

## Guelph News

-By Rose Sell

Our Spring Fling 2026 is history! Now, the vibe has morphed into GUELPH COMMUNITY RUMMAGE SALE slated for FRIDAY, MAY 1ST, FROM 5PM-8PM and SATURDAY, MAY 2ND FROM 9AM-2PM. We have been receiving donations since last fall and the tables/bleachers in the gym are full! Check out our Off The Shuep at Guelph facebook page to see the videos of our inventory! It is phenomenal! As always, it is free will offering. Give us what you feel your purchases are worth to you. The money we receive will be used to purchase new doors on the east end of the gym.

Rod & Rose Sell returned home on Saturday, the 18th, having spent the winter in Mesa. Enroute home they spent the 14-16th in Branson, MO, to attend a reunion of RVers who made the 59-day journey from Great Falls, Mt, thru Canada to Alaska and back in 2013. Not too many are still RVing but have great memories.

Larry & Jeanne Thorpe left the 13th to fly to Ft Meyers, Florida. First, they spent a few days checking on Larry's sister, Pat, after her heart surgery. Then on Ocala, the horse capital of Florida, where they met up with Lily Thorpe. Her team from Oklahoma State University competed in the NCEA, National Champion Equestrian Association. It was exciting watching their granddaughter ride and getting acquainted with some of her teammates and their families. They were there from Thursday to Sunday leaving from the Gainesville Airport to home on the 19th.

Brenda German, Anna, Texas, arrived at Chuck and

Sue German's home on April 9. She came especially to attend the surprise 90th birthday party for her uncle, Jerry, on April 11 in Ludden. She was in the area to catch up with various relatives and friends at gatherings at Chuck's mancave until April 16 when she flew back home.

Chuck and Sue German have been busy attending softball games for VCSU this spring in Valley City to watch Olivia Kalbus, and in Fargo to watch Fargo North Varsity Baseball games for Drew Kalbus. It's been fun to join family at all of these games.

Sue German attended the baby shower for Samantha Meehl at the Guelph Community Center on April 11.

The Fargo-Moorhead Master Chorale celebrated its 40th anniversary with a spring concert on April 19 at Olivet Lutheran Church, Fargo. A special finale involved members from 23 church choirs throughout the area singing three familiar hymns along with the chorale members. Sue German and Barb Sherburne were happy to join their sister Elaine, who a member of the chorale, in singing in this finale. What a moving experience for all who sang! Gerry Kluck also sang in this finale, and Chuck German joined in the standing ovation!

Sue was also thrilled to sing with former colleague and long-time friend, Ken Berntson, now from Fargo. Ken was her mentor and teaching partner at Lisbon in the 1970's - 80's.

THOUGHT FOR THE WEEK: "It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome." - William James

# Prairie Fare: Smart and Quick Food Safety During a Refrigerator Power Outage

"How long is food OK in the fridge when the fridge goes out?" one of my friends asked me.

Then he mentioned throwing away some summer sausage from a friend, along with most of the contents of his fridge.

If I told you the source of the meat, his friend might find out he threw it. I will give you a big hint: these animals build dams, have large flat tails and prominent teeth.

I suspect my friend wasn't overly disappointed about the loss of that summer sausage.

When a refrigerator loses power and food has been above safe temperatures for too long, the decision about what to keep becomes fairly straightforward.

No one wants to be part of the national problem of food waste. We toss 30%-40% of food, and much of it ends up in landfills. According to the U.S. Department of Agriculture, food waste adds up to 133 billion pounds annually, with a price tag of \$161 billion.

When an appliance malfunctions, the issue is out of our control unless we catch it soon enough and can move the food to another fridge.

Even when food is stored cold at less than 40 degrees Fahrenheit, spoilage microorganisms can act slowly. Sometimes, they let us know they are doing their devious work.

For example, molds produce

colorful fuzzy substances that lead to off-odors, tastes and potential safety issues. We know not to taste it, with some exceptions, such as blue cheese, where mold is supposed to be present.

Yeasts can announce their presence in foods such as pickles with cloudiness in the brine.

Bacteria are trickier. Most of the time, we will not see, smell or taste their presence. We need to track temperature and time to determine the safety of food.

I do not enjoy wasting food, but perishable food that has been at room temperature for too long can't be spared without taking a risk to your health.

We recommend following the U.S. Department of Agriculture's two-hour rule. If perishable food is above 40 degrees for more than two hours, then, unfortunately, it needs to be tossed.

What foods are perishable and need to be tossed in case of a refrigerator outage?

Raw meat, poultry, gravy, casseroles, soups and stews would all fall in the throw-away category, because they are high in moisture and protein, which bacteria love.

Soft cheeses, such as blue, brie, cottage, cream, ricotta and muenster, would need to be tossed, along with shredded cheese. Processed cheese, hard cheeses (Colby, Swiss, Parmesan, Romano) and grated

cheese (Parmesan, Romano) are OK.

