

Divide County School Board Minutes

**APPROVED
REGULAR MEETING
MINUTES
November 10, 2025**
President Reistad called the meeting to order at 7:06 a.m. with Adams, Jacobson, Nystuen, Pulvermacher, Verlinde and Wehrman present. Others present were Superintendent Vandal, Secondary Principal Hauge-noe, Elementary Principal Brown, Business Manager, King, a member of the press and two staff members. It was noted that a quorum was present.
Motion 26-11-01: Moved by Pulvermacher, seconded by Nystuen to approve the agenda as presented. MC: 7-0.

Be Legendary Governance
Motion 26-11-02: Moved by Nystuen, seconded by Pulvermacher to approve superintendent evaluation with satisfactory rating. MC: 7-0.
Star Math Monitoring Report – The percentage of students scoring proficient or above are: 1st 72%, 2nd 58%, 3rd 69%, 4th 50%, 5th 46%, 6th 44%, 7th 22%, 8th 35%, 10th 75%.

**Student and Staff Recognitions
High School**
-Congratulations to the Student of the Quarter for Q1: 7-8 grade, Boen Johnson; 9-10 grade, Kat Ryan; 11-12 grade, Mavrick Wolf.
-Congratulations to our Football Team on a successful season.
-Thank you to Mrs. Dohmstreich and Mrs. Lokken for feeding both home and away football teams after our last 2 home games. Both schools greatly appreciated the gesture.
-Congratulations to our Volleyball Team on their 3rd place finish at Districts.
-Congratulations to Mrs. Burtman for being name District Coach of the Year.
-Congratulations to Paige Smith-berg and Audrina Fortier for making the All District Team and the All-Tournament Team in Volleyball.
Consent Agenda
Motion 26-11-03: Moved by Verlinde, seconded by Nystuen to approve the Consent Agenda to include the following: MC: 7-0.

a. October 14, 2025 Regular Meeting Minutes
b. November 10, 2025 Bill Set
JP Morgan Chase Bank Na..... 843.12
Amazon Capital Svcs Inc..... 265.47
Avid Center 8,349.00
Burke-Divide Electric 9,627.28
Duane Johnson 295.00
Ellick, Jones, Buelt,
Blazek & Longo LLP 37.00
Exam Tables Direct..... 1,059.56
Grenora Public School..... 34,459.43
Suzanne Lamontagne 60.19
Montana Dakota Utilities.. 7,567.51
NDASBM..... 50.00
NDCEL..... 425.00
New Century Ag 652.72
Radisson Hotel Bismarck.. 1,021.50
Amy Shaw..... 45.00
Krista Verlinde 368.80
Kayla Wolf 255.00
Vcsu Music 40.00
VISA 5,533.99
Hometown Lumber 74.76
Hartley’s School
Buses Inc 173,750.00
Dept Of Transportation 11.50
Minot State University..... 294.00

Kayla Wolf..... 427.00
Advanced
Business Methods 2,668.08
Kelli Adams
Restorative Practices LLC 2,900.00
Amazon Capital Svcs Inc.. 1,251.26
Bonnie & Clyde
Pest Control LLC 300.00
Cenex Fleet Fueling 317.80
City Of Crosby..... 2,575.68
Dacotah Paper Co. 2,460.39
Dcsd General Fund 1,086.40
Decker Equipment 761.88
Duane Johnson 371.30
Eckroth Music Co. 31.20
Elliott And Memahon..... 1,000.00
Harlow’s Bus Sales, Inc.. 33,523.39
Heartsmart..... 615.00
Jacobs Hardware 542.38
Suzie Jacobson..... 313.60
The Journal..... 158.84
Linde Gas & Equipment Inc 298.25
Lindsey Grocery..... 498.65
Menards - Williston..... 297.97
NW Communications Coop. 918.85
NDCEL..... 275.00
Pearce Durick PLLC 142.50
Radisson Hotel Bismarck..... 227.00

