

## Prairie Fare: Love Beans? Skip The Symphony

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

“I was thinking about grilling,” my husband texted me. “How about beans as a side dish?”

“That sounds great,” I said. Evidently, he was not worried about beans’ reputation as “the musical fruit.”

We aren’t having guests, I thought to myself. We have plenty of room in our home to find an isolated area.

I am joking about isolating ourselves. Kind of.

Actually, the more beans you eat, the less your tendency to toot. We eat beans very regularly in our home.

Despite the “beans, beans, the musical fruit” rhyme, beans are not a fruit. Beans count as a vegetable or a member of the protein group; however, coming up with a clever rhyme for either of those food groups would be challenging.

All types of dry edible beans, from black beans to navy beans, are in the category called pulses, which also includes lentils and split peas.

On an even broader scale, pulses are part of the “Leguminosae” (legume) family that includes peanuts, soybeans, fresh beans and fresh peas.

Why do beans promote gas in some people?

Beans are high in fiber, which is good for our digestion. Many of us shortchange ourselves on fiber intake. Insoluble fiber helps prevent constipation, and soluble fiber may lower our blood cholesterol level and decrease our risk for heart disease.

Beans contain natural sugars called “oligosaccharides.” These sugars, including stachyose, raffinose and verbascose, are not easily broken down by our digestive system.

We all have natural, helpful bacteria in our gut. The bacteria inside us number in the trillions.

The healthy bacteria inside us need to eat, too, and they dine on “prebiotics” found naturally in beans, garlic, onions, bananas, whole grains and other foods. Probiotic foods, such as yogurt and fermented food, also promote good gut health.

When the remnants of food travel through our bodies during digestion, indigestible sugars reach our large intestine. Bacteria in the gut ferment these sugars and produce hydrogen, carbon dioxide and methane gas after eating some gas-producing foods.

Although these gases are not exactly perfume-like, several health benefits are associated with both oligosaccharides and fiber. Many studies have shown that eating more beans and other pulse foods may reduce our risk of colon cancer, diabetes, high blood pressure and high blood cholesterol.

Pulse foods are an economical addition to our diets. You can do a few things to reduce the tendency of beans to make you musical after dining on high-fiber foods.

Dry beans are more economical than canned, but both are nutritional bargains. After rinsing, canned beans do not require any further preparation.

Follow the correct procedures when preparing dry beans. After inspecting beans, removing the broken beans and small stones (if present), rinse them in cold water.

Next, soak them as directed. Use ten cups of cold water to soak each pound of beans. Bring the water to a boil and boil for two to three min-

utes, then remove from the burner, cover the pot and allow the pot to stand for four hours. Many of the gas-producing compounds are released into the soaking and cooking water that is discarded.

Next, drain and rinse the soaked beans, add fresh water and cook for about an hour, depending on the bean type, until the beans are tender. This will yield about 4 to 5 cups of cooked beans.

If you have decided to add more beans to your diet, start slowly with two to four tablespoons of beans per day. Be sure to drink more water and chew food well to promote digestion. You might try an over-the-counter medication.

Beans can be used in salads, main dishes, and snacks. In baked goods, pureed beans can be used to replace half of the fat, but follow a tested recipe to ensure good results.

If you are interested in learning more, visit the NDSU Extension Field to Fork website at [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) and scroll to the bean resources. Check out the “Spillin’ the Beans” cookbook and the “All About Beans” handout. Here’s one of the popular recipes from the cookbook:

### ***Black Bean Brownies***

- 1 (15.5-ounce) can black beans, drained and rinsed
- 3 eggs
- 3 tablespoons vegetable oil
- ¼ cup cocoa powder
- 1 pinch salt
- 1 teaspoon vanilla extract
- ¾ cup white sugar
- 1 teaspoon instant coffee (op-

tional)

½ cup semisweet chocolate chips  
Preheat oven to 350 F. Lightly grease an 8-by-8-inch baking dish. Combine all ingredients except chocolate chips in a blender; blend until smooth; pour mixture into prepared baking dish. Sprinkle with

## Why Your Spring Cleaning Should Include Saying Goodbye To Clutter

*By Mike Moen, Prairie News Service*

A lot of households might have junk piles on their kitchen counter or an overflowing storage room. A North Dakota expert says to avoid stress that comes with clutter, there are skills to gain in tidying up.

