

Logan County Family & Community Wellness Agent

NDSU

EXTENSION
LOGAN COUNTY

By Dustin Hammond



Spring is a good time to assess the items in our home, including ones in our kitchen. Many of us have far too many items in our cupboards, cabinets, and pantries. Let's start with kitchen spring cleaning. You will feel a sense of accomplishment if you shed some extra bowls, pans and utensils from your cupboards, counters and drawers. Selling at garage sales, sharing with young adults or donating to thrift stores are all good options to reduce clutter.

Spring cleaning of kitchens can potentially reduce the number of germs that promote foodborne illness. Cleaning and sanitizing are two separate steps: cleaning removes visible contaminants, such as spills, while sanitizing takes cleaning to the next level. The invisible contaminants, including many types of bacteria associated with food, are more hazardous than the visible ones.

Wash counters and other kitchen surfaces, including refrigerator shelves and drawers, with hot, soapy water, then sanitize with a very dilute bleach solution and allow it to air dry. A solution of 1 tablespoon of unscented bleach per gallon of water is typical for cleaning, or you can use another sanitizing agent prepared according to the directions.

Be sure to clean your micro-

wave oven. Place a microwave-safe bowl filled with water, and microwave on high for 4 minutes. Don't overfill the bowl. Simply wipe down the interior with hot, soapy water, then dry with a clean paper towel.

If you use kitchen sponges, have you ever caught the aroma of a damp sponge past its prime? I have a radical suggestion: use cloth rags instead of sponges and launder them on the hot cycle of a washing machine. Change the cleaning cloth daily. This is the key to keeping germs at bay in the kitchen.

Sponges are like hotels where germs like to set up their living quarters and have large families of little germs. A 2007 microbiology study in Germany found more than 362 types of bacteria in the sponges they studied, with 45 billion bacteria per square centimeter (1 inch equals 2.54 centimeters).

Bacteria in the presence of warmth, moisture and food can double every 20 minutes or so. In other words, one germ can grow to thousands, millions and billions in a number of hours.

Some researchers have studied whether zapping damp sponges in a microwave kills germs. A 2007 study found that microwaving a moist sponge on high for a minute or running the sponge through the hot cycle of a dishwasher killed nearly all of

the bacteria.

However, once you use a damp sponge to wipe up spills again, the sponge becomes contaminated. At any rate, avoid using a sponge to wipe up meat juices. You could have multiple sponges available, then use the clean ones once before putting them in the microwave or dishwasher. Most people are busy and would use the same sponge repeatedly and risk spreading germs around their kitchen.

Visit the NDSU Extension website www.ag.ndsu.edu and search "cleaning" for more information. Don't hesitate to contact me with any questions or suggestions at 701-754-2504 or email dustin.hammond@ndsu.edu

(Adapted from publications authored by Julie Garden-Robinson, Ph.D., RD, LRD, professor and food and nutrition specialist, NDSU Extension)

PUBLIC NOTICES
YOUR RIGHT TO KNOW

CATEGORICAL EXCLUSION DETERMINATION
FOR THE PROPOSED PROJECT OF:
Water System Improvements 2025
City of Napoleon (Logan County), North Dakota DRINKING WATER STATE REVOLVING FUND PROJECT NUMBER: 2400715-01

The North Dakota Department of Environmental Quality (NDD-EQ) has conducted a review of the proposed Water System Improvements 2025 for the City of Napoleon in accordance with the National Environmental Policy Act (40 CFR Part 6). The NDDEQ has determined that this project is eligible for a categorical exclusion and is exempt from further substantive environmental review.

Because the proposed project meets the criteria for a categorical exclusion, a full Finding of No Significant Impact and Environmental Assessment will not be required. Following is a description of the proposed project and a brief statement of how the project meets the criteria for a categorical exclusion.

The proposed project consists of a water main extension along fourth street to allow residents within city limits to connect to the city's water distribution system. The current residents are getting their drinking water from ground water wells. The ground water wells have the potential of containing manganese and are prone to water quality and quantity issues. Connecting the residents to the city's distribution system ensure that they have access to dependable and quality drinking water.

The City of Napoleon has applied for a Drinking Water State Revolving Fund loan of \$730,000 to finance the project.

This project is being granted an exclusion because the improvements will occur entirely within previously disturbed areas within city limits. The North Dakota State Historic Preservation Officer (ND SHPO) has concluded that no historic properties will be affected by this project provided it takes place in the location and in the manner described in the documentation and provided all borrow comes from an approved source (ND SHPO Ref.: 25-0097). It has been determined that exempting the proposed project from further review under the National Environmental Policy Act will not result in adverse impacts to the population or area of Napoleon and Logan County.

The documentation to support this decision will be on file and available for public review at the NDDEQ, Division of Municipal Facilities.