Anthony Vandal..... 319.00
Western Education Regional 100.00
DCSD - Food Service..... 1,086.40
Total \$300,553.65
Action Items
Rhonda Weathers voiced concern regarding approval of policy FFI and what that means for staff. Did not receive agenda in time to ask any questions.
Tiffany Kolstad was also concerned. Asked at what point in policy adoption process staff would be furnished policies.
Motion 26-11-04: Moved by Nystuen, seconded by Pulvermacher to approve first reading of policy FFI- Personal Electronic Communication Devices Prohibition During Instructional Time. MC: 7-0.
Superintendent Vandal reported to the Board the following:
-Core Facility Solution has all material on site and has started with assessment of tunnels.
-Despite any of the challenges with the switch to Harlow’s Bus Service for contracted transportation,

students have continued to arrival safely and on time.
-Technology team is preparing for implementation of Infinite Campus, which is the new Student Information System (SIS) selected by ND Department of Public Instruction to transition away from PowerSchool in time for the 2026-2027 school year.
-Middle/High School will be reviewing options for new mathematics and social studies curriculum for next year.
Policy committee will meet November 19 at 8:00 a.m.
Motion 26-11-05: Moved by Jacobson, seconded by Nystuen to approve business manager evaluation. MC: 7-0.
President Reistad declared the meeting adjourned at 8:00 a.m.
Stephanie Reistad
President
Barbara King,
Business Manager

Noonan City Commission Minutes

**Unapproved
Noonan City Commission
Meeting Minutes
December 9, 2025**
The Noonan City Commission Meeting was called to order on December 9th at 6:02 p.m. by Doug Clemens with Debbie Svenningson as secretary (appearing virtually). Voting members in attendance included Billy Espeseth, Jerry Walters and Darla Hansen. Visitors in attendance Brad Heuer, Monte Glasoe, and Ralph Baker
Motion by Darla Hansen and seconded by Billy Espeseth to approve the November 2025 minutes.

Motion by Billy Espesethl and seconded by Jerry Walters to pay the bills.
Billy Espeseth 145.45
Circle Sanitation Inc 1,668.75
Darla Hansen..... 145.46
Debbie Svenningson 1,383.90
Doug Clemens..... 242.41
Journal Publishing..... 92.72
Monte Glasoe 2,772.02
NCC 180.86
New Century 177.15
ND Department of Health..... 120.00
ND Public
Finance Authority..... 3,880.00
NW Rural Water District... 2,980.11
Ralph Baker 369.40

United States Treasury 2,995.96
Vestis 352.01
TOTAL..... \$17,506.20
Motion by Billy Espeseth and seconded by Darla Hansen to accept the liquor license application for Stampeters.
Motion by Billy Espeseth and seconded by Darla Hansen to accept the resignation of Tim Grindeland
Motion by Billy Espeseth and seconded by Jerry Walters to adjourn meeting at 6:28 p.m.
Debbie Svenningson (Kurny)
City Auditor
Doug Clemens
Mayor

Chair yoga: Safe, simple and beneficial for older adults

*Dear Savvy Senior,
I've been hearing a lot about chair yoga lately. My New Year's resolution is to improve my health and get moving again, but I have trouble getting down on the floor. What can you tell me about this type of yoga?*
Arthritic Abby

Dear Abby,
If you're looking for a safe way to get active again but find traditional exercise routines difficult, chair yoga may be the perfect fit.
Chair yoga is a gentle form of yoga that's done either sitting on a chair or using the chair for support while standing. It adapts traditional yoga poses so they're accessible to people who may have limited mobility, balance issues, or difficulty getting down on the floor.
This practice helps improve flexibility, strength, and balance, boosts circulation and mobility, and promotes relaxation while reducing stress. This makes it an effective and safe way to stay active and support overall well-being at any age.
A typical chair yoga session begins with simple seated postures, such as gentle twists, stretches for the arms and legs, or movements that open the hips and shoulders. These exercises loosen stiff joints, improve posture, and increase flexibility in areas of the body that often become tight with age.
It can also include standing poses like modified lunges or gentle balance work, with the chair always nearby for stabil-