According to AARP, a more organized and simplified living space can reduce stress, improve mental clarity and create a safer environment.

Deb Mathern is a volunteer with AARP North Dakota who offers guidance as part of the group’s Speakers Bureau. She said she subscribes to an “equal-in, equal-out” theory. “When you’re out shopping, your house doesn’t grow,” said Mathern. “So, when you bring home that carload of stuff that you just purchased, it might be time to take out a couple things.”

She said she understands it can be difficult to let go of things because people work hard to buy them.

Cherished family treasures can be kept in a box or specific area. Otherwise, she suggested donating

chocolate chips. Bake in preheated oven until the top is dry and sides start to pull away from the baking dish, about 30 minutes.

Makes 16 servings. Each serving has 140 calories, 6 grams (g) fat, 3 g protein, 20 g carbohydrate and 105 milligrams sodium.

items you really don’t wear or use anymore.

For older populations who haven’t downsized yet, she warned that extra piles create tripping hazards.

Mathern said when out shopping, it’s OK to occasionally buy something that might bring you excitement and joy. But she recommends thinking first about how long you might keep it and avoid falling into an unwanted pattern of loading up your cart. “I think it fills an emotional void for a lot of people,” said Mathern, “and that’s the wrong reason to be buying.”

As for older residents planning to move into a smaller space, she recommends measuring the size of bigger household items to figure out if they’ll fit in the new home. She said if they won’t, you might save on moving costs by leaving them behind if they won’t be used much.

Lastly, she suggests not renting storage spaces for too long, because most of the contents just collect dust without being pulled out.

## Proceedings Of The Stanley City Council

*(Continued from Page 13)*

that the Police Department is recommending. These proposed changes are being reviewed by legal counsel. These proposed changes would be sent to the P&Z Commission to see if they have any comments.

### **PUBLIC WORKS REPORT**

Public Works Director, David Brown, commented that two employees are re-testing for their water certification. PW Director stated his goal is to have him and two others certified in water and sewer.

### **ATTORNEY UPDATES**

City Attorney Sandberg had no updates.

### **COUNCIL CONCERNS**

Council Member Littlecreek asked about the properties in John Rian FKA the Greenstone apartments. Council Member Weyrauch stated he is waiting for electrical and plumbing inspections before making a decision on the Greenstone apartments. Motion made by Hysjulien, seconded by Johnson, to schedule a special meeting for January 28, 2025 at 4:00 P.M. regarding the Greenstone apartments. All present voted yes. Motion carried.

Council Member Hysjulien asked about the update of computers and the server. City Auditor Sveen stated Abel Enterprises has been working on the update of the computers and the server will be done in March.

### **JUDGES REPORT**

Motion made by Littlecreek, seconded by Hysjulien, to approve the December 2024 Judge’s Report. All present voted yes. Motion carried.

### **BILLS**

Motion made by Littlecreek, seconded by Hysjulien, to approve the following bills:

