

Prairie Fare: Managing Holiday Celebrations And Cookie Temptations

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

“I see you!” I said to my son. He was three years old at the time.

His little hand was reaching over the edge of the countertop to a cooling rack. He was sneakily grabbing another cookie.

He grinned as he took a bite of the warm, soft cookie. “Molasses crinkles” are still his favorite treat decades later, and they’re on my list to make this year.

As holiday gatherings continue into January, treats beckon us. Sometimes managing our appetite can be a challenge.

If you avoid eating any goodies, your hosts might be a little offended. How do you tame your appetite for the variety of treats?

As a host, you can help your guests with the arrangement of your food on a buffet and a few behind-the-scenes kitchen swaps:

- Place the vegetables and fruits at the front of the buffet line and desserts at the end. Many people load their plates in order. We are advised to fill our plates with half

fruits and vegetables. Most of us do not meet the 4 ½-cup daily recommendation for fruits and vegetables.

- Offer whole-grain options, such as whole-grain crackers or snack mix.

- Use smaller plates to encourage smaller portions. Avoid stacking your plate.

- Place small serving utensils, such as spoons, in the serving containers.

- Offer low- or no-calorie beverage choices, such as fruit-infused ice water. Drop in cranberries and float orange slices and a sprig of rosemary to give the beverages a festive touch.

- Back in the kitchen, trim calories by swapping low-fat or fat-free sour cream or Greek yogurt for full-fat sour cream in dips.

- If brownies are on the menu, find a recipe with oil instead of solid fat. In many cases, you can swap applesauce for at least half of the solid fat.

- Consider the salt content of your foods and substitute lower-sodium versions. Low-salt or no-salt broths are available. When making

bean dip, be sure to drain and rinse canned beans to reduce the sodium by about forty percent.

- Try different cooking methods, such as air frying, roasting or steaming instead of frying or deep frying. You can trim calories and fat.

- Find many more swaps in North Dakota State University Extension’s “Now You’re Cookin’: Recipe Makeovers” by visiting ag.ndsu.edu/food and perusing the “Preparation” section.

As a party guest, a few strategies can help you stay comfortable in your current wardrobe.

- Don’t skip meals before a party. Arriving overly hungry usually leads to overeating.

- Decide ahead of time the number of treats you’ll enjoy. If a particular type of cookie is your favorite, have one and savor it slowly.

- Have a bowl of broth-based vegetable soup before going to the party.

- Keep your distance from the buffet to avoid constant nibbling.

- Spend most of your time socializing. Remember the old rule: don’t talk with your mouth full.

Here’s my son’s favorite cookie recipe. These days, my son is far too tall to sneak a cookie unnoticed. I follow the ingredient list exactly

from an old Betty Crocker cookbook, and I thank them for perfecting the recipe.

Old-Fashioned Molasses Crinkles

- ¾ cup shortening
- 1 cup brown sugar, packed
- ¼ cup molasses
- 1 egg
- 2 ¼ cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ¼ teaspoon salt
- Granulated sugar (for dipping)

Mix shortening, sugar, molasses and egg thoroughly in a large bowl. In a separate bowl, mix together dry ingredients (not sugar) and stir into the wet mixture. Cover and refrigerate for at least 2 hours. Heat oven to 375 F. Grease cookie sheet (or use parchment paper). Shape dough into 1¼-inch balls. Dip the tops in granulated sugar. Place the balls 3 inches apart. Sprinkle each ball with 2 to 3 drops of water. Bake 10 to 12 minutes until just set. Remove from tray.

Makes 48 cookies. Each cookie has 100 calories, 5 grams (g) fat, 1 g protein, 13 g carbohydrate, 0 g fiber and 90 milligrams sodium.

All voting Aye: Motion carried.

Calls of Service: 531

11. Building Permits:

Motion by Sillitti, seconded by Baker to approve the following building permits: Terance Eagle, 216 6th Ave., Designer Concrete

Dianna White Bear, 415 9th St., New Fence

Talib Chohan, 303 Dakota Drive, New House

Liz Young Wolf, 405 4th St N., Remodel Bethel Lutheran Church, 228 Eagle Drive, Pave Parking Lot

Bethel Lutheran Church, 228 Eagle Drive, Remodel Bathroom

Rose Marie Hawk, 440 3rd St., N., Demo House

Carmen & Steve McGrady, 310 5th St., New Steps

12. Christmas Party Eileen Zaun:

Just wondering if the city gets a Christmas party, I have checked with the Golf Course for the 20th of December and they are open.

Motion by Bratvold, seconded by Baker to approve having a Christmas party at the Golf Course.

All voting Aye: Motion carried.

