

FAA Awards \$32 Million To North Dakota Airport Projects

Senator John Hoeven last week announced that the Federal Aviation Administration (FAA) has awarded \$32 million in funding for eleven airport infrastructure projects across North Dakota through the Fiscal Year 2026 Airport Improvement Program (AIP). As a member of the Senate Transportation Appropriations Committee, Hoeven has secured funding to advance airport development projects and strong federal investments in transportation infrastructure to benefit communities across North Dakota.

- The funding will support the following projects:
- Bismarck Municipal Airport, \$8.8 million, Rehabilitate runway, taxiways and lighting, and complete runway safety area improvements
 - Dickinson Theodore Roosevelt Regional Airport, \$8.6 million, Construct terminal apron, new taxiways and taxiway lighting
 - Minot International Airport, \$7.6 million, Rehabilitate runway, reconstruct runway lighting and runway end identifier lights, and realign and extend taxiway
 - Hector International Airport, \$4 million, Reconstruct terminal apron
 - Beach Municipal Airport,

\$950,000, Reconstruct runway lighting, taxiway lighting, airfield signage, lighting vault, precision approach path indicator system and rotating beacon

- Williston Basin International Airport, \$519,840, Reseal commercial apron, taxiways and taxilane pavement joints
 - Mott Municipal Airport, \$519,009, Reseal runway, apron, taxiway and taxilane pavements
 - Glen Ullin Regional Airport, \$375,000, Reseal runway, apron and taxilane pavements
 - Garrison Municipal Airport, \$310,000, Reconstruct airport terminal
 - Hettinger J.B. Lindquist Regional Airport, \$167,854, Design for taxiway lighting improvements
 - Tioga Municipal Airport, \$60,000, Design for taxiway extension and holding bay expansion
- "These investments in our airports are critical to improving safety, increasing efficiency and meeting the growing demand of communities across our state," said Hoeven. "Reliable airport infrastructure is essential to keeping North Dakota connected, and these projects will help strengthen our transportation network for years to come."

North Dakota Weekly Gas Price Update

Average gasoline prices in North Dakota have fallen 5.2 cent per gallon in the last week, averaging \$3.55/g Monday, according to GasBuddy's survey of 493 stations in North Dakota. Prices in North Dakota are 32.6 cents per gallon lower than a month ago and stand 65.6 cents per gallon higher than a year ago. The national average price of diesel has decreased 11.8 cents compared to a week ago and stands at \$4.758 per gallon.

According to GasBuddy price reports, least expensive station in North Dakota was priced at \$3.22/g Sunday while the most expensive was \$3.94/g, a difference of 72.0 cents per gallon.

The national average price of gasoline has fallen 6.8 cent per gallon in the last week, averaging \$3.71/g Monday. The national average is down 41.3 cents per gallon from a month ago and stands 62.7 cents per gallon higher than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

Historical gasoline prices in North Dakota and the national average going back five years:

- July 6, 2025: \$2.89/g (U.S. Average: \$3.09/g)
- July 6, 2024: \$3.32/g (U.S. Average: \$3.47/g)
- July 6, 2023: \$3.43/g (U.S. Average: \$3.51/g)
- July 6, 2022: \$4.62/g (U.S. Average: \$4.76/g)
- July 6, 2021: \$3.00/g (U.S. Average: \$3.14/g)

Neighboring areas and their current gas prices: Sioux Falls- \$3.43/g, down 8.4 cents per gallon from last week's \$3.51/g, Fargo- \$3.34/g, down 7.0 cents per gallon from last week's \$3.41/g, South Dakota- \$3.64/g,

down 5.3 cents per gallon from last week's \$3.69/g.

"Average gasoline prices fell in nearly every state over the last week, with diesel declining in all 50, pushing the national average to approximately \$3.74 per gallon this July 4, the third most expensive Independence Day on record, but well off the peak of \$4.57 per gallon seen in May," said Patrick De Haan, head of petroleum analysis at GasBuddy. "GasBuddy is now tracking 41 states with average gasoline prices below \$4 per gallon, while 37 states are seeing average diesel prices below \$5. However, continued Ukrainian attacks on Russian refinery infrastructure have forced Russia to shift from fuel exporter to importer, tightening global supplies and putting upward pressure on crack spreads, explaining why pump prices haven't fallen as sharply as oil prices might suggest. Until the refining supply picture improves, significant further drops at the pump may be limited."

GasBuddy®, a PDI Technologies company, is North America's trusted fuel savings platform, helping consumers fuel up for less for over 25 years. With over 100 million app downloads, GasBuddy delivers real-time prices at 150,000+ stations and tangible savings through Pay with GasBuddy+™. It is the most authoritative source of station-level fuel pricing data, updating averages 288 times daily from the broadest mix of inputs - spotter reports, direct station integrations, and transactional data.

Card of Thanks

Thank you to the Stanley Lions Club for the golf cart I won in your raffle!

