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 behindthe-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 • Use smaller plates to encourage

smaller portions. Avoid stacking your plate. Place small serving utensils,

such as spoons, in the serving con-

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 fullfat 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

· Consider the salt content of your foods and substitute lowersodium 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 par-

ty. Arriving overly hungry usually leads to overeating. • Decide ahead of time the num-

ber 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 • 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**

3/4 cup shortening 1 cup brown sugar, packed 1/4 cup molasses

1 egg 2 ½ cups all-purpose flour 2 teaspoons baking soda

1 teaspoon ground cinnamon 1 teaspoon ground ginger ½ teaspoon ground cloves ½ 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 1¹/₄-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 min-

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.

utes until just set. Remove from tray.

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.

To help ensure your donation reaches those who truly need it, do your research. Check organizations on sites such as give.org, CharityNavigator.org or CharityWatch. org to confirm legitimacy and find out how much of the funds are used to serve its stated mission versus

Pay close attention to the charity's name and web address, as criminals often mimic the names of familiar, trusted organizations to deceive donors. Also, be cautious of links in unsolicited emails, texts, or social media messages, which can lead to fake donation websites and expose your device to malware.

card. It's easier to track your contribution, and if your card is misused, you have protection against loss. To avoid feeling pressured by unexpected solicitations, consider having a set list of charities you support. That way, you can give confidently and on your own terms.

NetworkTM. Suspect a scam? Call the free helpline at 877-908-3360 and talk to one of AARP's fraud specialists about what to do next.

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,

All voting Aye: Absent, Mayer.

2. Financials:
Motion by Baker, seconded by Sillitti to approve the financials and bill set as pre-

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; ĂE2S 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 Financial Services CK#045992 Elan Financial \$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#046500 Gustafson Septic Service \$1,200.00; CK#046499 HA Thompson & Sons \$7,500.00; CK#046498 Hach Company \$43.50; CK#046497 Hawkins \$207.45; CK#046496 Herbel, Julie \$1.046.60; CK#046495 Information Technology Dept \$350.95; CK#046494 Link \$73.07; 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 MVTL \$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 Satermo 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 Vessco Inc \$2,386.91; CK#046466 Visa \$139.08; CK#046465 Visa \$48.34; CK#046464 Water Smith \$7,191.28; CK#46463 Westgard Tech Solutions \$200.00; Total Checks: \$1,562,323; Payroll: PP-23 CK#92970 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 Nav: 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 Sam-

son:
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

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

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

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 fau-

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 dissonancy between the original plan set and the legacy post-andbeam 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 groundwaterrelated 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 6. Eagle - Curbstop:

At the residence of Terry Eagle, 216 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

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

Voting Aye: Bratvold, Baker, Mayer,

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 , but now we have a resident 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 b helping the water plant out.

9. AE2S - Jason Strand: New Town Sand Hill Water Tower/ GSR:

Design work continues for this project,

be completed by the end of 2025 State Water Commission meeting is heduled 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 Im-

I am currently working on SRF closeout 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 repoured, on the southwest corner of 5th St and 2nd Ave E, which was removed as part of warranty work.

Premier Landscaping wrapping up top-soil 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 curbstops 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,

Voting Nay: None New Town 2027 Street & Utility Improvements (Phase 3):

At last month's council meeting, coun-il approved Task Order #19 for the Phase 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 nd will continue through December.

Personal: Officer DeCoteau still attending academy and with graduation mid-Patrol Vehicles: Paperwork is complet-

ed in preparation for the 2 approved patrol nits 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.

All voting Aye: Motion carried. Calls of Service: 531

11. Building Permits:

Motion by Sillitti, seconded by Baker approve the following building permits:
Terance Eagle, 216 6th Ave., Designer Dianna White Bear, 415 9th St., New

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.,

Carmen & Steve McGrady, 310 5th St., 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 Brat-vold to give \$500.00 in New Town Bucks to the employees & City Council.

Voting Aye: Baker, Bratvold, Mayer,

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, Brat-

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.

Meeting adjourned: 6:57 P.M. Jay Standish, Mayor Eileen Zaun, Auditor NEW TOWN SPECIAL CITY COUNCIL MEETING MINUTES

Public Comment:

No one had any comments

NOVEMBER 3, 2025 Members Present: Mayor Jay Standish: Council Members: Jesse Baker, Doug Brat-

vold, 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

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.