13. Wage/New Town Bucks:

Motion by Baker, seconded by Bratvold to give \$500.00 in New Town Bucks to the employees & City Council.

Voting Aye: Baker, Bratvold, Mayer, Sillitti

Voting Nay: None

Motion by Baker, seconded by Sillitti to approve a 5% cost of living for the 2026 budget year.

Voting Aye: Baker, Sillitti, Bratvold

Voting Nay: Mayer

Motion by Mayer, seconded by Sillitti to approve a yearly bonus: Under 1 year \$500.00; 1 to 2 years \$1,000.00; 2 to 4 years \$2,000.00; or 5 or more years \$3,000.00.

Voting Aye: Mayer, Sillitti, Baker, Bratvold

Voting Nay: None

14. Pool Fence Kids Damaged:

There were 6 kids that were knocking down the fence at the pool, we have them on camera. The city wants to press charges, let the court decide what happens. They need to be accountable for their actions; they thought it was funny to do this. Maybe do community service.

15. School - Doug Bratvold:

Bratvold from the school board wanted to thank the City of New Town for their help in the Red Ribbon Drug Walk-about.

Public Comment:

No one had any comments. Meeting adjourned: 6:57 P.M.

Jay Standish, Mayor

Eileen Zaun, Auditor

NEW TOWN SPECIAL CITY COUNCIL MEETING MINUTES NOVEMBER 3, 2025

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

Absent: Frank Sillitti.

Others Present: City Attorney William Woods, Eileen Zaun, Laurie Giffey, Chief White Owl, Susie Hayden.

Motion by Bratvold, seconded by Baker to approve the agenda.

Meeting called to order at 5:00 P.M.

1. Municipal Court: RESOLUTION REAFFIRMING THE EXISTENCE OF THE MUNICIPAL COURT OF THE CITY OF NEW TOWN AND ACKNOWLEDGING COMPLIANCE WITH N.D.C.C. CHAPTER 40-18.1

1. Continuation of Court. The Municipal Court of the City of New Town is hereby reaffirmed and shall continue as the municipal court of record for the City under N.D.C.C. Chapter 40-18.1.

2. Compliance. The City shall ensure the court operates consistent with N.D.C.C. § 40-18.1-01 through 40-18.1-08, including provision of facilities, support personnel, and public posting of the court’s schedule.

3. Judge and Staff. The existing municipal judge and any duly appointed staff shall continue in office for their current terms or appointments, subject to future elections, appointments, or qualifications under Chapter 40-18.1.

4. Code References. All references within the City Code or prior ordinances to “N.D.C.C. Chapter 40-18” shall be read and construed as references to “N.D.C.C. Chapter 40-18.1.”

5. Effective Date. This Resolution takes effect immediately upon adoption, and the Municipal Court shall hereafter operate in full conformity with N.D.C.C. chap. 40-18.1.

Motion by Baker, seconded by Bratvold to approve the Resolution reaffirming Municipal Court.

Voting Aye: Mayer, Baker, Bratvold

Voting Nay or Absent: Sillitti

2. Ride-able Floor Scrubber:

Several examples for floor scrubbers were brought in to look at and the prices do vary, depending on how wide of scrubber, water in-take and recovery tank.

Motion by Mayer, seconded by Baker to approve the Viper AS1050R on scrubber 38.6” for \$28,865.00 for the Venue and the Walk-behind disk floor scrubber 18.1 for \$5,831.85 for City Hall. Baker requested to trade our old machine in.

Voting Aye: Mayer, Baker, Bratvold

Voting Nay or Absent: Sillitti

Meeting adjourned: 5:15 P.M.

Jay Standish, Mayor

Eileen Zaun, Auditor

Proceedings Of The New Town City Council

NEW TOWN REGULAR CITY COUNCIL MEETING MINUTES NOVEMBER 19, 2025

Members Present: Mayor Jay Standish; Council Members: Frank Sillitti, Jesse Baker, Doug Bratvold (per phone); Absent: Nathaniel Mayer.

Others Present: Attorney William Woods, Eileen Zaun, Laurie Giffey, Essy Mata, Kia Herbel, Patrick Samson, Jason Strand, Troy White Owl, Julie Herbel, Scott Ruland, John DeGroot, Carolyn Hayden, Ryan Anderson, Cale LaVoie, Larry Morrow, Demetrius Jamerson.

Motion by Sillitti, seconded by Baker to approve the agenda.

All voting Aye: Absent, Mayer.

1. Minutes:

Motion by Sillitti, seconded by Baker to approve the minutes from October 15, 2025.

All voting Aye: Absent, Mayer.