Raoul Brandt

Project Safe Send Accepting Unusable Pesticides

Agriculture Commissioner Doug Goehring says farmers, ranchers, pesticide dealers and applicators, government agencies, homeowners and members of the general public should bring unusable pesticides to any of the eight Project Safe Send collections in July.

"Over the past 34 years, thousands of people have brought more than 6.8 million pounds of chemicals to Project Safe Send," Goehring said. "It is a safe, simple and non-regulatory program that helps people safely and legally get rid of unusable pesticides at no charge."

The program accepts old, unusable or banned pesticides, including herbicides, insecticides, rodenticides and fungicides. Project Safe Send is funded through product registration fees paid by pesticide manufacturers.

"Check your storage areas for any unusable pesticides and safely set them aside for Project Safe Send," Goehring said. "If the containers are deteriorating or leaking, pack them in larger containers with absorbent materials. Free heavy-duty plastic bags are available from the North Dakota Department of Agriculture if needed."

People with more than 1,000 pounds of pesticides should pre-register at least one week prior to the desired location's collection

date. No other pre-registration is required. A maximum of 5,000 pounds of pesticides per participant will be accepted. Each participant is limited to one shuttle.

To ensure Project Safe Send can be utilized by as many North Dakota producers and citizens as possible, pesticide distributors and agronomy centers are limited to 3,000 pounds and one shuttle. These locations should pre-register if intending to bring in the maximum amount.

To pre-register, obtain plastic bags or for more information, contact John Potts at the North Dakota Department of Agriculture at 701-425-3016 or jpotts@nd.gov.

The collections will run from 8 a.m. to noon local time at the North Dakota Department of Transportation facilities in the following cities:

- Wednesday, July 8, Jamestown, 3568 81st Ave. SE
- Thursday, July 9, Bismarck, 218 Airport Road
- Friday, July 10, Dickinson, 1700 3rd Ave. W, Ste 101
- Monday, July 13, Williston, 605 Dakota Pkwy W
- Tuesday, July 14, Rugby, 603 1st NE
- Wednesday, July 15, Devils Lake, 1905 Schwan Ave NW
- Thursday, July 16, Larimore, 1524 Towner Ave

Montana-Dakota Utilities Files Electric Rate Request In North Dakota

Montana-Dakota Utilities Co., a subsidiary of MDU Resources Group, Inc. (NYSE: MDU), has filed an application with the North Dakota Public Service Commission (PSC) seeking authority to increase electric rates in North Dakota by \$34.5 million or 14.5 percent overall. The company last filed for an electric rate increase four years ago.

This proposed rate adjustment is not related to data centers. MDU has structured its rates so large energy users, like data centers, do not increase costs for other customers.

Since the company last filed for a rate increase in May 2022, MDU has experienced rising operations and maintenance expenses and has made investments across its system, including infrastructure upgrades that support reliability and safety, as well as the associated depreciation of those assets.

"Providing safe, reliable electric service requires ongoing investment to maintain and strengthen the system our customers depend on every day," said Garret Senger, MDU Utilities Group chief utilities officer. "This filing reflects the continued focus on responsibly managing rising operating costs while

making targeted investments in infrastructure that support reliability and safety. We remain committed to delivering dependable energy at the lowest reasonable cost for North Dakota customers."

MDU's electric rates in North Dakota remain competitive and below national averages. According to the Edison Electric Institute's latest survey of typical bills and average rates, the Company's North Dakota residential electric rates for the twelve months ending December 31, 2025, ranked as the seventh lowest in the nation among 164 utilities surveyed.

The company's approach for setting rates is designed to reduce the risk related to serving large-load customers by ensuring costs are directly assigned and benefits are shared with existing customers. North Dakota customers received a total benefit of \$38.4 million over the last three years. This amounts to an average annual savings of approximately \$64 per customer.

The request is pending approval by the commission.

For more information about Montana-Dakota Utilities, visit <https://www.montana-dakota.com>.

Extreme Heat Is Rising, And So Is The Risk To Your Heart

As summer heat intensifies across the U.S., the American Heart Association is warning that soaring temperatures don't just make people uncomfortable, they can put serious strain on the heart and increase the risk of life-threatening complications.

Although tragic deaths from major disasters like hurricanes and tornadoes may get the most news coverage, extreme heat is actually the leading weather-related cause of death in the United States, according to the National Weather Service.

A report in the Journal of the American Medical Association found that more than 2,300 people died from heat exposure in the U.S. in 2023.

Research published in Circulation projected that heat-related cardiovascular deaths could more than double in the coming decades.

"Heat forces the heart to work harder," said Manesh R. Patel, M.D., FAHA, volunteer president of the American Heart Association and chief of the division of cardiology, chief of the division of pharmacology, and vice president of Heart and Vascular Services for Duke Health, Durham, North Carolina.

