

Prairie Fare: Family Meals Offer Nourishment And Much More

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

"Did the mother feed them?" I asked my husband.

"I haven't seen her come by lately," he replied.

I looked out the window to catch a glimpse of our little backyard zoo. A mother rabbit had created a nest in my planter surrounded by my flowering purple impatiens.

We were trying to protect the baby rabbits from our two dachshunds and the three retrievers who live next door. We covered the planter and built a brick wall inside it to keep the rabbits inside as they grew. We even built a makeshift awning with two sawhorses and a cover held in place with bricks. I'm sure our neighbors think we are strange. I guess we are.

Granted, I don't enjoy adult rabbits eating my flowers and vegetables.

"Where are the rest of the rabbits?" my husband asked one day.

I didn't take the time to answer. I ran outside. Three had escaped, so I tried to put the remaining two in a box to bring to a wooded area. One leaped out of my gloved hands. The other one escaped from the box. I won't be a zookeeper anytime soon.

I could almost hear the "Mission: Impossible" theme playing as we scoured the bushes looking for the fugitives. They had hoisted themselves over the brick wall in the planter.

The bunnies are on their own, just like our human kids who have left our nest. Parents of any species instinctively care for their young, and then eventually the "kids" grow up and

take care of themselves. I thought about the mother bunny returning a couple of times a day to feed them. We humans do more than offer nourishment during feeding times. Mealtimes offer more than food.

As summer has arrived and school is out, gathering children and teens of all ages around the dinner table has distinct advantages. Unfortunately, researchers have shown that family mealtimes have declined by about one-third over the last few decades.

Yes, people are busy with activities, work schedules and friend commitments. Food preparation takes time, requires shopping for ingredients and includes clean-up.

The benefits of gathering family and friends around a meal at any time of the day far outweigh the costs. Researchers have been studying the advantages of family meals since the 1940s.

From a nutrition perspective, children tend to eat healthier meals when eating with their family. The meals are higher in fiber, rich in fruits and vegetables and feature fewer fried foods and sodas. As a result, more family meals are linked with fewer issues, including overweight and obesity.

Meals provide structure, and the children can feel safer and more secure. Children and teens who eat more often with their families tend to have better grades and vocabulary skills.

Social skills and relationships improve during family meals, especially if phones, TVs and other distractions are put aside. Many problems can be worked out in conversations around

the family table. Family meals may enhance mental health for both the adults and the children.

Kids can help prepare meals. We have many resources to assist with family meals through North Dakota State University Extension: a free monthly Family Table newsletter, conversation starter cards and a variety of meal planning and preparation materials. See ndsu.edu/FamilyMeals-26 to access these items.

We all need healthy meals regardless of our living situation. Kids of all ages can learn valuable skills by helping with meal preparation. Simple meals made in a slow cooker or on a sheet pan can save time and fit a family budget. More importantly, they can bring people together around the table.

One-pan Chicken Fajitas

1 1/2 pounds chicken breasts, cut into 1/2-inch strips

2 red bell peppers, sliced into strips

1 green bell pepper, sliced into strips

1 onion, sliced

3 tablespoons olive or canola oil

1 packet reduced-sodium taco seasoning

1 lime

10 whole-wheat tortillas

Optional toppings: shredded cheese, salsa, sour cream, avocado slices

Preheat oven to 425 degrees.

Sprinkle taco seasoning and drizzle olive oil into bowl with chicken, bell peppers and onion. Toss to coat.

Spread contents on greased pan sheet; bake 20 to 25 minutes or until chicken is fully cooked. Squeeze lime juice over pan and serve with whole-wheat tortillas.

Makes 10 servings (one fajita per serving). Without added toppings, each fajita has 280 calories, 9 grams (g) fat, 20 g protein, 27 g carbohydrate, 3 g fiber and 380 milligrams sodium.

North Dakota Launches Funding Opportunity To Bring Lifesaving Breast Cancer Screenings Closer To Home

To help more women access lifesaving breast cancer screenings closer to home, North Dakota Health and Human Services (HHS) is launching a new \$1.5 million funding opportunity to support a mobile mammography unit serving rural and underserved communities in western North Dakota. For many women in western North Dakota, getting a mammogram means taking time off work, arranging transportation and traveling long distances. The funding opportunity is designed to help reduce those barriers by bringing mammography services directly into communities.