2. Financials:

Motion by Baker, seconded by Sillitti to approve the financials and bill set as presented.

Voting Aye: Baker, Sillitti, Bratvold

Voting Nay or Absent: Mayer

First Of The Month: CK#045968 Braun Intertec \$18,081.25; CK#045969 Catalis PWE \$2,650.00; CK#045970 Code 4 Services \$5,397.80; CK#045971 Historical Society Of ND \$150.00; CK#045972 Kemper Construction Co \$106,696.00; CK#045973 Kiesler Police Supply \$757.56; CK#045974 MWEC \$8,841.48; CK#045975 Odin \$42.36; CK#045976 RTC \$1,696.00; CK#045977 Swank \$450.00; CK#045978 Westlie Truck Center \$1,259.40; CK#045979 Woods, William \$3,500.00; **Total Checks: \$149,521.85**

Council Bills: CK#045980 Ackerman-Estvold Engineering \$15,677.93; CK#045981 AE2S \$153,319.87; CK#045982 Aire-Master of North Dakota \$120.00; CK#045983 American Welding & Gas \$7,343.20; CK#045984 Armor Interactive \$3,203.83; CK#045985 Axon Enterprise Inc \$6,015.95; CK#045986 Bratvold, Geri \$92.93; CK#045987 CEI Electrical Contractors \$1,418.74; CK#045988 Cenex Fleet Card \$173.21; CK#045989 Core & Main \$6,781.8; CK#045990 Elan Financial Services \$2,410.44; CK#045991 Elan Financial Services \$412.44; CK#045992 Elan Financial Services \$1,086.39; CK#045993 Energy Laboratories \$1,534.00; CK#045994 Filesteel Lebeau, Katherine \$250.00; CK#045995 First District Health Unit \$90.00; CK#045996 Flowpoint Environmental \$325.70; CK#045997 Furuseth Law Firm P.C. \$1,000.00; CK#045998 Gaffaney of Minot \$2,526.39; CK#045999 Graymount \$18,461.80; CK#046000 Grinnell, Adrian \$164.79; CK#046000 Gustafson Septic Service \$1,200.00; CK#046499 HA Thompson & Sons \$7,500.00; CK#046498 Hach Company \$433.50; CK#046497 Hawkins \$207.45; CK#046496 Herbel, Julie \$1,046.60; CK#046495 Information Technology Dept \$350.95; CK#046494 Language Link \$73.07; CK#046493 Lexipol \$11,771.20; CK#046492 Midstates Wireless \$549.00; CK#046491 Motorola \$7,185.00; CK#046490 Mountrail County Corrections \$785.00; CK#046489 Mountrail County Promoter \$1,390.50; CK#046488 MVTLL \$1,297.00; CK#046487 Napa \$329.59; CK#046486 NDDOT \$53,705.75; CK#046485 Nehring Law Office \$450.00; CK#046484 New Town Jack & Jill \$25.64; CK#046483 One Call Concepts \$108.00; CK#046482 Prairie View Landscaping & Nursery \$1,500.00; CK#046484 Premier Partners \$4,200.00; CK#046480 RDO Equipment \$266.00; CK#046479 Rolac Contracting Inc \$644,089.27; CK#046478 Sattermo Hardware \$296.12; CK#046477 Slawson Exploration \$11.36; CK#046476 The Ground Up LLC \$905.00; CK#046475 Uniform Center \$3,831.00; CK#046474 United Quality Cooperative \$1,347.32; CK#046473 United Quality Cooperative \$3,554.20; CK#046472 United Quality Cooperative \$2,370.32; CK#046471 United Quality Cooperative \$1.00; CK#046470 United Quality Cooperative \$310.75; CK#046469 Upper Missouri District \$200.00; CK#046468 Valiant Construction \$575,917.00; CK#046467 Vesso Inc \$2,386.91; CK#046466 Visa \$139.08; CK#046465 Visa \$48.34; CK#046464 Water Smith \$7,191.28; CK#046463 Westgard Tech Solutions \$200.00; **Total Checks: \$1,562,323; Payroll:** PP-23 CK#092970 to CK#93013 \$56,153.58; PP-24 CK#93014 to CK#93046 \$59,167.68

5:10 p.m. Nathaniel Mayer arrived.

3. Scott Ruland - Stockyard:

Scott came to this council meeting as a member of the Scale Association of New Town to discuss why the cattle truck can’t go through New Town, they are doing business here. It’s local ranchers hauling cattle to the Scale Association Yard, this don’t happen that often. Going on the by-pass is hard to make the turn by the stop light with a trailer full of cattle. This Scale is used by many local ranchers.

