

Money, health and government grants

Next round of federal rural health funding aimed at promoting fitness, community gardens

By Mary Steurer

Of The N.D. Monitor

North Dakota schools, local governments and organizations can apply for a combined \$3.6 million in grant money now available through the federal Rural Health Transformation Program.

The money, meant to help rural and tribal communities, will go toward three different grants: \$2.6 million for walking programs, \$700,000 for before-school physical education classes and \$300,000 for community gardens.

The \$2.6 million will support up to 20 walking programs in communities across the state to improve residents' physical and mental wellbeing, according to the North Dakota Department of Health and Human Services.

Interim Health and Human Services Commissioner Pat Traynor said the agency wants community leaders to head up eight-week walking challenges. The agency will provide training for successful applicants to help them design their programs, he said.

"Walking is one of the best exercises," Traynor said. "We hope it becomes commonplace."

The grant is open to organizations including local government districts — like cities, towns, park districts and public health entities — as well as health care facilities and nonprofits. Awards will be between \$25,000 and \$125,000, according to the agency.

Another \$700,000 is available for middle schools and high schools to hold 30-45 minute aerobic exercise classes in the morning before school starts. Example activities listed by the agency include jogging, kickboxing and pilates.

The Department of Health and Human Services said in documents announcing the grant that before-school exercise programs make students healthier and improve their focus for the rest of the day. Awards will be between \$10,000 to \$70,000.

The last \$300,000 is earmarked to support public gardens, with the goal of giving rural and tribal communities better access to healthy, local produce.

For example, a school could create a garden as an avenue to

teach students science and healthy eating, the agency wrote in an information packet about the grant. Other groups, like local government entities, faith communities and nonprofits can also apply. The state expects to give 10 awards each totaling about \$30,000.

For each grant, money can go toward expenses including staffing, training, purchasing equipment, marketing the program and more.

Proposals will be scored on factors including the long-term sustainability of the project, how much it will help rural communities and whether the programs' success can be adequately measured. All applications have to be approved by both the North Dakota Department of Health and Human Services and the federal Centers for Medicare and Medicaid Services.

The window to apply for the three grants ends May 22.

The agency will host conference calls for those with questions about the grants in early May. For more information, visit the state's Rural Health Transformation Program website.

The \$3.6 million comes from the \$17.1 million the state has set aside to promote healthy lifestyles for its first year of Rural Health Transformation Program funding.

More grants — including in the areas of behavioral health, funding for housing for students pursuing health care degrees and medical equipment for essential health care services — are expected to become available before May, Traynor said.

North Dakota's first grant opportunity under the Rural Health Transformation Program, which made \$10 million available to help critical access hospitals retain workers, opened in March.

That came out of a larger pot of about \$32.2 million in Rural Health Transformation Program money the state plans to dedicate to workforce issues this year.

As of Tuesday, one facility had applied for the first grant, Traynor said. Another 63 applications had been opened, he said.

After April 30, the grant will be

open to not just critical access hospitals, but other organizations, too.

North Dakota has been authorized for \$199 million for the first year of the Rural Health Transformation Program. The state plans to give out most of that money in the form of grants.

The state has just a handful of months to process and approve applications for the 2026 round of

funding. North Dakota is required by federal law to commit the money by the end of October and spend it within the following year.

North Dakota lawmakers in January convened for a three-day special session to create a budget for the program, which then was submitted to the Centers for Medicare and Medicaid Services for final review.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO LICENSING OF ONSITE WASTEWATER SYSTEM INSTALLERS

TAKE NOTICE that the North Dakota Department of Environmental Quality ("Department") will hold a public hearing to address proposed amendments to North Dakota Administrative Code chapter 33.1-21-01 regarding rules for licensing of current and future onsite wastewater treatment system installers at the following time and location:

2nd Floor Conference Room
North Dakota Department of Environmental Quality
4201 Normandy St, Bismarck, ND 58503-1324
May 14, 2026
1:30 PM CDT

A copy of the proposed rule amendments may be requested by writing the North Dakota Department of Environmental Quality, Deputy Director, 4201 Normandy St, Bismarck, ND 58503-1324 or calling (701) 328-5210. Written comments on the proposed rule amendments may be submitted to the above mailing address and received by May 25, 2026.

If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Department at the above address or telephone number below at least five days prior to the public hearing. The NDDEQ will consider every request for reasonable accommodation to provide an accessible meeting facility or other accommodation for people with disabilities, language interpretation for people with limited English proficiency (LEP), and translations of written material necessary to access programs and information. Language assistance services are available free of charge to you. To request accommodations or language assistance, contact the NDDEQ Non-discrimination/EI Coordinator at (701) 328-5150 or deqEJ@nd.gov. TTY users may use Relay North Dakota at 711 or 1-800-366-6888.

There will be real time public streaming of the public hearing through a Microsoft Teams meeting. Information concerning listening access by telephone or through Microsoft Teams can be obtained by calling (701) 328-5210 or can be found on the Department's website at: <https://deq.nd.gov/PublicNotice.aspx>.

Dated this 2nd day of April, 2026.

Karl Rockeman, P.E.
Deputy Director
Department of Environmental Quality

STEP INTO CONFIDENCE!

