

# Prairie Fare: Protect Your Skin, Simple Steps To Prevent Skin Cancer

By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension  
 "What's on your cup?" someone asked me.  
 I showed him the sun safety decal. It featured a cartoon sun wearing a broad-brimmed hat and holding a bottle of sunscreen. I was hoping people would notice its colorful text: "Protect Your Skin."  
 We've been sharing these reminders in honor of Skin Cancer Awareness Month, observed in May. "We used to use coconut oil," my friend added with a laugh.  
 That comment brought back memories. When I was a teenager, some people spread baby oil mixed with iodine on their skin, then tanned. I tried that once. After about 15 minutes, I was convinced I might burst into flames. I went inside and didn't go back out.  
 Over time, I had to adjust to being fair-skinned in all seasons. Back then, I didn't realize that too much sun exposure was linked to skin cancer and premature aging. When you're young, those risks don't seem real. Aging feels far away.  
 Unfortunately, the facts tell a different story. Skin cancer is the most common form of cancer in the United States. One in five Americans will develop skin cancer by age 70.  
 Melanoma is the most dangerous form. Basal cell carcinoma and squamous cell carcinoma are more common, but they still require treatment. In fact, more than 6 million adults are treated for basal cell or squamous cell skin cancers each year.  
 The encouraging news is that skin cancer is also one of the most preventable types of cancer. Early detection through regular skin checks can save lives.  
 Watch for the warning signs using the "ABCDE" guide:  
 • Asymmetry - the two halves of a spot do not match  
 • Border irregularity - edges are ragged, notched or blurred  
 • Color - uneven shades of brown, black, red, white or blue  
 • Diameter - usually larger than a pencil eraser  
 • Evolving - any change in size, shape or color  
 We also have many effective ways to protect our skin. When the ultraviolet (UV) index is 3 or higher, be sure to take precautions. That level means the UV rays can damage your skin in 15 minutes without protection.  
 Stay in the shade whenever possible, particularly between 10 a.m. and 4 p.m., when the sun's rays are strongest. Keep in mind that UV rays can still reach your skin on cloudy days.  
 Whether working outdoors, fishing, golfing or gardening, cover your skin by wearing long-sleeved shirts and pants when possible. Choose a broad-brimmed hat that shades your face, ears and neck. Ball caps may protect your face, but they leave your ears and neck exposed. Some people who regularly wear ball caps also wear scars from skin cancer removal.  
 Infants under six months of age should be kept out of direct sunlight, as sunscreen is not recommended for them.  
 Protect your eyes with wrap-around sunglasses that block both UVA and UVB rays.  
 Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. When applied properly, SPF 30 sunscreen blocks about 97 percent of UVB rays, but it must be reapplied every two hours, even more if you are swimming or sweating. No sunscreen is truly waterproof.  
 Store sunscreen out of direct sunlight, such as in the shade or wrapped in a towel. Be sure to discard sunscreen after its expiration date or within three years of purchase.

As the weather warms up, you might also be looking for a cool treat. Here's a simple recipe that includes nutrients important for skin health, such as vitamins A and C and protein:  
**Apricot Pops**  
 1 (15-ounce) can apricots (packed in juice)  
 2 (6-ounce) cartons sugar-free vanilla yogurt  
 8 small paper cups  
 8 wooden sticks or plastic spoons  
 Drain the apricots, then blend them with the yogurt until smooth.

## PUBLIC NOTICES

BECAUSE THE PEOPLE MUST KNOW

**PUBLIC NOTICE**  
 The Mountrail County Commissioners will hold a Public Hearing on **Tuesday, July 21<sup>st</sup>, 2026 at 9:20 A.M.** in the Emergency/Commissioner's Room located on the first floor of the Mountrail County Justice Center, 101 North Main Street, Stanley, North Dakota, or over GOTO-MEETING for the purpose of receiving comments on a zoning request filed by Jerimay & Nichol Bruhn, for an amendment to change land zoned Commercial to Agriculture, on a tract of land described as the North 10.00 acres more or less, known as Outlot 1 of the SE 1/4, Section 1, Township 156N, Range 89W (McGahan Twp).  
 The provisions regarding the amendment process are contained within the Mountrail County Zoning Ordinances. The Zoning Ordinances may be viewed at the Mountrail County Planning & Zoning Office during office hours or online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the Planning & Zoning section.  
 If you are unable to attend the public hearing, written comments will be accepted until Monday, July 20<sup>th</sup>, 2026 at 4:00 p.m. at the Office of the Mountrail County Auditor, PO Box 69, Stanley, ND 58784-0069.  
 Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Auditor's Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-4750, email: [rschumaier@co.mountrail.nd.us](mailto:rschumaier@co.mountrail.nd.us).  
 GOTO-MEETING information will be available on the Commissioner Agenda online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the County Commissioner section.  
 Dated at Stanley, North Dakota this 1<sup>st</sup> day of July 2026.  
 Trudy Ruland  
 Mountrail County Commissioners