Breast cancer affects one in eight women during their lifetime, and early detection remains one of the most effective ways to improve outcomes. When breast cancer is detected early, five-year survival rates can exceed 99 percent. However, access to screening can be challenging in rural communities where imaging services may not be available nearby. The funding opportunity is designed to help reduce those barriers by bringing mammography services directly into communities.

"When preventive care is available close to home, people are more likely to use it," said HHS Commissioner Patrick Traynor. "Where you live should not determine how easily you can access potentially lifesaving screenings. By bringing mammography services directly into rural communities, we can help more women receive recommended screenings, detect cancer earlier and

improve health outcomes across North Dakota."

The funding opportunity will help expand access to breast cancer screenings through a mobile mammography unit serving rural and underserved communities in western North Dakota. Equipped with 3D mammography technology, the unit will bring advanced screening services directly to communities where access to imaging services may be limited. The goal is to increase access to recommended screenings and support earlier detection of breast cancer.

Approximately \$1.5 million in first-year funding is available through the Rural Health Transformation Program. One award of approximately \$1.5 million is expected to be made to an eligible organization serving rural western North Dakota.

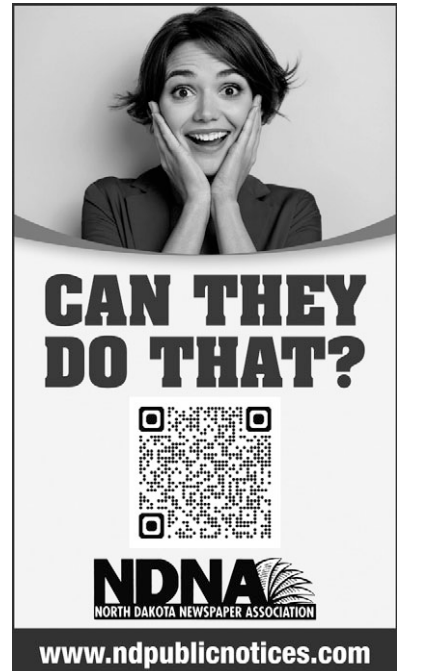
Eligible applicants include:

- Integrated healthcare systems that include a hospital, outpatient clinics and support services
- Rural clinic or hospital systems expanding screening access across multiple counties
- Federally Qualified Health Centers
- Tribes, tribal health organizations and tribal health authorities addressing screening gaps on reservation lands

Applications are due by June 30, 2026, at 5 p.m. CT. Technical assistance calls for interested applicants will be held June 11, from 1 to 1:45 p.m. CT.

More information about the funding opportunity, including application materials and technical assistance resources, is available at hhs.nd.gov/rural-health-transformation/funding.

The Rural Health Transformation Program is supported by the Centers for Medicare & Medicaid Services of the U.S. Department of Health and Human Services as part of a financial assistance award totaling \$198,936,969.55, with 100 percent funded by CMS. The contents are those of North Dakota Health and Human Services and do not necessarily represent the official views of, nor an endorsement by, CMS, the U.S. Department of Health and Human Services or the U.S. government.



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North Dakota Continuum Of Care Announces Competition

The North Dakota Continuum of Care (ND CoC) has announced the opening of the annual CoC competition, providing an opportunity for organizations across the state to apply for federal funding to support housing and services for individuals and families experiencing homelessness.

The CoC is designed to promote community-wide commitment to ending homelessness by supporting permanent housing, rapid rehousing, supportive services, and coordinated community responses that help individuals and families achieve long-term housing stability.

Eligible applicants include non-profit organizations, local governments, public housing authorities, and other organizations serving individuals and families experiencing homelessness. Both renewal and new project applications will be accepted in accordance with the competition requirements and funding priorities established by the U.S. Department of Housing and Urban Development and the ND CoC.

"The CoC is a critical resource for communities across North Dakota," said Shawnel Willer, ND CoC coordinator. "These funds support proven strategies that help individuals and families move from homelessness to stable housing while strengthening our statewide homelessness response system."