Motion by Baker, seconded by Bratvold to approve the Resolution reaffirming Municipal Court. Voting Aye: Mayer, Baker, Bratvold

Voting Nay or Absent: Sillitti

water in-take and recovery tank

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,

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 Board Of County Commissioners

PROCEEDINGS OF THE MOUNTRAIL COUNTY **COMMISSIONERS** 1. OPENING & ROLL CALL

The Board met in regular session on Tuesday, December 2, 2025 at 9:00 A.M. in the Emergency/Community Room, Mountrail County Courthouse, Stanley ND with Commissioners Trudy Ruland, Jason Rice, Wayne Olson, Joan Hollekim and John De-Groot present. State's Attorney, Wade Enget was present. Vice-Chairman Olson called the meet-

ing to order. The Pledge of Allegiance was recited.

2. BUSINESS A. AGENDA

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

B. MINUTES

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the minutes of the November 18, 2025 meeting as cor-

rected. Upon roll call, all present voted yes. Motion carried. C. CALL FOR NOMINATIONS FOR 2026 CHAIRMAN Moved by Comm. Rice, seconded by Comm. DeGroot, to nominate Trudy Ruland as Chairman, Nominations ceased,

Upon roll call, Ruland, Rice, Hollekim, DeGroot and Olson voted yes. Motion car-

D. CALL FOR NOMINATIONS FOR 2026 VICE CHAIRMAN Moved by Comm. DeGroot, seconded by Comm. Rice, to nominate Wayne Olson as Vice-Chairman. Nominations ceased. Upon roll call, Olson, DeGroot, Ruland, Rice and Hollekim voted yes. Motion car-

E. PAYROLL Moved by Comm. DeGroot, seconded by Comm. Olson, to approve the salary increase form for satisfactory probationary period completed for April Saxon as a Dispatcher with the Sheriff to the amount of \$27.88 per hour/\$58,000 per year. Upon roll call, Rice, Olson, DeGroot, Ruland and

Hollekim voted yes. Motion carried. Stephanie A. Pappa, Auditor discussed the email from Tyler Technologies concerning the refund of the Time and Attendance and timeclocks. The timeclocks will not be refunded per the email due to being

programmed. Moved by Comm. Hollekim, seconded by Comm. Olson, to approve sending a letter of disappointment and request that Tyler Technologies reconsider their decision on the refund of timeclocks and if no refund is given then surrounding counties will be asked if they are interested in purchasing the timeclocks. Upon roll call, DeGroot, Hollekim, Rice, Olson and Ruland voted

ves. Motion carried. Discussion was also held on the possibility of having the full day off on December 24, 2026 instead of a half a day since the day after Christmas lands on a

Moved by Comm. DeGroot, seconded by Comm. Olson, to approve having the full day off on December 24, 2026. Upon roll call, Olson, Ruland, Hollekim, De-Groot and Rice voted yes. Motion carried.

F. QUIT CLAIM DEED Wade Enget, State's Attorney discussed a Quit Claim Deed from the County to Lachoneus Holm described as Lots 1 & 2, Block 20 Couch's First Addition, City of

Parshall to clear up title. Moved by Comm. Olson, seconded by Comm. Rice, to approve the signing of the Quit Claim Deed from the County to Lachoneus Holm described as Lots 1 & 2, Block 20, Couch's First Addition, City of Parshall. Upon roll call, Rice, DeGroot, Hollekim, Olson and Ruland voted yes.

Motion carried. G. POLLING/PRECINCTS FOR 2026

Stephanie A. Pappa, Auditor discussed the precincts & polling locations for the 2026 election year along with the open for

voting at 8 a.m. and closing at 7 p.m. Moved by Comm. Hollekim, seconded by Comm. DeGroot, to approve the election polling and precinct locations for the 2026 year with voting starting at 8 a.m. and closing at 7 p.m. with no changes from the 2024 year. Upon roll call, Olson, Ruland, Hollekim, Rice and DeGroot voted yes.

Motion carried. H. SB 2027 FLOOD PLAIN MAN-

AGEMENT The Board discussed the letter for SB 2027 Flood Plain Management. Corey Bristol, Sheriff along with Warren Bogert, DES Coordinator were also present to discuss the options within the Disaster Emergency Services and under the County Multi-Hazard Mitigation plan. The county doesn't have any designated Flood Plains

within the County.
I. PARSHALL AMBULANCE Kenneth Ruud, President of the Parshall Rural Ambulance presented the request for a new 2028 Ambulance for the Plaza District.