Comments concerning this decision may be addressed to Mitch Murray, Environmental Engineer, Division of Municipal Facilities, North Dakota Department of Environmental Quality, 4201 Normandy Street, Bismarck, ND, 58503-1324. Dated the 15th day of April, 2025. David J. Bruschwein, P.E. Director Division of Municipal Facilities (NDNA)

Logan County Agriculture and Natural Resources (ANR) Agent

NDSU

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By Josh Becker



Livestock Water Quality Monitoring Program

NDSU Extension offers a livestock water quality monitoring program throughout the summer. The goal of this program is to improve the quality of livestock water sources, improve livestock production and reduce losses of livestock due to toxic water conditions. Good water quality and cleanliness can increase water intake and improve livestock production. Water quality and quantity may affect feed consumption and animal health. Low-quality water normally will result in reduced water and feed consumption.

Water quality can vary depending on the source. Groundwater tends to be of higher quality than surface water; however, some aquifers in North Dakota have naturally high levels of potentially toxic salts such as sulfate. Weather can also influence water quality. When runoff is low in the spring or during a drought, the salts in surface water become more concentrated as water levels decline and can reach toxic levels.

NDSU County Agents are equipped to help you monitor and report levels of TDS (total dissolved solids) and sulfate in livestock sources throughout the grazing season. Additionally, visual assessments for the presence of cyanobacteria (blue-green algae blooms) and other less common water quality issues may take place during site visits. In the event a screening identifies a potential toxic-

ity risk to livestock, the County Agent will assist with sample submittal for further analysis and interpretation of the results. TDS levels above 4,500 ppm and/or sulfate levels above 800 ppm should be collected and submitted for further analysis. The further analysis cost will be the responsibility of the producer but the assistance of the Agent is at NO cost. Regular screening of livestock water sources is recommended, particularly: 1) if using shallow water sources, 2) during drought conditions, 3) if you suspect a problem with water quality.

Sources predicting weather and moisture conditions this year are, once again, widely variable. The trend seems to lean more on the potential drought side but if memory serves that was also the case last spring and we had anything but a drought....at least for the first half of summer. Regardless of the conditions, water monitoring is an important factor to your livestock's well-being and should be tested on a regular basis.

If you need any assistance from our office or have any questions, I am here to help. If you have not done so yet, please consider following us on X (Twitter) for regular updates and information on all things NDSU Extension. Find us at: @LoganCountyExt

Thank you to Dr. Miranda Meehan (NDSU Extension-Livestock Environmental Stewardship Specialist)) for providing information for this article.

LOGAN COUNTY FARMLAND FOR SALE

The following property, situated in Logan County, will be sold on **Tuesday, April 29th, 2025, at 11:00 A.M.:**

Tract #1: SW¼ of Section 28, Township 135, Range 72, Logan County. Tract is approximately 160 acres deeded acres.

Tract #2: SE¼ of Section 35, Township 135, Range 72, Logan County. Tract is approximately 160 acres deeded acres.

Tract #3: SW¼ of Section 36, Township 135, Range 72, Logan County. Tract is approximately 160 acres deeded acres.

You must submit a bid to be present at this sale.

Sealed bids to be submitted to Matthew Wermerskirchen, Attorney at Law, P.O. Box 50, Napoleon, ND or by email to office@zlawnd.com. Bids will be opened, Tuesday, April 29th, 2025, at 11:00 A.M. at my office in Napoleon. Bidders having made a written bid may raise bids at bid opening.

FSA maps may be examined at my office in Napoleon or Bismarck or will be emailed upon request.

10% of successful bid price due on day of bidding and the balance due 90 days after an up-to-date abstract is furnished.
Call 701-224-1519 for more information.

The owner reserves the right to reject any or all bids.

Zimmerman Law

www.zimmerman.law


(4-1, 8, 15 & 22)

MATTHEW WERMERSKIRCHEN

ATTORNEY AT LAW

289 MAIN AVE,
NAPOLEON, ND 58561
(Location of Auction)


919 S. 7TH ST., #607,
BISMARCK, ND 58504



Cookin' With Ann

Recipes By Ann Moch

Enjoy!



Sweet Strawberry Bliss

Ingredients:

4 oz. fat-free cream cheese, softened
1 cup fat-free vanilla yogurt
2 cups milk, 2%
1 pkg. (3.4 oz.) instant lemon pudding mix
2 tsp grated lemon zest
2 1/2 cups sliced fresh strawberries, divided
1 Tblsp water
1 prepared Angel Food cake (12 oz.)
Optional: Whipped topping and additional strawberries

1. In a large bowl, beat cream cheese and yogurt. Add milk, pudding mix and lemon zest. Beat until smooth. In a blender, process 1/2 cup strawberries and water until blended.

2. Cut cake into 1 in. cubes; place a third in a trifle bowl or 3 qt. serving bowl. Top with a third of the pudding mixture and half the remaining strawberries. Drizzle with half the strawberry sauce. Repeat layers. Top with remaining cake and pudding mixture. If desired, garnish with whipped topping and additional strawberries. Cover and refrigerate for at least 2 hours.

Serves about 14 - very pretty dessert!

(If you would like to share a favorite recipe contact Ann M. Moch at 180 Market St. W, Kintyre, ND 58549 or phone 701-332-6320.)