- ACH Payroll. . . . . \$112,232.19
- 2097E Circle K, Fuel & Car Washes . . . . . \$1,059.24
- 2098E VSP Insurance Company, Vision Premium - December 2024 . . \$459.45
- 2099E Verizon Wireless, Cell Phones . . . . . \$1,508.83
- 2100E American Family Life Assurance, December 2024 Premiums . . \$1,385.40
- 2103E Mutual of Omaha, January 2025 Premiums . . . . . \$797.14
- 2104E NDPERS-Retirement, December 2024 Contributions . . . . \$14,177.45
- 2105E State Tax Commissioner . . \$610.83
- 20772 Bravera Bank - Visa, IDOC Mkt Fee; PD Monthly Adobe & MS Subscr; PD Supplies; K9 Dog Food; PD Legal Defense; PD Online General Code; Wa Exam Fees for PW Sauber. . . . . \$2,088.22
- 20773 Montana Dakota Utilities. . . \$7,762.15
- 20774 Mo-Williams Electric, Electricity . . . . . \$811.00
- 20775 ND Child Support Division, Child Support . . . . . \$350.00
- 20776 RTC Networks, City Hall - Phone System . . . . . \$2,589.89
- 20777 A&W Towing & Recovery, Towing Fees . . . . . \$275.00
- 20778 Abel Enterprises, Sept - Nov Various IT Tech Support; PD Tech Support; New Server; New Computers; Hard Drives for City Hall. . \$17,080.82
- 20779 Baker & Taylor, Library Books & Dvds . . . . . \$686.28
- 20780 Balco Uniform Co Inc, PD Clothing . . . . . \$492.72
- 20781 Brosz Engineering, Engineering Fees . . . . . \$30,985.00
- 20782 Circle Sanitation/Nov, Garbage Services & Rplcmnt Tote 17 Meadow Ln . . . . . \$19,547.75
- 20783 Dakota Fire Extinguisher, Annual Service Fee for PD . . . . . \$152.22
- 20784 Dept of Environmental Quality, Water Analysis . . . . . \$183.52
- 20785 Design Solutions & Integration, Repairs to Old Water Tower. . \$120.00
- 20786 First District Health Unit, Water Analysis . . . . . \$60.00
- 20787 Gaffaney’s of Minot, Notary Stamp - Sveen . . . . . \$51.25
- 20788 Galls, LLC, PD Clothing . . . \$94.22
- 20789 Goettle Law, PLLC, December Retainer Fees . . . . . \$2,680.00
- 20790 Holiday Stationstore, Car Washes . . . . . \$38.50
- 20791 IAAO, 2025 Membership Dues - Dennis . . . . . \$240.00
- 20792 Information Tech Dept., PD Netmotion Fees . . . . . \$641.70
- 20793 K Squared Electric, Repair Light Poles . . . . . \$665.00
- 20794 Larson’s Tire Service, 4 Tires for Loader . . . . . \$1,220.00
- 20795 Margaret Lager, City Hall & Library Cleaning . . . . . \$712.50
- 20796 Marquel Sauber, Meal & Mileage Reimbursement for Wa Training in Bis . . . . . \$277.42
- 20797 Meiers Oil & Towing, Fuel & Diesel . . . . . \$2,408.97
- 20798 Mo Co Correctional Center, November Boarding Prisoners \$360.00
- 20799 Motorola, PD Equipment . . \$141.90
- 20800 Mountrail County Promoter, October Ads/Notices . . . \$1,964.74
- 20801 MCMC, November City Sales Tax . . . . . \$57,837.58
- 20802 MFOA, 2025 Membership Dues . . . . . \$80.00
- 20803 ND Envelope Company, Office Supplies . . . . . \$4,266.00
- 20804 ND League of Cities, 2025 Grant Finder Subscription . . . . . \$80.00