Milk, cream, sour cream and yogurt would all need to be discarded. Hard-cooked eggs and other dishes containing eggs, such as custards, need to be discarded if left at room temperature for too long.

Cut fresh fruit is perishable, while uncut fruit, dried fruit and opened fruit juice are OK. Plant foods can be composted.

Many condiments, such as barbecue sauce, mustard and taco sauce are OK because of their acidity. Fruit pies are safe at room temperature, but cream pies are perishable and would need to be tossed.

Cooked pasta, rice and potatoes need to be discarded if at room temperature too long.

The USDA has a downloadable safety chart ("Refrigerated Food During Power Outage Safety Chart") with many more examples. Consider saving it to your computer or printing it "just in case." You never know when appliances will decide they have reached the end of their lifespan.

No meal is worth the risk, no matter how "unique" the protein source might be. If you're planning meals around what you have on hand, here's a simple, flexible recipe to try, courtesy of Iowa State University's "Eat Smart Spend Smart" program.

One Pot Meal — Pasta Fagioli Soup

1/2 pound turkey sausage  
1 tablespoon oil (canola or olive)

1 cup onion, diced  
1 clove garlic, minced  
2 cups water  
2 cups reduced-sodium chicken broth

1 can (15.5 ounces) white beans (cannellini or great northern), drained and rinsed  
1 can (14.5 ounces) diced tomatoes

1/4 teaspoon ground black pepper  
1 cup whole wheat pasta  
1 cup fresh spinach, cut into bite-sized pieces

Shredded Parmesan cheese  
Heat a large saucepan over medium heat. Cook sausage and drain. Remove sausage to a plate or bowl. Add oil to the pan and heat. Add onion and garlic, then saute for 3 minutes. Add water, broth, drained beans, tomatoes and pepper.

Heat to boiling. Add pasta and cook until tender (about 8 minutes). Reduce heat to low. Add sausage and spinach, and simmer until spinach is wilted (about 3 minutes). Top with Parmesan cheese if desired.

Makes five servings (1 1/2 cups per serving). Each serving has 320 calories, 8 grams (g) fat, 21 g protein, 43 g carbohydrate, 8 g fiber and 650 milligrams sodium.

Submitted by Julie Garden-Robinson

## Dakota Gardener: Be "Water Wise" Grow Native Plants

By Emily How, Horticulture agent  
NDSU Extension – Ward County

In 2011, Texas experienced its worst one-year drought

since 1895. Water restrictions were intense, and reducing landscape watering was always first on the list. That summer, the lawns were all dry and crunchy. This was the first

time I heard about "xeriscaping," introduced to homeowners to help with the landscape watering restrictions.

What is xeriscaping? Coined in 1981 by Denver Water in Colorado as a response to drought, xeriscaping is the practice of water-efficient landscaping with drought-tolerant plants.

There are many ways to reduce irrigation needs — mulching, for example. However, the easiest way is to plant native plants. Native vegetation is already adapted to the climate and resources that are available in that area. This means that if the area is prone to drought, the native plants are already acclimated to it and therefore need less to adapt to those conditions. During times of stress, these plants are already adapted to function on lower soil moistures. Native plants often have longer roots, which allow them to search for nutrients in the soil, reducing fertilizer needs.

Native vegetation does not mean scruffy prairie grasses and scraggy brush; it often has beautiful flowers and

seasonal colors. North Dakota is a wonderful place to see a wide variety of native plants because it is a prairie state.

North Dakota offers numerous plants that easily adapt to more urban landscapes. Plants such as pink wild onion and prairie smoke are both native to North Dakota and make great medium-height filler plants. Other native plants, such as sunflowers, can be found in many varieties and offer a food source to both birds and insects. Native vegetation also provides shelter for many beneficial insects. Their colors naturally attract bees and butterflies while their leaves and stems provide a good habitat.

Planting native also means year-round colors and textures. Native grasses, such as little bluestem and big bluestem, have ornamental varieties that stand out as a statement in the corners of landscaped areas. In the summer, these grasses have a blue-green tint that gives them their name, but in the fall and winter, the blades turn a purply hue, and the seed heads add texture. This is a stark contrast against the bright white winter snow. Some of my favorite native plants to add to the landscape are blanket flower, yucca, black-eyed Susan and little bluestem.

Growing native plants is an effortless way to incorporate color, add variety and be water wise.

### OAKES GOOD SAMARITAN NURSING DEPARTMENT

**NURSING STAFF: full time RN night time/day nurse with \$20K sign-on bonus and full time LPN nights for \$15K bonus.**

Call 701-742-3274 for more information

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### NOTICE OF APPLICATION

#### APPLICATION FOR APPROPRIATION OF WATER FROM SURFACE WATER

Of the total 8,320.0 acres requested, 5,000.0 acres are requested to be rotated on an annual basis.

TAKE NOTICE that DICKEY-SARGENT IRRIGATION DISTRICT, OAKES, ND, has submitted Water Permit Application No. 7458 to the North Dakota Department of Water Resources for a permit to divert and appropriate water from the James River.

