

## Prairie Fare: When Is Food Still Safe?

"How sick will I get?" my husband asked me.

"Hopefully, you won't get sick at all, but I think you are stretching the limit," I replied.

He insisted on having "old soup" for lunch. It was certainly past the "four day, throw away" rule. It contained potatoes, chicken broth, onions, spinach and Italian sausage. I had cooled it quickly in a stainless steel bowl that was just three inches deep, so that should've maximized safety.

I examined the soup looking for signs of spoilage. Was it moldy, smelly or strange colored?

Most of the time, spoilage is caused by molds, yeast or certain bacteria.

The soup looked fine and had no off odors, but disease-causing organisms and their toxins usually have no odor or visual clues.

I think he saw me sniffing the soup, which is not exactly a scientific way to determine safety. However, I only had my eyes and nose as spoilage detectors in the kitchen, not a microbiology lab.

In this case, reheating on a stovetop was safer than cooking in the microwave oven. Microwave ovens can leave cold spots. I boiled the soup for a few minutes.

"It's still good, but when will I be sick?" my husband asked as he tasted the soup.

If the soup had a toxin, boiling wouldn't necessarily do the trick. He'd be sick in about two hours.

I had a vested interest in my husband not getting sick. I didn't want to clear the snow from our driveway by myself.

He didn't get sick, and I helped him clear the driveway.

After the soup experiment, I continued clearing out the fridge. We had a lot of guests over the holidays. I examined the various refrigerated containers: mayonnaise, salad dressing and soy sauce. It was all fine.

## Proceedings Of The Mountrail County Park Commission

### PROCEEDINGS OF THE MOUNTRAIL COUNTY PARK COMMISSION SEPTEMBER 18, 2025

The Board met in regular session on Thursday at 9:00 A.M. with Commissioners Eric Jaeger, Arden Eide, John DeGroot, Wayne Olson and Jason Rice present. Wade Enget, State's Attorney was present.

Also in attendance were Justin & Dawn Ritts, Terry Fleck, Steve Nelson, Mallory Goff and Morgan Olonia, Jay Harstad and Steven Littlefield.

Chairman Jaeger called the meeting to order with the Pledge of Allegiance.

Moved by Comm. DeGroot, seconded by Comm. Eide, to approve the 2026 camping sites cost to increase by \$4 for electrical, electrical w/water & sewer and \$2 for non-electrical & tent, storage fee for Parshall Bay increase by \$1; seasonal camping to \$1,750. Upon roll call, Rice, Olson, DeGroot, Jaeger and Eide voted yes. Motion carried.

Discussion was held on the 2026 lot rents for Van Hook. Comm. Jaeger discussed the lot sizes and proposed a chart of the largest to smallest lots within the park.

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the lot rents as follows Lot Size 1 (3,933 SF to 5,600 SF) \$825 for 2026 year/2027 year; Lot Size 2 (6,000 SF to 7,775 SF) \$862.50 for 2026 year/2027 year; Lot Size 3 (8,320 SF to 9,336 SF) \$975 for 2026 year/\$1,125 2027 year; Lot Size 4 (10,500 SF) \$1,087.50 for 2026 year/\$1,350 2027 year; Lot Size 5 (12,000 SF to 15,500 SF) \$1,200 for 2026 year/\$1,575 2027 year; Lot Size 6 (15,418 SF) \$1,500 for 2026 year/\$1,800 2027 year with a courtesy letter being sent to all lot holders. Upon roll call, Rice, Olson, Jaeger, DeGroot and Eide voted yes. Motion carried.

Moved by Comm. Eide, seconded by Comm. Olson, to approve the Minutes of the June 12, 2025 meeting. Upon roll call, all present voted yes. Motion carried.

Moved by Comm. Eide, seconded by Comm. Rice, to approve the Minutes of the September 2, 2025 special meeting as corrected. Upon roll call, all present voted yes. Motion carried.

Stephanie A. Pappa, Auditor reviewed the 2025 financials with the board & approved the 2026 preliminary budget.

#### CLEAR LAKE DISCUSSION:

Steve Nelson gave an update on the park. The shop is completed for storage with electrical being completed.

#### WHITE EARTH BAY DISCUSSION:

Jared & Kristin Iverson, White Earth Bay Managers gave park updates.

The board approved to have the lease number match the concessionaire agreement with the end date of September 30, 2026.

The annual inspection by the Corp was reviewed.

Loretta Hansen with the Corps of Engineers gave an update on the inspection.