"When your body is trying to cool down, your heart rate increases and your blood vessels expand. For people with heart disease, and even those who are otherwise healthy, that added strain can become dangerous quickly."

Why heat is hard on your heart

When temperatures climb, the body sweats to cool itself, which can lead to fluid loss and dehydration. At the same time, the heart must pump more blood to regulate body temperature. Together, these changes can put significant stress on the cardiovascular system.

How to protect yourself in extreme heat

The American Heart Association recommends taking simple but important steps to stay safe:

- Avoid peak heat hours: Limit outdoor activity between noon and 3 p.m., when temperatures are typically at their highest.
- Dress smart: Choose lightweight, light-colored clothing and wear a hat and sunglasses. Use sun-

screen to protect your skin.

- Stay hydrated: Drink water before, during and after time outdoors. Avoid alcohol and caffeinated drinks, which can contribute to dehydration.
- Take breaks: Rest in the shade or a cool indoor space to give your body time to recover.

Know the warning signs because recognizing symptoms early can save your life.

Heat exhaustion symptoms may include:

- Headache
- Cool, pale, clammy skin
- Fast but weak pulse
- Dizziness or fainting
- Weakness or muscle cramps
- Nausea or vomiting

If you experience any of these symptoms, slow down any physical activity and move to a cooler place. Cool down immediately by dousing yourself with cold water and rehydrating. You may need to seek medical attention.

Heat stroke is a medical emergency. Call 9-1-1 immediately if you notice:

- Body temperature above 103°F (39.4°C)
- Hot, red, dry or damp skin
- Rapid, strong pulse
- Confusion, headache or loss of consciousness
- Nausea

Stay active - but stay safe

Physical activity remains essential for heart health, even in the summer months. Try walking, swimming, biking, skating, building a backyard obstacle course or organizing a neighborhood soccer game. Even gardening, pushing a stroller or walking the dog counts. However, in the heat of summer, it may be best to shift exercise to early morning or evening hours, when it's cooler, or move workouts indoors to air-conditioned spaces such as gyms or community centers.

Learn more about staying heart-healthy in the heat at heart.org.

University Of Mary Dean's List For Spring Semester 2026

Area residents are among the 1195 students named to the 2026 Spring Semester Dean's List at the University of Mary, in Bismarck. This number includes students in Mary's undergraduate program and in adult education (University of Mary Online).

To qualify for the honor, traditional undergraduate students must earn a 3.50 or better grade point average while carrying at least twelve credit hours.

Students enrolled in the UMary Online program must earn a 3.50 or better grade point average while at a full-time adult learner status.

Congratulations to: Evelyn Lebrun, Berthold; Savanna Fredrickson, Powers Lake; Chiara Rystedt, Powers Lake; Corra Bell, Stanley; Caleb Mortensen, Stanley; and Ella Mortensen, Stanley.

Bell Named To BSC President's Honor Roll

Xavier Bell, New Town, ND, has been named to the President's Honor Roll for the Spring 2026 semester at Bismarck State College.

"We know and appreciate that every student's journey is unique. Earning a place on the President's Honor Roll is a significant accomplishment that reflects both academic excellence and a commitment to personal growth," said BSC President Brian Kalk.

Students must maintain at least a 3.50 grade point on a 4.00 scale while enrolled in at least twelve semester hours of classes to qualify for the BSC President's Honor Roll.

Knife River Township Special Meeting

The Knife River Township Board will hold a special meeting on Monday, July 13, 2026 at 9:00 a.m. at the New Town Senior Center. Topics to be discussed will be road maintenance and use, and document storage.

Elaine Uran, Township Clerk

ATTENTION CITY OF STANLEY RESIDENTS: PLEASE KEEP GRASS CLIPPINGS OUT OF CITY STREETS

The City of Stanley reminds all residents that sweeping, blowing, or raking grass clippings into public streets is strictly prohibited. When lawn debris enters the roadway, rain washes it directly into our storm drains, causing severe blockages in the sewer system that lead to localized street flooding. Please help keep our sewer system operating properly. Your help is appreciated.

Beautiful Inside & Out

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12 sessions. 90 minutes. Finale event.

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2026 Season Information

- Registration Opens: May 14
- Register online: biogirls.org/register
- Start Date: July 14, 2026
- End Date: September 29, 2026
- Meeting Day/Time: Tuesdays from 5:30 to 7:00
- Location: Let It Be, 202 South Main ST, Stanley, ND
- Contact: Lisa Wolla or Sarah Sorenson at stanley.nd@biogirls.org

Open to girls in grades 2-6.

Join us if you've done it before, skipped a year, or have never tried it!

All are welcome!

Financial assistance available within registration.



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Burgers In The Park

Sponsored by the Stanley Lions

Monday, July 13

from 5:00 to 7:00 p.m.

Burgers, brats, chips, lemonade & dessert!

Proceeds will go to the Stanley Park District
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