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Where:

Rolette County Public Health
114 3rd St NE, Rolla, ND

Thursday:

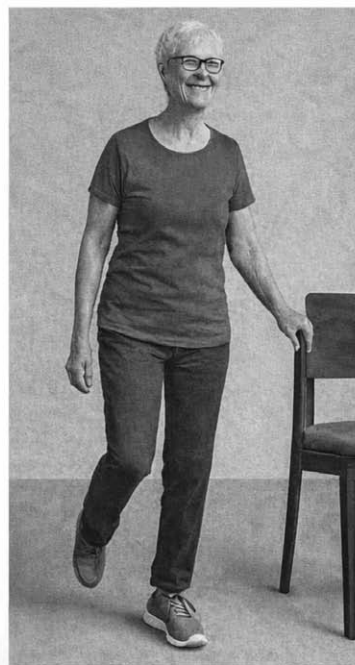
May 7 through June 18
1:00 PM to 3:00 PM

What You'll Learn:

- Simple strength and balance exercises
- Home safety tips to reduce fall hazards
- How vision, footwear, and medication can affect balance
- Confidence-building strategies for everyday life

Who Should Attend:

Adults 60 years and older who live independently and want to stay that way!



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ABBREVIATED NOTICE OF INTENT TO AMEND NORTH DAKOTA ADMINISTRATIVE CODE CHAPTERS 33.1-24-02, 33.1-24-03, 33.1-24-05, and 33.1-24-06 RELATING TO IDENTIFICATION OF HAZARDOUS WASTE, STANDARDS FOR GENERATORS, AND STANDARDS FOR PERMITTED FACILITIES

TAKE NOTICE that the North Dakota Department of Environmental Quality ("Department") will hold a public hearing to address proposed amendments to North Dakota Administrative Code (N.D. Admin. Code) chapters 33.1-24-02, 33.1-24-03, 33.1-24-05, and 33.1-24-06 at the following time and location:

2nd Floor Conference Room
North Dakota Department of Environmental Quality
4201 Normandy St, Bismarck, ND 58503-1324
May 27, 2026
1:00 P.M. CT

The purpose of the proposed amendments is to correct grammatical errors and to update the language in the administration code to reflect the Federal rules and regulations involving hazardous waste, Resource Conservation and Recovery Act (RCRA), and generators of hazardous waste.

The proposed amended rules may be reviewed at the Department's office located at 4201 Normandy St, Bismarck, ND 58503-1324 or on the Department's website at: <https://deq.nd.gov/PublicNotice.aspx>. A copy of the proposed rule amendments may be requested by writing to the North Dakota Department of Environmental Quality, Hazardous Waste Program at the above address or calling (701) 328-5166.

Dated this 17th day of April, 2026.
Chuck Hyatt,
Director, Division of Waste Management Department of Environmental Quality

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To apply for Lifeline service, you must use the National Verifier. To see if you qualify, go to: lifelinesupport.org. You can also print and mail a copy of the application. Once you have applied and been approved, call us at 800-417-3849. Lifeline is only available in limited areas in Iowa, New York, North Dakota and Wisconsin where Verizon Wireless has been designated to offer these programs.



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Notice of Special Election to Establish Mill Levy Rugby Ambulance Taxing District

Notice is hereby given that on Tuesday, June 2nd, 2026, an election will be held to establish the maximum allowed mill levy for the Rugby Ambulance Taxing District. Any qualified elector residing in the district is eligible to cast a ballot. The polling location will be the Heart of America Medical Center located at 2975 Highway 2 East, Rugby ND 58368 on June 2nd, 2026, from 8am – 7pm CST. Absentee ballots may be obtained by completing an absentee ballot application which can be found online at www.vote.nd.gov. The completed application must be emailed to or mailed to:

rugbyambulancedistrict@gmail.com

Rugby Ambulance Taxing District

2975 Hwy 2 East

Rugby, ND 58368

SAMPLE BALLOT

Shall the Rugby Ambulance Taxing District levy a tax not to exceed 15 mills for the purpose of equipping and maintaining a rural ambulance service district.

YES – Means you approve the measure as summarized above

NO – Means you reject the measure as summarized above

ANNUAL SCHOOL BOARD ELECTION NOTICE TWO OPENINGS ON DUNSEITH SCHOOL BOARD

The Business Manager of the Dunseith School Board, has announced that there will be (2) two positions open on the board.

One position is available for a three-year term from the Currie, Kohlmeier townships.

One position is available for a three-year term from the City of Dunseith.

Prospective candidates shall reside in the areas they represent. All candidates of the Dunseith School District #1 shall be voted upon by the district at large.

Anyone who is 18 years of age and has resided in the Dunseith School District #1 for at least 30 days is entitled to vote and/or file as a candidate in the school election.

The annual school election will be held on June 9, 2026.

The polls will be open at 8 a.m., Central Daylight Savings Time, and will close at 7:00 p.m., Central Daylight Savings Time.

The election will be held at the Dunseith CTE center.

Absentee ballots will be available at the Business Office located at the Dunseith CTE Center during regular business hours, 8:00 a.m. through 4:00 p.m. beginning May 26, 2026, through June 8, 2026, and on Saturday, May 9, 2026, from 8:00 a.m. through 4:00 p.m., CST.

DUNSEITH SCHOOL DISTRICT #1
DUNSEITH, NORTH DAKOTA 58329
TUESDAY, JUNE 9, 2026

VOTE FOR ONE (1) DIRECTOR TO REPRESENT THE CITY OF DUNSEITH TOWNSHIPS FOR A TERM OF THREE (3) YEARS:

____Christopher Strong____

OFFICIAL BALLOT
DUNSEITH SCHOOL DISTRICT #1
DUNSEITH, NORTH DAKOTA 58329
TUESDAY, JUNE 9, 2026

VOTE FOR ONE (1) DIRECTOR TO REPRESENT THE CURRIE - KOHLMEIER, TOWNSHIPS FOR A TERM OF THREE (3) YEARS:

____Frank R. Gladue____