The competition seeks projects that align with North Dakota's efforts to reduce homelessness through evidence-based practices, collaboration among service providers, and improved housing outcomes. Applicants are encouraged to demonstrate strong partnerships, effective use of data, and strategies that promote housing stability and self-sufficiency.

More information on the application materials, competition timelines, and submission requirements is available at www.ndcontinuumofcare.org or by contacting the agency's CoC coordinator at (800) 292-8621, (701) 328-8080, 711 (TTY) or hfhomlessnessprograms@nd.gov.

North Dakota Housing Finance Agency (NDHFA) staffs the CoC and develops the grant application on behalf of the CoC. NDHFA is dedicated to making housing affordable for all North Dakotans. North Dakota Industrial Commission, consisting of Governor Kelly Armstrong as chairman, Agriculture Commissioner Doug Goehring, and Attorney General Drew H. Wrigley, oversees NDHFA.

Proceedings Of The New Town City Council

NEW TOWN REGULAR CITY COUNCIL MEETING MINUTES MAY 20, 2026

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

Others Present: City Attorney William Woods, Eileen Zaun, Laurie Giffey, Eissa Mata, Scott Anderson, Cal Oldenburg, Jason Strand, Patrick Samson, Chief Troy White Owl, John DeGroot, Ryan Anderson, Carolyn Haden, John Ruiz (Rolac), Julie Herbel (per teams), Spencer Marchand.

Meeting called to order: 5:00 P.M. Motion by Bratvold, seconded by Baker to approve the agenda: Motion carried.

1. Minutes: Motion by Sillitti, seconded by Baker to approve the Tax Equalization meeting April 8th, 2026.

All voting Aye: Motion carried. Motion by Bratvold, seconded by Baker to approve the minutes from April 15th, 2026.

All voting Aye: Motion carried.

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

Voting Aye: Baker, Bratvold, Sillitti Voting Nay or Absent: Nathaniel Mayer Spencer Marchand from AE2S updated the City Council of the debt service for the city. He is getting gear up for the 2027 Budget, and wants to meet with all department heads.

First Of The Month: CK#046365 3D Specialties \$221.20; CK#046366 Armor Interactive \$9,233.12; CK#046367 Commercial Recreation Spec \$5,000.00; CK#046368 Fireside Office Solutions \$68,046.00; CK#046369 MWEC \$12,957.15; CK#046370 RTC \$17,598.25; CK#046371 Ryan Chevrolet \$529.13; CK#046372 Servpro of Minot \$3,064.87; CK#046373 Thrill Chill Zone \$5,400.00; CK#046374 Uniform Center \$84.00; CK#046375 Woods, William E JR \$3,500.00; **Total Checks: \$122,633.72**

Council Bills: CK#046385 Ackerman-Estvold Engineering \$8,202.30; CK#046386 AE2S \$60,425.61; CK#046387 Aire-Master of North Dakota \$120.00; CK#046388 American Welding & Gas \$83.44; CK#046389 American Working Dogs \$100.00; CK#046390 Armor Interactive \$3,193.83; CK#046391 Arrow Apparel \$1,400.00; CK#046392 Braun Intertec \$2,885.00; CK#046393 CEI Electrical Contractors \$1,972.22; CK#046394 Colonial Research \$4,704.99; CK#046395 Core & Main \$2,715.54; CK#046396 Dakota Business Solutions \$412.00; CK#046397 Elan Financial Services \$3,456.03; CK#046398 First District Health Unit \$180.00; CK#046399 Furusho Law Firm \$1,000.00; CK#046400 Gaffneys of Minot \$19,605.90; CK#046401 Grand Trailer Sales \$19,092.97; CK#046402 Graymont (WI) LLC \$10,000.58; CK#046403 Hawkins Inc \$6,224.62; CK#046404 Hayden, Carolyn \$286.00; CK#046405 Herbel, Heather \$700.00; CK#046406 Herbel, Kia \$400.00; CK#046407 Information Technology \$350.95; CK#046408 Karl Emergency Vehicle \$955.21; CK#046409 Language Link \$9.00; CK#046410 Menards-Minot \$404.36; CK#046411 Mountrail County Correction \$120.00; CK#046412 Mountrail County Promoter \$296.70; CK#046413 MVTL \$940.25; CK#046414 NAPA \$2,792.58; CK#046415 NDDOT \$1,966.23; CK#046416 New Town Chamber \$200.00; CK#046417 Northern Testing, Inc \$145.00; CK#046418 NR Construction \$5,919.10; CK#046419 One Call Concepts \$50.00; CK#046420 Premier Partners \$4,200.00; CK#046421 Rolac Contracting Inc \$479,500.00; CK#046422 Satermo Hardware \$135.28; CK#046423 Slawson Exploration Company \$40.24; CK#046424 South Prairie Pines \$1,350.00; CK#046425 Swanson Equipment Corporation \$2,225.00; CK#046426 United Quality Cooperative \$971.25; CK#046427 United Quality Cooperative \$1,438.16; CK#046428 United Quality Cooperative \$5,011.32; CK#046429 USA Blue Book \$4,007.85; CK#046430 VISA \$156.49; CK#046431 White Owl, Troy \$59.00; **Total Checks: \$660,405.41**