- 20805 One Call Concepts, November Locates . . . . . \$31.70
- 20806 O’Reilly Auto Paris, PD Supplies . . . . . \$4.79
- 20807 Pinnacle, Fuel . . . . . \$1,017.31
- 20808 Powerplan OIB, Repairs to Loader . . . . . \$6,238.62
- 20809 Prairie Motors Inc, 2025 Ford Police Explorer . . . . . \$45,728.50
- 20810 Pringle & Herigstad, November Retainer Fees . . . . . \$11,877.40
- 20811 R&T Water Supply, November Water . . . . . \$38,409.24
- 20812 RTC Networks, Phone, Fax & Internet Services. . . . . \$1,556.00
- 20813 Rudolph Electric, Library Change Out Fixtures & Hook up Generator at Old Wa Tower. . . . . \$898.22
- 20814 Share Corp, Chemicals . . \$2,502.61
- 20815 Stanley Auto & Truck, Shop Supplies, Battery to PWD Brown’s Vhel . . . . . \$294.37
- 20816 Stanley Hardware Inc, City Hall, PD, Wa, St & Parade Supplies \$747.53
- 20817 Stanley Welding & Rental, Tank Supplies . . . . . \$215.61
- 20818 The Computer Store, Library Supplies . . . . . \$117.99
- 20819 Tractor Supply Credit Plan, Shop Supplies . . . . . \$91.58
- 20820 Vanessa Karli, City Hall & Library Cleaning . . . . . \$475.00
- 20821 Vestis, Rug Sres - City Hall & PW Bldg . . . . . \$877.01
- 20822 White Earth Valley Saddle Club, VP Grant - Frigid Fundays . . \$2,000.00
- 20823 Blue Cross Blue Shield, January 2025 Premiums. . . . . \$18,646.93
- 20824 David Minton, Dittbrenner - Water Restoration/Cleanup. . . . . \$2,000.00
- 20825 Gustafson’s Septic Service, Jetting Lines - 5th & Jarard Sewer Backup . . . . . \$2,648.50
- 20826 Jim Dazell, Tear Up & Carpet at Library . . . . . \$947.00
- 20827 Mountrail County Promoter, November 2024 Ads/ Notices . . . . . \$1,133.52
- 20828 MCMC, Pre-Employment Exam - Raphael Salinas . . . . . \$113.00
- 20829 ND Child Support Division, Child Support. . . . . \$350.00
- 20830 Prairie Motors Inc, PD Vhel - Oil Change . . . . . \$154.90
- 20831 Tingting Xie, Motel Reimbursement; Displaced Housing Costs; Dittbrenner Woodworking Wa Restoration/Cleanup. . . \$13,736.37
- 20832 David Minton, Dittbrenner - ½ Basement Remodeling . . . \$2,589.01
- 20833 BBH Insurance Inc, Notary Bond - A. Sveen . . . . . \$50.00
- 20834 ASCAP, Yrly License Fee - Music on Main Street . . . . . \$445.00
- 20835 David Minton, New Carpet - Carpet Garage . . . . . \$1,287.94
- ON ROLL CALL VOTE, the following Council Members voted “Aye”: Johnson, Weyrauch, Taylor, Jarmin, Littlecreek and Hysjulien; and no “NAYS”. Motion carried.

Motion made by Littlecreek, seconded by Hysjulien, to adjourn at 8:06 P.M. All present voted yes. Motion carried.

Accepted and approved this 13th day of May, 2025.

Marlin Ranum, Mayor  
Stanley City Council

ATTEST:

Allyn Sveen

Stanley City Auditor

### **MINUTES OF THE STANLEY CITY COUNCIL JANUARY 23, 2025**

Mayor Marlin Ranum called the January 23, 2025 special meeting to order at 4:00 P.M. The following Council Members were present: Jesse Weyrauch, Ty Taylor, and Chad Hysjulien (via phone). Council Members Kirk Johnson, Randy Jarmin and George Littlecreek were absent. Others in attendance were City Auditor, Allyn Sveen and City Engineer, Patrick Carabello, and Jacob Berg with Brosz Engineering.

### **4:00 P.M. PROTEST HEARING - DISTRICT 63 & 65 STREET IMPROVEMENT - CAPITAL IMPROVEMENT PROJECT PHASE 3**

City Engineer, Patrick Carabello, with Brosz Engineering stated the District 63 & 65 Street Improvement consists of a total of 14 blocks and within the 14 block improvement there will be 8 blocks of water improvements, 11 blocks of sewer improvements, and 12 blocks of street improvements. The project will be broke into two schedules, one east of 5th Street SE and one west of 5th Street SE.

District 63 Street Improvement consists of construction of a curb and gutter, hot bituminous pavement, and all other appurtenances, contrivances, and structures used or useful in connection with the specified improvement. This street improvement district includes 4th St SE north of 6th Ave SE and sections of 3rd Ave SE, 4th Ave SE and 5th Ave SE, 4th Ave SE and 3rd Ave SE west of 5th Street SE.

District 65 Street Improvement consists of construction of a curb and gutter, hot bituminous pavement, and all other appurtenances, contrivances, and structures used or useful in connection with the specified improvement. This street improvement district includes 6th St SE north of 6th Ave SE and sections of 4th Ave SE and 5th Ave SE east of 5th Street SE.

No one appeared to protest against District 63 or 65 Street Improvement - Capital Improvement Project Phase 3. City Auditor Sveen commented there were no written protests filed with the City Auditor against these street improvement projects.

Motion made by Hysjulien, seconded by Weyrauch, to close the protest hearings. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Weyrauch, Taylor, and Hysjulien; and no “NAYS”. Motion carried.

