.01 for the Loan #587005700001 - District 54 Street. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Weyrauch, Taylor, Jarmin, Littlereck and Hysjulien; and no “NAYS.” Motion carried.

Motion made by Littlereck, seconded by Johnson, to adjourn at 4:39 P.M. All present voted yes. Motion carried.

Accepted and approved this 8th day of July, 2025.

Marlin Ranum, Mayor
Stanley City Council

ATTEST:
Ada Arneson,
Stanley City Auditor