Nathaniel Mayer approved.

3. Rolac - John Ruiz: John gave an update on the new City Hall. There have been some delays in getting some of the materials, looks like in July they will arrive. Should be ready by the middle of August to move in. They will be able to move things in the storage spaces, map room towards the middle of July. Waiting on the tile for the bathrooms and

council room and court room.

4. 2nd Reading Ordinance Data Center:

The purpose of this ordinance is to:

1. Establish zoning standards and requirements for data centers;
2. Promote public health, safety, and welfare;
3. Ensure data centers are compatible with surrounding land uses;
4. Provide clarity and consistency for permitting and development; and
5. Mitigate Noise and Environmental Impacts

Data Center - A facility used primarily for housing computer systems, servers, storage devices, and related infrastructure, including cooling systems, backup power supplies, and security systems. Data centers shall be permitted only in the industrial zoning district, or within agricultural districts, with a special use permit. Data centers shall be prohibited in all residential and commercial districts. Data centers must implement security measures including fencing, controlled access, and surveillance. Operations shall comply with all applicable fire, building, and electrical codes. Deliveries and truck traffic should be managed to minimize impact on surrounding streets. Data centers must connect to approved water, wastewater, and electrical utilities. Backup generators must comply with noise regulations and emission standards. Stormwater retention must meet City requirements. No hazardous waste storage is allowed on-site. Violations may result in: Fines up to \$1,500 per day; Suspension of permits; Required corrective actions.

Motion by Bratvold, seconded by Sillitti to approve the 2nd Reading: Ordinance Data Center.

Voting Aye: Bratvold, Sillitti, Baker Voting Nay or Abstaining: Mayer

5. New Town Library - Julie Herbel:

Rebecca Evan has quit the library board and replacing her position, Chris McLaughlin. Fiscal year-2025, we had 1,483 registered users, 3,151 library program attendees, 9,970 total number of circulations, 2,290 uses of public computers, 4,004 in wireless sessions, total number of items in the library collection 172,297. Number of programs held 153, Patrons in 2025, 13,028 and circulation 9970.

6. Resolution 75th Celebration:

New Town will have their 75th Celebration this year and the committee is wondering what the City can do. The cities support will be limited to **Forms of Support** *Payment of specific event-related expenses, including but not limited to, public safety services, sanitation, infrastructure, entertainment, and promotion; and/or *Reimbursement pursuant to a written agreement that ensures funds are solely for public event purposes. ***Public Purpose**, the City Council expressly finds that the expenditure serves a public purpose by promoting economic development, tourism, and community welfare. ***No Gift of Public Funds**. Funds shall not be used as a general donation to any private individual or organization and must be used solely for the authorized public purposes described herein. ***Administration**, the Mayor and City Auditor are authorized to execute any agreements and take all actions necessary to carry out this Resolution.

Motion by Bratvold, seconded by Baker to approve the resolution of the 75th celebration not to exceed \$25,000.00 in purchases made by the City.