#### PARSHALL BAY DISCUSSION:

Mallory Goff and Morgan Olonia, Parshall Bay Manager gave park updates. Wayne and Verla Walter will no longer be the camp hosts for the 2026 season. Parshall Bay Managers both gave appraisal for the job that has been provided by them both. John & Kelly Larson are the replacements for the hosts for the 2026 year. Verla Walter will stay on as temporary to help train Ms. Larson. Discussion was held on the possibility of a double ramp on the West end due to low water level.

The annual inspection by the Corp was reviewed.

Loretta Hansen, with the Corps of Engineers appreciated the work done by all park managers.

#### VAN HOOK PARK DISCUSSION:

Discussion was held on Lot 8, Block 12 encroachment on the Corps of Engineers property. Taryn Klertup with the Corp discussed the garage and retaining wall would be a 10-year easement to keep them in place. The shed would need to be moved.

Moved by Comm. Eide, seconded by Comm. Olson, a letter will be drafted requesting an easement for all the buildings to the Corps of Engineers. Upon roll call, Eide, Rice, Olson, DeGroot and Jaeger voted yes. Motion carried.

#### WHITE EARTH BAY, VAN HOOK & PARSHALL BAY:

Chairman Jaeger reviewed the bid results for the bathhouses at White Earth Bay, Van Hook & Parshall Bay. Discussion was held on the fund balance within the County Park Building Fund. Stephanie A. Pappa, Auditor stated that the transfer from the General Fund to the County Park Building Fund in the 2026 year should be enough to move forward with the project.

Moved by Comm. Rice, seconded by Comm. Olson, to approve the White Earth Bay lease with the US Corps of Engineers from 10 years to 25 years ending on December 31, 2050. Upon roll call, all present voted yes. Motion carried.

#### The building permits supplied by the Planning & Zoning were reviewed.

Moved by Comm. Eide, seconded by Comm. Rice, to approve the transfers of Lot 2, Block 15 from Gloria Johnson to Janet Kuehne, Lot 6, Block 8 from Daniel & Ellen Reid & Michael & Paige Reid and Lot 4, Block 13 from Leif Carlson to Mike & Toni Zinke. Upon roll call, all present voted yes. Motion carried.

Dawn & Justin Ritts Managers of Van Hook gave a park update.

Discussion was held on the walking path by the west boat ramps that were installed and approved on July 7th with the Corps of Engineers. Manager Ritts gave a big shout out to Wayne Johnson for the time and effort put into this project.

The annual inspection by the Corp was reviewed.

Loretta Hansen with the Corps of Engineers expressed the great involvement with the Managers.

Discussion was held on the 2026 camping rates. Mallory Morgan gave an

into another menu item or freeze the food. For example, leftover roast beef or pork can be used in casseroles, soups or stews.

• Rotate your food, placing the oldest in the front.

• Label the containers so you know what you have available.

Here's the recipe for the leftover soup my husband did not want to toss. It's a family favorite. Check out the North Dakota State University Extension Food Storage Guide for a quick reference guide, or use an online app such as "FoodKeeper" from [www.foodsafety.gov](http://www.foodsafety.gov).

#### Italian Potato, Sausage and Kale Soup

1 pound lean ground Italian pork sausage, browned and drained (mild or spicy)

1 tablespoon garlic, minced

1 cup onion, chopped

Olive oil or canola oil (if needed)

1 quart reduced-sodium chicken

broth

3 cups water

5 cups potatoes, cubed

3 strips bacon, cooked crisp and crumbled

4 cups kale or spinach, chopped and stems removed

1 cup half and half

Salt and pepper (to taste)

1 pinch cayenne or crushed red pepper (optional)

In a large saucepot, brown the sausage and drain well. Add garlic and onions and cook until softened, adding a little oil if needed. Add chicken broth, water and potatoes, and cook until potatoes are tender. Add bacon, if desired, and chopped kale or spinach, spices, and half and half. Simmer about 5 minutes and serve.

Makes 10 servings. Each serving has 260 calories, 15 grams (g) fat, 12 g protein, 13 g carbohydrate, 3 g fiber and 620 milligrams sodium.

## North Dakota Tourism Unveils New Promotional Materials For 2026

North Dakota Tourism is proud to unveil the new marketing materials promoting thousands of the state's travel businesses and amenities, inviting visitors and showcasing why North Dakota is a must-see destination.

The 2026 Travel Guide features the International Peace Garden on its cover, a symbol of peace and unity chosen to honor friendship between countries, and to welcome our Canadian neighbors and visitors from all over the U.S. and the globe. This iconic destination represents the shared beauty and hospitality that define North Dakota and Manitoba, reinforcing the state's commitment to international goodwill and cross-border travel.