Motion by Baker, seconded by Sillitti to approve letting the Sale Association members go through town.

Voting Aye: Baker, Sillitti, Bratvold

Voting Nay: Mayer

4. Library JDA Grant - Julie Herbel:

Julie showed the Council the work that was done with the JDA Grant the Library got. The repairs consisted of new front windows, bathroom remodel, new roof, new ADA door up front, new back door, new shelves for the books in the children room, money to get a new program. I want to thank the JDA for allowing the library to get this money and have this work done, without JDA we would never have gotten all of this done. Just letting the city council know that we are partnering up with AmeriCorps to be a host site for members to work here at the library, they need to finish 300 hours to get a scholarship, this costs nothing for the city nor the library.

5. Ackerman-Estvold - Patrick Samson:

2025 West Central Avenue Improvements: All work on Central Avenue has been substantially completed. Sprinkler will need to be tested in the spring. On the Meter Vault Patch, the concrete valley gutter was patched with asphalt as there were no concrete contractors willing to complete the work this fall. It will need to be cut out and patched in 2027.

Meter Vault: All work has been completed with the meter installed by Kemper and the road patched by Bechtold; original price was \$111,696.00. Change Order 01 is requested to cover the cost of the installation of 2-45-degree bends and a temporary pipe connection. The bends were required because the watermain crossing College was deeper than shown on the has-built drawings. The pre-cast structures were on site and couldn’t be adjusted to a lower depth, so the bends were installed to raise the pipe. The temporary pipe spool was installed in the meter vault so that the system could operate while the meter was on order. The cost also includes an additional mobilization to install the meter. We are requesting the approval of Change Order 01 in the amount of \$10,000.00.

Motion by Sillitti, seconded by Baker to approve change order #01 as presented.

Voting Aye: Sillitti, Baker; Tie-breaker - Standish

Voting Nay: Mayer, Bratvold

Requesting approval of Pay Application 02 to Kemper in the amount of \$5,000.00.

Motion by Baker, seconded by Sillitti to approve Change Order 02 for the extra work done.

Voting Aye: Baker, Sillitti; Tie-breaker - Standish

Voting Nay: Mayer, Bratvold

City Hall - Ryan Anderson: Majority of interior slab-on-grade is poured, exterior concrete door stops are poured. Roofing is being installed. Clerestory structure is being finished, framers will start snapping lines for interior wall locations, windows expected to install mid-December. Transformer will be set before Thanksgiving.

Venue - Ryan Anderson: Tongue & groove siding, interior/exterior is being installed, power from the transformer is in. Stairs are being installed, ductwork is almost complete, doors/frames are beginning installation, finish carpentry is in progress throughout. Contract Substantial Completion Date of December 1, 2025; contractor’s revised schedule indicates a completion date of December 23, 2025.

CO #6 Soil Corrections: Net Add of \$46,629.07 (soil corrections allowance draw) need council approval.

Motion by Sillitti, seconded by Mayer to approve Change Order #06 the soil allowance correction will cost the city nothing; this will be out of the allowance.

Voting Aye: Baker, Sillitti; Tie-breaker - Standish

Voting Nay: Mayer, Bratvold

CO #07 Faucet/Urinal Power: Net Add \$2,904.17 (contingency allowance draw) the engineers did not put this in the contract, needed this for the automatic faucets and toilets.

Motion by Baker, seconded by Sillitti to approve Change Order #07 faucet/urinal power, \$2,904.17.

Voting Aye: Baker, Sillitti; Tie-breaker - Standish

Voting Nay: Bratvold, Mayer

Valiant - Cale LaVoie: This project has experienced delays due to multiple unforeseen circumstances. The initial delay stemmed from a dissonance between the original plan set and the legacy post-and-beam stamped engineering, specifically related to the elevation of the foundation wall. This prevented us from beginning footing forming operations as originally scheduled. Following this, the site experienced seven consecutive days of heavy rainfall, resulting in flooding of the excavation areas and subsequent groundwater-related delays. In addition, the building delivery was delayed from the original date of June 2nd to June 27th. Further delays were caused by the needs for soil corrections, as outlined in Braun Intertec’s geotechnical report, which required additional time and coordination address property. As a result, the project had incurred 37 days of delay - despite these challenges, Valiant continues to make every effort to maintain the original substantial completion date of December 1st. The council had a heated conversation saying there were many days that could have worked but no one was, should not put the blame on Legacy, the building was ready to be shipped in time. Will put

this on hold for now, as this isn’t getting anywhere.

6. Eagle - Curbstop:

At the residence of Terry Eagle, 216 6th Ave. E., he built a rock wall right over the curbstop and bent it. The city can’t get on the curbstop at all, so if there is a water break there is no way to get it shut off. They also built on the city’s right-of-way. We need to get ahold of Terry and get this taken care of.