Voting Aye: Bratvold, Baker, Mayer, Sillitti

7. Traffic on College Drive - Sheldon Hauke:

No show - tabled.

8. City Foreman - Scott Andersen:

I have been approached by Terry Mathson about the sidewalk in front of his house, when are we going to fix it? How much of the sidewalk do we fix, as it all needs to be replaced, not just what we tore up. Council said you fix whatever we tore up, not the whole sidewalk. Will work on painting the strips weather permitting. Work on the splashpad will start next week, should only take a week to get that all done. We ordered the parts for the splashpad right from the company, it was cheaper that way than if Tand Construction bought them. I will be out of work for 6 weeks as I am having neurosurgery starting on June 3rd to July 16th, 2026.

9. Water Plant Update - Cal Oldenburg:

Lead Cooper Lines current plan customer notices 3rd week in June and door to door 1st week in July. We have approximately 230 unknowns/validations that

need to be excavated. There is some SRF funding with 66% loan forgiveness we can apply for to help out with the lead cooper lines. The pool is filling up and will be ready by the 1st of June for the opening. Dylan Jones, 3-month probation is up and ready for full-time hire.

Motion by Bratvold, seconded by Mayer to approve Dylan Jones full time hire with benefits and pay increase.

Voting Aye: Bratvold, Baker, Mayer, Sillitti

Voting Nay: None

We had an EPA failure due to monitoring, not enough samples were taken, need to get some samples in. The samples that were sent in were fine. Kia's new pickup will be in July. Need to replace a section of pipe between pond 2 and 3, valves on that line need to be replaced. The costs are not budgeted for and will be an overage, about 7K over. Two of the three blowers not in operation, parts are ordered.

10. Ackerman-Estvold - Patrick Samson:

New Town Trails

The Army Corps of Engineers (USACE) reached out requesting information on any plans the city may have for developing trails or facilities within the USACE trail easement area.

We notified the USACE that the city currently does not have any plans on development of trails or facilities within the easement area.

Sanitary Manhole Repair - 8th Street

We have reached out to Steen for a quote and to line schedule with other work in the city.

Legion Building Addition

Moore Engineering reached out with parking questions regarding a possible building addition on the American Legion. They would like to turn Market Place into a one-way street to allow for angled parking. The preliminary plan they provided along with my comments are attached.

Teacher Housing Garages

EAAP submitted plans for garages at the school housing site located along Eagle Drive. Our recommendation for approval of the plans and specifications.

Motion by Mayer, seconded by Sillitti to approve the School Housing Garages.

Voting Aye: Mayer, Sillitti, Baker

Ackerman & Estvold - Ryan Andersen:

Venue - Replacement AHU/heat pump are on order - awaiting timeline of production/delivery.

Final soil correction work should be completed.

Concrete contractor should be on site to complete site concrete work.

Tracking for asphalt installation June 1st.

I was on site 5/14 to verify items completed/not completed, documented additional items, but did not do a review of the exterior, except to note the entry lean-to/ vestibule roof creating a nesting area for pigeons. The Venue - note we are not bringing the final soil corrections change order to council this month - after the subcontractor started soil removals, the geotechnical engineer (Braun) identified additional unsuitable soil to be removed. The intent here is to bring the final change order to council in June, that way part is not coming next week and then more again in June - it will all just be handled in June.

City Hall - Painting finished in rooms at back of building and ceilings at storage/garage areas. Detailing for HVAC finished, venting on roof almost complete, low voltage installing thermostats and VFD connections, PVC vinyl panels installed in garage, 90% of site concrete is complete, masons to begin this Monday, electricians installed lights in sequence 1 and most of 2, ductwork from air handler 75% to roof, ACT in sequence 2 are done, first order of cabinets to be installed Monday. Glass has been delivered and one of the vestibule doors.

JDA Grant:

I applied for JDA Money for a new Livescan (fingerprints) machine. I was tabled by JDA. Request to purchase and utilize overweight fee collected to cover this since we did not get any money from JDA and it is not in the budget this year.

Motion by Bratvold, seconded by Mayer to purchase the new Livescan for fingerprints - \$40,131.00.