Motion made by Hysjulien, seconded by Taylor, to adjourn at 4:04 P.M. All present voted yes. Motion carried.

Accepted and approved this 13th day of May, 2025.

Marlin Ranum, Mayor  
Stanley City Council

ATTEST:

Allyn Sveen

Stanley City Auditor

### **MINUTES OF THE STANLEY CITY COUNCIL JANUARY 28, 2025**

Mayor Marlin Ranum called the January 28, 2025 special meeting to order at 4:00 P.M. The following Council Members were present: Kirk Johnson, Jesse Weyrauch, Randy Jarmin, and George Littlecreek. Council Members Ty Taylor and Chad Hysjulien were absent. Others in attendance were City Auditor, Allyn Sveen; Planning and Zoning Administrator, Amanda Dennis; Chief of Police, Kevin Litten and Police Officer, Raphael Salinas.

### **CITY PROPERTY - JOHN RIAN ADDITION**

Jesse Weyrauch stated he is interested in going forward with the purchase of the city-owned 9-plex apartment building in the John Rian Addition. Discussion was held on the bid terms. The purchaser must complete required work and obtain a certificate of occupancy within one and one-half (1 ½) years of the Contract for Deed being executed.

Motion made by Jarmin, seconded by Littlecreek, to approve the sale of city-owned property described as Lot 29, Replat of John Rian Addition Phase 1, Stanley City to Jesse Weyrauch for \$1.00 with the start date of the 1 ½ year requirement starting when the deed work is complete. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Jarmin and Littlecreek; and no “NAYS”. Council Member Weyrauch abstained from voting. Motion carried.

Discussion was held on the city-owned property located adjacent and east of the 9-plex. Jesse Weyrauch asked about using construction materials from the 5-Plex before it is demolished. The Council accepted a bid from Chamley Pipe and Salvage on 11/12/2024 to demolish the 5-plex. Motion made by Johnson, seconded by Littlecreek, to allow Jesse Weyrauch to remove construction materials from city-owned property described as Lot 28, Replat of John Rian Addition Phase 1, Stanley City, with the removal of materials accomplished within one week’s time. Jesse Weyrauch mentioned he would visit with Will Chamley about removing materials prior to demolition. All present voted yes, except Council Member Weyrauch who abstained from voting. Motion carried.

Motion made by Littlecreek, seconded by Jarmin, to adjourn at 4:06 P.M. All present voted yes. Motion carried.

Accepted and approved this 13th day of May, 2025.

Marlin Ranum, Mayor  
Stanley City Council

ATTEST:

Allyn Sveen

Stanley City Auditor

### **MINUTES OF THE STANLEY CITY COUNCIL JANUARY 31, 2025**

Mayor Marlin Ranum called the January 31, 2025 special meeting to order at 10:30 A.M. The following Council Members were present: Kirk Johnson, Jesse Weyrauch, Randy Jarmin, George Littlecreek and Chad Hysjulien. Council Member Ty Taylor was absent. City Auditor, Allyn Sveen was also in attendance.

### **EMPLOYMENT COMMITTEE**

Council Member Weyrauch mentioned interviews were conducted for two full-time positions. The Employment Committee is recommending that Jeanette Ranum and Reasa Dulany be offered employment with the City of Stanley and should one of these applicants decline that Joel Ngorimo be offered a position. The Employment Committee is recommending an annual salary of \$52,500 (\$25.24 per hour) for these administrative assistant positions.

Motion made by Weyrauch, seconded by Littlecreek, to approve offering the administrative assistant full-time positions to Jeanette Ranum and Reasa Dulany to an annual salary of \$52,500 (\$25.24 per hour) and should either of these applicants decline, Joel Ngorimo would be offered a full-time position at the same salary. ON ROLL CALL VOTE, the following Council Members voted “AYE”: Johnson, Weyrauch, Jarmin, Littlecreek, and no “NAYS”. Council Member Hysjulien abstained from voting. Motion carried.

Motion made by Littlecreek, seconded by Weyrauch, to adjourn at 10:34 A.M. All present voted yes. Motion carried.

Accepted and approved this 13th day of May, 2025.