7. Client Agreement - Karla Harmel Assessing:

Motion by Bratvold, seconded by Baker to approve the Assessing contract agreement with Karla Harmel for \$120,000.00 for two years.

Voting Aye: Bratvold, Baker, Mayer, Sillitti

Voting Nay: None

*Bratvold arrived.

8. Water Plant Updates - Kia Herbel:

Well #2 is up and running. CEI hooked up the electrical, lime silo is all cleaned up, got rid of the bad lime, waiting for a credit on our account for the bad lime and equipment that was ruined. Lead and Copper letter will be sent out by the 15 of November. Dakota Drive lift station had not been working for years, as no one is hooked to it, but now we have a residence that moved in, so need it up and running. We got a new pump and CEI hooked it up, the old pump was some 20 years old. Did a discharge on pond 2, Sam and Chandar are doing a great job helping the water plant out.

9. AE2S - Jason Strand:

New Town Sand Hill Water Tower/ GSR: Design work continues for this project, to be completed by the end of 2025.

State Water Commission meeting is scheduled for Thursday, February 12, 2026. At the October council meeting, council gave AE2S the directive to move forward with the composite tower design, with the New Town Eagle logo.

Motion by Mayer, seconded by Bratvold to approve moving forward with the application for the State Water Commission construction phase, new Sand Hill Water Tower.

All voting Aye: Motion carried.

New Town 2023 Street & Utility Improvements:

I am currently working on SRF close-out paperwork to wrap up this project. I plan to have this paperwork submitted to SRF by the end of 2025.

New Town 2025 Street & Utility Improvements (Phase 2):

Bechtold Paving finished paving the project on November 6

Innovative Concrete has poured the remaining concrete on the project. Only one spot of curb and gutter needs to be repaired, on the southwest corner of 5th St and 2nd Ave E, which was removed as part of warranty work.

Premier Landscaping wrapping up topsoil replacement and hydroseeding work.

AE2S and the City of New Town staff have performed a couple walkthroughs of the project, and have prepared punch lists which have been sent to Meyer.

Many curb stops throughout the project have issues that will need to be addressed. Most of them relate to the extension rod being up against the curb stop pipe, and them being difficult to turn. A couple other curb-stops have been found to have been hit and bent during construction, and in need of replacement. A few other curb stops need to be either raised or lowered to grade. Topsoil and hydroseeding work needs to be done by the meter pits, by Glenda Good Bird’s sidewalk, and at the alley driveway on Eagle Drive. Concrete cracks need to be routed and sealed. The interior of the doghouse meter pit needs to be cleaned out. Fire hydrants on Eagles Loop and 5th St N don’t have tracer wire boxes installed yet. The 12” gate valve riser on 5th St N needs to be lowered to grade. Tonight, I am presenting Pay Application #6 for Meyer Contracting, for a total of \$1,051,368.79.

Motion by Mayer, seconded by Bratvold to approve pay app. #6, Meyer Contracting in the amount of \$1,051,368.79, phase 2 street and utility project.

Voting Aye: Mayer, Bratvold, Baker, Sillitti

Voting Nay: None

New Town 2027 Street & Utility Improvements (Phase 3):

At last month’s council meeting, council approved Task Order #19 for the Phase 3 street and utility improvements project. AE2S has performed the topographical survey of the Phase 3 streets and utilities, and can begin the design work in 2026. Material Testing Services has also conducted their soil boring work in the field, and are in the process of preparing a geotechnical report for the project. This projects is scheduled for construction in 2027.

10. Police Report - Troy White Owl:

Grants: NDDOT contract for seat belt enforcement and DUI started this month and will continue through December.

Patrol Vehicles: Paperwork is completed in preparation for the 2 approved patrol units for 2026 budget.

Miscellaneous Holidays: Since Christmas and New Years falls on a Thursday, can we get the Friday off after them, so the employees can get extra time off.

Motion by Sillitti, seconded by Baker to approve getting the Friday off after Christmas and New Years, but at regular pay, not holiday pay.

AARP Fraud Alert: Spot Fake Charity Donations Scams

As the year winds down and the season of giving sets in, many people look to support causes they care about, but telling a legitimate charity from a fake one can be tough. While reputable organizations make their year-end push for donations, criminals also take advantage of this opportunity to line their own pockets.

Common signs of a charity scam include requests for payment via gift cards, wire transfers, or cryptocurrency, as well as high-pressure demands to donate immediately. Legitimate charities may also encourage timely giving, but they will welcome your support at any time.