Moved by Comm. DeGroot, seconded by Comm. Hollekim, to approve the request from Parshall Rural Ambulance for a new 2028 Ambulance out of the Fire & Ambulance Fund totaling \$305,694. Upon roll call, Ruland, Rice, Olson, Hollekim and DeGroot voted ves. Motion carried. President Ruud discussed the old Par-

shall Ambulance building that was gifted to

overhead and fundraising.

When you do donate, use a credit

Learn how to spot and avoid scams with AARP Fraud Watch

the Three Affiliated Tribes. Mr. Ruud also

lance building. President Ruud thanked both the county and Liberty Township for the help of monies.

Moved by Comm. Olson, seconded by Comm. Rice, to approve the bills totaling \$311,101.05 & November 9 through November 22 payroll, checks #20157-20163 and direct deposits #1-166 totaling \$619,073.08. Upon roll call, DeGroot, Ruland, Olson, Rice and Hollekim voted yes Motion carried. (A complete list of bills is posted on a regular basis on the Mountrail County website @ www.co.mountrail nd.us under the County Commissioner heading and/or are available for review in

commented Liberty Township provided

funding to build the new Parshall Ambu-

the Auditor's Office during normal busi-

ness hours).

K. BOARD CONCERNS

Comm. Ruland discussed the evaluations for the Appointed officials is a little

Comm. Hollekim discussed the possibility of allowing fire and ambulance districts that are not physically stationed in Mountrail County but provide services in Mountrail County to apply for cost share funding from the Rural Fire & Ambulance Budget under the General Fund if there is a budget surplus. In the 2024 and 2025 years, there was budget surplus after meeting the needs of the fire and ambulance districts stationed in Mountrail County. Auditor Pappa stated if the entity is within the County, they are allowed to be on the

agenda to request monies.
3. APPOINTMENTS SCHEDULED 9:15 A.M.

Stephanie Everett, Administrator/ CEO of Mountrail County Medical Center (MCMC) & Mountrail County Bethel Home (MCBH) along with Jana Smith with Eide Bailly presented the Market Analysis report for Mountrail County. Comm. Ruland stated that the reservation numbers were not included in the Market Analysis and Administrator Everett stated

and Heath Hetzel were also present for the discussion. Administrator/CEO of MCMC & MCBH Everett met with the board to up-

date on the building progress. 9:30 A.M. Jessica Niemitalo, Treasurer met with the board to discuss the renewal of a Cer-

tificate of Deposit (CD). Moved by Comm. Hollekim, seconded Comm. DeGroot, to approve renewing the \$20 million certificate of deposit (CD) with Bravera Bank for 12 months as per the recommendation of Treasurer Niemitalo. Upon roll call, Ruland, Rice, Olson, DeGroot and Hollekim voted yes. Motion

9:35 A.M. Jana Hennessy, Road & Bridge (R&B) Engineer met to discuss Road & Bridge. 1. CR14 (PARSHALL BAY ROAD)

PAVEMENT MAINTENANCE Engineer Hennessy presented the Preliminary Engineering contract with HDR Engineering on CR14 Pavement Maintenance. Discussion was held along the right of way at the subdivisions. Matthew Huettl with HDR Engineering discussed a narrow road within the US Corps of Engineer

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the signing of the Short Form Agreement between the County and HDR Engineering for Professional Services Agreement for CR14 Project #14(35)26 not to exceed \$790,338. Upon roll call, DeGroot, Rice, Olson, Hollekim and Ruland voted yes. Motion car-

2. 2026 TOWNSHIP ROAD CON-TRACTS

Engineer Hennessy presented the 2026 Township Road Contracts. Moved by Comm. DeGroot, seconded

Comm. Olson, to approve signing the 2026 Township Annual Road Maintenance Agreement. Üpon roll call, Rice, Olson, DeGroot, Ruland and Hollekim voted yes Motion carried. 3. MISCELLANEOUS

Engineer Hennessy stated the upcom-

ing public meeting concerning 40th St NW will be held on the 15th of December from Discussion was also held on the GPT impact Study with Western Dakota Energy

Association (WDEA) and the help of R&B to supply numbers with comparisons of cost vs. reimbursement for township road maintenance etc. Engineer Hennessy discussed the private road named Broken Arrowhead Road and culverts needing to be replaced due to them caving in and making holes within the

road which is causing the blades to not be able to do the maintenance on the road.
4. PUBLIC COMMENT

No one had any comments. 5. ADJOURN

The Board adjourned at 11:19 A.M. to meet in regular session on Tuesday, December 16, 2025 at 9:00 A.M. Accepted and approved this 16th day of December,

Trudy Ruland, Chairman Mountrail County Commissioner

Stephanie A. Pappa Mountrail County Auditor