ATTEST:  
 Stephanie A. Pappa  
 Mountrail County Auditor  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:35 A.M.** via GOTO-MEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of discussing a conditional use request filed by Tim L & Lynn M Smith Living Trust/Applicant/Landowner, for the purpose of placing a manufactured home on land zoned recreational, a tract of land known as Block 2, Lot 7 of Lakeview Subdivision, located in the NW1/4NW1/4 of Section 12, Township 151 North, Range 91 West (Liberty Township).  
 The provision regarding a conditional use is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the Planning & Zoning section.  
 If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until Noon on Friday, July 17<sup>th</sup>, 2026. Phone: 701-628-2909 or Email: [melissav@co.mountrail.nd.us](mailto:melissav@co.mountrail.nd.us).  
 Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: [rschumaier@co.mountrail.nd.us](mailto:rschumaier@co.mountrail.nd.us).  
 GOTO-MEETING information will be available on the Commissioner Agenda online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the County Commissioner section.  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:41 A.M.** via GOTO-MEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of receiving comments on an outlot plat application filed by Robert Andes/Applicant in concurrence with Christopher Hartford-Landowner. A tract of land described as 37.93 acres more or less located in the E1/2SW1/4 of Section 18, Township 151 North, Range 94 West to be known as Outlot 1 of the NE1/4SW1/4 of Section 18, Township 151 North, Range 88 West (Mountrail Township).  
 The provision regarding an outlot plat is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the Planning & Zoning section.  
 If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until Noon on Friday, July 17<sup>th</sup>, 2026. Phone: 701-628-2909 or Email: [melissav@co.mountrail.nd.us](mailto:melissav@co.mountrail.nd.us).  
 Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: [rschumaier@co.mountrail.nd.us](mailto:rschumaier@co.mountrail.nd.us).  
 GOTO-MEETING information will be available on the Commissioner Agenda online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the County Commissioner section.  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

Pour the mixture into paper cups and freeze. After about 30 minutes, insert a wooden stick or spoon into each cup. Continue freezing for 3-4 hours, until solid. To serve, run warm water over the outside of the cups for about 20 seconds.  
 Makes eight servings. Each serving contains about 70 calories, 0 grams of fat, 2 grams of protein, 17 grams of carbohydrates, 1 gram of fiber, and 20 milligrams of sodium.

Makes eight servings. Each serving contains about 70 calories, 0 grams of fat, 2 grams of protein, 17 grams of carbohydrates, 1 gram of fiber, and 20 milligrams of sodium.

## PUBLIC NOTICES

BECAUSE THE PEOPLE MUST KNOW

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:38 A.M.** via GOTO-MEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of discussing a conditional use request filed by Kairo Salgado/Applicant/Landowner, for the purpose of placing a manufactured home on land zoned residential, a tract of land known as Lot C of the Replat of Lots 2 thru 27 Schmidt's Country Estates, located in Outlot 3 of the S1/2NE1/4 of Section 9, Township 156 North, Range 91 West (Idaho Township).  
 The provision regarding a conditional use is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the Planning & Zoning section.  
 If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until Noon on Friday, July 17<sup>th</sup>, 2026. Phone: 701-628-2909 or Email: [melissav@co.mountrail.nd.us](mailto:melissav@co.mountrail.nd.us).  
 Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: [rschumaier@co.mountrail.nd.us](mailto:rschumaier@co.mountrail.nd.us).  
 GOTO-MEETING information will be available on the Commissioner Agenda online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the County Commissioner section.  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:44 A.M.** via GOTO-MEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of discussing a conditional use request filed by Linda Vachal/Applicant in concurrence with Alan & Linda Vachal-Landowners, for the purpose of replacing an existing modular home with a newer modular home on land zoned agricultural, located in the SW1/4NW1/4 of Section 3, Township 155 North, Range 93 West (Debing Township).  
 The provision regarding a conditional use is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the Planning & Zoning section.  
 If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until Noon on Friday, July 17<sup>th</sup>, 2026. Phone: 701-628-2909 or Email: [melissav@co.mountrail.nd.us](mailto:melissav@co.mountrail.nd.us).  
 Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: [rschumaier@co.mountrail.nd.us](mailto:rschumaier@co.mountrail.nd.us).  
 GOTO-MEETING information will be available on the Commissioner Agenda online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the County Commissioner section.  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission

ATTEST:  
 Melissa Vachal  
 Planning & Zoning Administrator  
 July 8, 15, 2026

**PUBLIC NOTICE**  
 The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, July 27<sup>th</sup>, 2026 at 8:30 AM - 12:00 PM (America/Chicago)**.  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/859100877>  
**You can also dial in using your phone.**  
 United States: +1 (408) 650-3123  
**Access Code:** 859-100-877  
 Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
 Dated at Stanley, North Dakota this 2<sup>nd</sup> day of July, 2026.  
 Charlie Sorenson, Chairman  
 Planning & Zoning Commission