Savvy Senior

ity. Breathing exercises are often incorporated throughout the practice, encouraging participants to slow down, deepen their breath, and cultivate a sense of calm. Sessions usually end with a short period of guided relaxation or meditation, leaving participants refreshed and grounded.
How to get started
To get started, you just need a sturdy chair without wheels and preferably without arms, and some comfortable clothes. The goal with chair yoga is to stretch, not cause pain. So go only as far as feels comfortable and don't push beyond your limits.
If possible, consider joining a local chair yoga class. Many local senior centers, YMCAs, and community recreation centers offer chair yoga as part of their wellness or fitness programs. Some yoga studios and gyms may offer gentle yoga or chair yoga too. And if you're enrolled in a Medicare Advantage plan, you may be able to access classes for free through SilverSneakers.com.
If attending an in-person class isn't an option, you can also practice chair yoga at home. There are chair yoga apps and many videos you can access on YouTube to guide you through a routine.
Chair exercise options
As an alternative to chair yoga, there are chair exercises

you can add to your routine that can help improve strength and balance, reduce joint pain and prevent falls.
To execute some of these exercises, you'll need some resistance equipment like light dumbbells, water bottles, soup cans or resistance bands.
• Sit-to-stand: For this exercise, sit at the edge of the chair, feet hip-width apart. Stand up without using your hands, then slowly sit back down. Use hands lightly on the chair or use a walker or cane if needed for support.
• Seated marches: Sit tall and alternate lifting one knee at a time toward your chest.
• Seated bicep curls: With elbows tucked in, curl weights towards shoulders, then lower with control.
• Seated overhead press: Press weights overhead from shoulder height, then slowly lower.
• Seated leg extensions: Extend one leg straight out and hold for 2-3 seconds, then lower and repeat.
• Heel raises: Lift heels off the floor, pause, and lower back down.
For noticeable benefits, these exercises should be performed at least three days a week, doing three sets of 8 to 12 repetitions.
(Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.)

NOTICE OF HEARING
Donovan & Kaffar, PLLP
P.O. Box 488
Hazen, North Dakota 58545
(701) 748-2206
Patrick A. Donovan #04685
Attorneys for the Personal Representative
hazenlaw@westriv.com
Probate No. 12-2025-PR-00138
IN THE DISTRICT COURT
OF DIVIDE COUNTY,
STATE OF NORTH DAKOTA
In the Matter of the Estate of
William C. Lund
Deceased.
**NOTICE OF HEARING PETITION
FOR FORMAL
APPOINTMENT OF PERSONAL
REPRESENTATIVE**
TO ALL PERSONS UNKNOWN:
NOTICE IS HEREBY GIVEN pursuant to NDCC 30.1-03-01, that Heather M. Kawamura on behalf of the above estate, has filed her Petition for Adjudication of Intestacy and Appointment of a Personal Representative with the above Court.
Hearing upon said petition will be held in the Divide County Courthouse, Crosby, North Dakota on the 9th day of January, 2026, at 11:00 a.m. CT.
Dated this 2nd, day of December, 2025.
/s/ Heather M. Kawamura
Heather M. Kawamura, Petitioner

NOTICE TO CREDITORS
Seymour R. Jordan #07785
JORDAN LAW OFFICE, PLLC
206 5th Street NE – P.O. Box 506
Probate No. 12-2025-PR-140
Crosby, ND 58730
701-965-6451
seymour@jordanlawnd.com
Attorney for Personal Representative
Probate No. 12-2025-PR-00140
IN THE DISTRICT COURT,
NORTHWEST JUDICIAL
DISTRICT, COUNTY
OF DIVIDE,
STATE OF NORTH DAKOTA
In the Matter of the Estate of
Lyle G. Windfaldet
Deceased.
NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that the undersigned has 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 of this notice or said claims will be forever barred. Claims must either be presented to Robert Windfaldet, Personal Representative of the estate, at P.O. Box 506, Crosby, ND 58730, or filed with the Court.
Dated this 1st, day of December, 2025.
/s/ Robert Windfaldet
Robert Windfaldet
Personal Representative