Voting Aye: Bratvold, Baker, Mayer, Sillitti

Voting Nay: None

Personnel:

Ethan DeCoteau resigned from the police department. He said he had nowhere to live.

Patrol Vehicles:

Request to sell Explorer for bid the 2017 and 2018 Ford Explorer and the 2021 Ram Truck. Will put the bids in the paper to advertise, will go to highest bidder received.

Policy Manual:

Approve Line-of-Duty Deaths Policy as presented last month.

Motion by Sillitti, seconded by Bratvold to approve Line-of-Duty Deaths Policy.

All voting Aye: Motion carried.

K9-Echo: We have no officer that wants to take Echo, and had not been trained right for over a year. Echo is just a house dog now, would have to send to training. What should we do? Council suggests to find a new home for Echo.

Training: Upcoming training - Drug Interdiction in Rural Communities in June. Attend Vision Zero Conference in Bismarck and will be attending a June conference on Impaired Driving.

SRO Contract: Sent Bluestone the SRO Contract for next year, awaiting their approval.

We had 591 calls of service last month.

12. AE2S - Jason Strand:

Change Order 2: To account for the work change directives that were approved by the city during construction last summer. This change order won't cost the city any additional money, but is an administrative task to account for the additional work. Change directives and the Eagle Drive Alley that are accounted for in Change Order #2: Total amount is \$75,856.53.

Motion by Bratvold, seconded by Baker to approve Change Order #2, costs the city nothing.

All voting Aye: Motion carried.

New Town Sand Hill Water Tower/ GSR

Contract No. 1 (General Construction) I've reached out to Gerard Tank & Steel to find out when they plan to start construction on the water tower. They say that they plan to work on the foundation, column, and site work from June to mid-August, then start the steel bowl construction in August or September. We have started to receive submittals from Gerard for review and have been working on processing those documents.

Contract No. 2 (Electrical Construction)

We have started to receive submittals from Main Electric Construction, and have been working on process those as well as Contract No. 1 (Gerard Tank & Steel) \$4,559,300.00.

New Town 2027 Street & Utility Improvements (Phase 3)

Design work is ongoing on the project. AE2S is also looking at possibilities for bidding the project with a Base Bid and alternatives, in order to give the City financial options at bidding time for the project.

13. Building Permits:

Motion by Bratvold, seconded by Sillitti to approve the following Building Permits: Bill Hale, 601 3rd Ave, moving fence and replacing some boards; Damon Williams, 423 9th Street N., New deck and replacing fence; New Town School, 613 Eagle Drive, 9 or 10 connected garages; Liz Youngwolf, 412 Eagle Drive, remodel interior of home; Valerie Brive, 408 9th Street, N., new driveway; Karen Hartman, 419 4th Street N., deck on south side of home.

All voting Aye: Motion carried.

14. Kratom - Jay Standish:

I am very concerned with this Kratom being sold in New Town. There have already been 3 deaths in town due to this product. Kratom is an herbal substance that has a stimulant and opioid-like effect, it is sold in powders, capsules, extracts, concentrates, beverages and edible products. We, the city, need to get a handle on this. The city will have an ordinance regulating the sale, distribution, marking and possession of Kratom products within the city limits of New Town.

All voting Aye: Motion carried.

15. Appoint Official Newspaper:

Motion by Sillitti, seconded by Baker to approve the Stanley Promoter as the official newspaper for New Town.

All voting Aye: Motion carried.

16. Playground Quote with Installation:

The council approved the purchase of the playground equipment, but there is a cost for freight, borders fee, also wood chips and if we want the company to put up the playground equipment. The extra cost for this would be about \$82,522.65. Nathaniel Mayer said the Tribe has some rubber mulch (black) left over from their playground, they need to get rid of. Will ask Monica Mayer about this. Total will then be \$73,322.65.

Motion by Mayer, seconded by Bratvold to approve the quote, \$73,322.65, with the company installing the playground equipment and going with the rubber mulch from the tribe if Monica approves this. If the tribe doesn't want to get rid of the rubber mulch will still pay \$82,522.65.

Voting Aye: Mayer, Bratvold, Baker, Sillitti

Voting Nay: None

17. Public Comment:

No one here for a public comment.

Jay Standish, Mayor