"What sets North Dakota apart is the authenticity and genuine spirit of our people," said Tourism and Marketing Director Sara Otte Coleman. "Through breathtaking visuals and expanded itineraries, the new materials extend a warm invitation to experience our great state and to stay longer, discovering more of what North Dakota has to offer."

The state's official Travel Guide is 116 pages featuring beautiful imagery and easy-to-find information to inspire and motivate visitors to experience North Dakota's outdoor adventures, history, culture, and welcoming communities. Expanded itineraries encourage travelers to extend their stay and discover more. Traveler information is available for more than 250 North Dakota communities. Approximately 200,000 copies will be distributed through traveler request, inquiry fulfillment, AAA offices, airports, ports of entry, attractions, hotels, rest areas, regional brochure racks, and visitor centers.

#### PUBLIC NOTICES BECAUSE THE PEOPLE MUST KNOW

Probate No. 31-2025-PR-00182  
IN THE DISTRICT COURT  
OF MOUNTRAIL COUNTY,  
STATE OF NORTH DAKOTA

In the Matter of the Estate of  
Joan C. Peterman, Deceased

#### NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that the undersigned have been appointed personal representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication or mailing of this notice or said claims will be forever barred. Claims must either be presented to Kent R. Peterman, personal representative of the estate, c/o Johnson & Sundeen, PO Box 1260, Watford City, ND 58854, or filed with the Court.

Dated this 6th day of January, 2026.

/s/ Kent R. Peterman

Kent R. Peterman

Personal Representative

Ross L. Sundeen #05126  
JOHNSON & SUNDEEN  
109 Fifth Street SW  
PO Box 1260  
Watford City, ND 58854  
ross@dakotawolves.com  
(701) 444-2211

Attorney for Personal Representative  
First publication on the 14th day of  
January, 2026.

Jan. 14, 21, 28, 2026

#### PUBLIC NOTICE NOTICE IS HEREBY GIVEN BY THE MOUNTRAIL COUNTY PLANNING & ZONING BOARD OF MOUNTRAIL COUNTY, NORTH DAKOTA, THAT THE FOLLOWING LAND DEVELOPMENT CODE BE ENACTED

An Ordinance to Amend portions throughout and add Data Centers and Battery Energy Storage Systems to the Mountrail County Land Development Code regarding the Zoning in Mountrail County, as Allowed by Chapter 11-33 and 11-33.2 of the North Dakota Century Code.

Please take NOTICE that Mountrail County has the Land Development Code, which will supersede the existing Mountrail County Land Development Code upon final approval, on file with the Mountrail County Planning & Zoning Administrator at 101 N Main Street, Stanley, North Dakota. If you would like accommodations to view the proposed Land Development Code, please call 701-628-2909, or submit your request by mail to P.O. Box 248, Stanley, North Dakota, 58784, or submit your request by email to melissaw@co.mountrail.nd.us. The proposed Land Development Code may also be accessed and viewed by using the following link: [www.mountrailcounty.org](http://www.mountrailcounty.org), then clicking on the Planning & Zoning Directory page.

#### Penalty

Mountrail County may institute any appropriate action.

1. To prevent such unlawful erection, construction, reconstruction, alteration, repair, conversion, maintenance, or use.

2. To restrain, correct, or abate such violations.

3. To prevent the occupancy of the building, structure, or land.

4. To prevent any illegal act, conduct, business, or use in or about such premises.

Further, anyone who violates the provisions of this Code or fails to comply with any of its requirements shall be charged an administrative fee(s) as established by the Board of County Commissioners. Mountrail County may institute any appropriate action or proceedings for the collection of said fee.

All fees and penalties established by this Code shall be credited to the General Fund of Mountrail County, North Dakota.

#### EFFECTIVE DATE

This Land Development Code shall take effect and be in force from and after final passage with the Mountrail County Commissioners, and due publication according to law.

Dated this 7th day of January, 2026.

Charlie Sorenson, Chairman

Planning & Zoning Commission

ATTEST:

Melissa Vachal

Planning & Zoning Administrator

First Reading: January 26, 2026

Second Reading: February 23, 2026

Publication Dates: January 14th and 21st 2026

Jan. 14, 21, 28, 2026

## PUBLIC NOTICES "BECAUSE THE PEOPLE MUST KNOW"



### ADVERTISEMENT FOR BIDS

City of New Town

Sand Hill Water Tower Improvements

General Notice

Sealed bids for construction of the New

Town Sand Hill Water Tower Improve-

ments projects for the City of New Town,

North Dakota will be received until 11:00

A.M. local time on February 6, 2026 at

New Town City Hall, located at 945 Eagle

Drive (P.O. Box 309), New Town, ND