NOTICE OF HEARING
Seymour R. Jordan #07785
JORDAN LAW OFFICE, PLLC
206 5th Street NE – P.O. Box 506
Probate No. 12-2025-PR-140
Crosby, ND 58730
701-965-6451
seymour@jordanlawnd.com
Attorney for Personal Representative
Probate No. 12-2025-PR-00146
IN THE DISTRICT COURT,
NORTHWEST JUDICIAL
DISTRICT, COUNTY
OF DIVIDE,
STATE OF NORTH DAKOTA
In the Matter of the Estate of
Roger E.N. Lund
Deceased.
**NOTICE OF HEARING
ON PETITION FOR FORMAL
APPOINTMENT OF PERSONAL
REPRESENTATIVE
IN INTESTACY**
NOTICE IS HEREBY GIVEN tthat Lois Lund has filed herein a Petition for Formal Appointment of Personal Representative in Intestacy of the Estate of Roger E.N. Lund, deceased.
A hearing has been set upon said petition on the 30th day of January, 2026, at 11:00 a.m. at the Courtroom of the above-named Court in the City of Crosby, County of Divide, State of North Dakota.
Dated this 10th, day of December, 2025.
/s/ Seymour R. Jordan
Seymour R. Jordan #07785
206 5th Street NE
P.O. Box 506
Crosby, ND 58730
Phone: 701.404.7510
seymour@jordanlawnd.com
ATTORNEY FOR PETITIONER

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ABBREVIATED NOTICE OF INTENT TO ADOPT, AMEND, AND REPEAL
ADMINISTRATIVE RULES RELATING TO N.D.A.C. ARTICLES
71-02, 71-03, 71-04, 71-05, 71-06, & 71-08
REGARDING THE PUBLIC EMPLOYEES RETIREMENT SYSTEM, UNIFORM
GROUP INSURANCE PROGRAM, DEFERRED COMPENSATION PLAN FOR
PUBLIC EMPLOYEES, HIGHWAY PATROL RETIREMENT SYSTEM, RETIREE
HEALTH INSURANCE CREDIT, AND DEFINED CONTRIBUTION PLAN
TAKE NOTICE that the North Dakota Public Employees Retirement System will hold a public hearing to address proposed changes to the N.D. Admin. Code at 11:00 A.M. on Tuesday, January 20, 2026, at 1600 East Century Avenue Suite 2, Bismarck, North Dakota. The proposed rules relate to the Public Employees Retirement System, Uniform Group Insurance Program, Deferred Compensation Plan for Public Employees, Highway Patrol Retirement System, Retiree Health Insurance Credit, and Defined Contribution Plan. The proposed rules implement statutory changes made during the 2025 legislative session, clarify current administrative processes, and ensure consistency in administration within the various plans administered by NDPERS.
A copy of the proposed rules may be requested by writing to PO Box 1657, Bismarck, ND 58502, e-mailing NDPERS-info@nd.gov, or calling 701-328-3900. Written comments on the proposed rules can be mailed to PO Box 1657, Bismarck, ND 58502 or emailed to NDPERS-info@nd.gov. Oral comments can be submitted by calling 701-328-3900. Comments received by no later than 5:00 p.m. on February 2, 2026, will be fully considered. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the North Dakota Public Employees Retirement System at the above telephone number or address at least seven days prior to the public hearing.
Dated this 9th day of December, 2025.
Rebecca Fricke
Executive Director

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