TAKE NOTICE that written comments regarding the proposed appropriation must be filed in the Department of Water Resources, 1200 Memorial Highway, Bismarck, North Dakota 58504-5262, by 5 o'clock p.m., on the 26 day of May 2026. The Department of Water Resources shall consider all written comments received and prepare a recommended decision which will be provided to the applicant and any person who filed written comments. Those persons may file additional comments with the Department of Water Resources, request an adjudicative proceeding on the application, or both.

Dated at Bismarck, North Dakota, on April 7, 2026.

/s/ John Paczkowski, P.E.  
State Engineer  
Department of Water Resources  
1200 Memorial Highway  
Bismarck, ND 58504-5262

(April 23 & 30, 2026)

### MOWING BIDS - DICKEY COUNTY FAIRGROUNDS

The Dickey County Fair Board is seeking mowing bids for the fairgrounds. Bids will be accepted until April 24th. Interested parties should submit their bid in writing to Dickey County Fair Board PO Box 445 Ellendale, ND 58436.

### Agenda for the Dickey County Commission Meeting May 5, 2026 9:00 am

Zoom link available upon request if received by 4:00 PM May 4, 2026.

- 9:00 Commission Meeting called to order  
Pledge of Allegiance/Roll Call  
Additions or Revisions to the Agenda  
Approve Minutes  
Approve Vouchers
- 9:30 Public Comment Period
- 10:00 Personnel Time
- 10:30 Balcony Co-Project between Tax Director and Recorder
- 10:45 Abatement hearing
- 11:00 Highway Department

OTHER BUSINESS TO BE BROUGHT BEFORE THE BOARD  
ADJOURNMENT

ANYONE WISHING TO HAVE ITEMS ON THE DICKEY COUNTY COMMISSIONERS' AGENDA, PLEASE CONTACT THE AUDITOR'S OFFICE AT 349-8303 BEFORE 9:00 AM MONDAY, ONE WEEK PRIOR TO THE MEETING DATE.

To request an auxiliary aid or service, please contact the Dickey County Title VI Coordinator at 349-8303 at least 5 business days before the scheduled meeting.

To request a speaker card for the Public Comment Period, please contact the Dickey County Auditor's Office at 349-8303 or by e-mail at dcauditor@nd.gov before the meeting is called to order. The information included in the request should be your name, your address, and the agenda item from the current meeting agenda or the previous meeting agenda that the person seeks to address.

South Country Human Service Zone in Ellendale, ND is hiring a Foster Care/In Home Case Manager. This position works with families by providing resources to promote stability and safety.

Must have a valid Driver's License and reliable transportation. Apply online at <http://www.hhs.nd.gov/careers>

Full benefits included: health insurance, retirement and a fringe health benefit.

Contact Michelle Masset at 701-254-4502, mmasset@nd.gov with questions.

Position closes 5/7/26

## Public Notices

[www.ndpublicnotices.com](http://www.ndpublicnotices.com)

### PRIMARY ELECTION NOTICE— ABSENTEE AND MAIL IN BALLOTS

The Primary Election is June 9, 2026. If you are not able to vote in person on Election Day you may request an absentee ballot. You may clip the application that is printed below and mail it to: Dickey County Auditor, PO Box 215, Ellendale, ND 58436. Applications are also available at the County Auditors Office and online under Absentee Ballot Application at [www.dickeynd.gov](http://www.dickeynd.gov) and also at the Secretary of State website at <https://vote.nd.gov>.

Mail ballots must be received by the county auditor by the close of

polls at 7:00 pm on Election Day, June 9, 2026. Mail ballots can be delivered to the county courthouse or placed in the secure drop box located at the Oakes Community Center, 124 5th St S, Oakes, or the Dickey County Courthouse, 309 N 2nd Street, Ellendale. Mail ballots can not be delivered to a polling location.

If you don't get your ballot mailed or delivered within the required time period, you can vote in person on Election Day at either polling location, Oakes Community Center in Oakes or Church of the Nazarene in Ellendale.

Submitted to Times Leader 4/23/2026, 4/30/2026

### City of Ludden Council Meeting

April 16th, 2026 7:00PM  
Mayor M. German called the meeting to order. Pledge of Allegiance

Auditor E. German read minutes from March 12th, 2026 meeting

D. Anderson made a motion to approve minutes as read. M. Young 2nd motion. Carried

E. German read the financials. M. Young made a motion to approve financials as read. D. Anderson 2nd motion. Carried

Old Business:  
Tax Equalization meeting held April 14th, 2026

Discussion on waiting to send in paperwork until the Tax Assessor gets back to the City of Ludden on the

reassessments.

Discussion on Bobcat, April meeting date, LOYH raffle permit

New Business:  
Drop box for City of Ludden payments

Discussion on rental of the Community Center for council meetings

There being no further business M. Young made a motion to adjourn the meeting.

Next Meeting May 14th, 2026 7:00PM at The Ludden Community Center.

Respectfully Submitted,  
Erica German- City Auditor  
(Submitted to the Times Leader 04/30/2026)