Marlin Ranum, Mayor  
Stanley City Council

ATTEST:

Allyn Sveen

Stanley City Auditor

## Minutes Of The New Town School District No. 1

### **NEW TOWN PUBLIC SCHOOL DISTRICT #1**

### **MEETING MINUTES**

**APRIL 8, 2025**

MEMBERS PRESENT: Pete Young Bird, BJ Brady, Doug Bratvold, DJ Driver (via phone), and Marietta Heart (via phone)  
OTHERS PRESENT: Marc Bluestone, Nancy Reimer, Orrin Weyrauch, Robert Smith, Tanya Houle, Sharon Dana, Amy Dana, Jenell Bear

### **1. Call to Order and Pledge of Allegiance**

Meeting called to order at 6:03 p.m.

### **2. Approval of Agenda**

Motion to approve the agenda. This motion, made by Doug Bratvold and seconded by BJ Brady, carried.

BJ Brady: Yea; Doug Bratvold: Yea; DJ Driver: Yea; Marietta Heart: Yea

### **3. Principal Reports**

Jenell Bear presented the elementary report.

Amy Dana presented the middle school report.

Robert Smith presented the high school report.

### **4. Athletic Director’s Report**

Orrin Weyrauch presented the athletic director’s report.

### **5. Approval of Minutes**

Motion to approve the minutes from the March 13<sup>th</sup> and March 21<sup>st</sup> board meetings. This motion, made by BJ Brady and seconded by DJ Driver, carried.

BJ Brady: Yea; Doug Bratvold: Yea; DJ Driver: Yea; Marietta Heart: Yea

### **6. Open Enrollment/Tuition Agreements**

There are none at this time.

### **7. Approval of Financial Reports and Bill Sets**

Motion to approve the financial reports and bill sets. This motion, made by BJ Brady and seconded by Marietta Heart, carried.

BJ Brady: Yea; Doug Bratvold: Yea; DJ Driver: Yea; Marietta Heart: Yea

### **8. FGA Student Education Records and Privacy Policy (FERPA) Reaffirmation**

Motion to reaffirm Policy FGA- Student Education Records and Privacy Policy (FERPA). This motion, made by Doug Bratvold and seconded by DJ Driver, carried.

BJ Brady: Yea; Doug Bratvold: Yea; DJ Driver: Yea; Marietta Heart: Yea

### **9. Superintendent Notes**

Marc Bluestone presented his superintendent notes.

### **10. Motion to Adjourn**

Motion to adjourn the meeting. This motion, made by BJ Brady and seconded by Doug Bratvold, carried.

BJ Brady: Yea; Doug Bratvold: Yea; DJ Driver: Yea; Marietta Heart: Yea

### **11. Meeting adjourned at 7:10 p.m.**

Pete Young Bird  
Board President

Moved to Executive Session at 12:23 p.m.

Members present during executive session: Pete Young Bird, Delvin Driver, Jr., Marietta Heart, BJ Brady, Doug Bratvold, Marc Bluestone, Nancy Reimer, Rachel Bruner

Executive Session ended at 12:32 p.m.

Motion to approve the settlement Agreement with Siva Balasubramanian. This motion, made by Doug Bratvold and seconded by DJ Driver, carried.

BJ Brady: Yea; Doug Bratvold: Yea; DJ Driver: Yea; Marietta Heart: Yea

### **5. Adjournment**

Motion to adjourn the meeting. This motion made by Doug Bratvold and seconded by BJ Brady, carried.

BJ Brady: Yea; Doug Bratvold: Yea; DJ Driver: Yea; Marietta Heart: Yea

### **Meeting adjourned at 12:33 p.m.**

Pete Young Bird

Board President

Attest:

Nancy Reimer  
Business Manager

### **NEW TOWN PUBLIC SCHOOL DISTRICT #1**

### **SPECIAL MEETING MINUTES**

**MAY 7, 2025**

MEMBERS PRESENT: Pete Young Bird, BJ Brady (via phone), Doug Bratvold (via zoom), DJ Driver (via phone), and Marietta Heart (via phone)  
OTHERS PRESENT: Marc Bluestone, Nancy Reimer

### **1. Call Meeting to Order & Pledge of Allegiance**