

New National Suicide Lifeline phone number is 9-8-8

The National Suicide Lifeline has officially changed its number to 9-8-8 and has been renamed to the Suicide and Crisis Lifeline. All conversations and interactions with 9-8-8 crisis workers are free, confidential and non-judgmental.

There is now the ability to text or chat online with a crisis worker. To text, someone in crisis can text any message to 9-8-8 in order to start a conversation. A follow-up text will be sent to gather some more information about the individual and the situation they are facing. For the online chat, someone in crisis can go to 988lifeline.org/chat to connect with a crisis worker.

There is a pre-chat survey for the individual to fill out in order to provide the crisis worker with more information on the situation they are going through. These new ways of reaching out for help increase the availability of 9-8-8 services for people in crisis to get the help they need.

Along with the texting and chatting resource availability, there is also the Veterans Crisis Line. If a veteran is in crisis or if someone is concerned for a veteran, they can call 9-8-8 and press 1 to be connected with a trained peer supporter.



There is also an option to text at 838255, as well as the online chat option for veteran specific crisis intervention and support at www.veteranscrisisline.net/get-help-now/chat/.

On 988lifeline.org, there are resources to help offer guidance specific needs or situations such as individuals with neurodivergence, maternal mental health, youth, LGBTQ+, Native Americans, and many other specific groups and needs. In having these resources available to all, anyone can have the tools to help someone work through a mental health crisis or to point someone in the right direction.

To learn more about the Suicide and Crisis Lifeline, please visit 988lifeline.org to explore all the information and resources provided.

State radio can now transfer callers directly to 988

Callers to 911 can now be transferred directly to 988 thanks to a recent integration with State Radio and 988.

For distressed callers who are not a threat to themselves or others, public safety telecommunicators with State Radio can now transfer the caller directly to 988 for specialized mental and emotional support.

Previously, public safety telecommunicators would either dispatch an ambulance or officer or could encourage the caller to hang up and call 988.

"It takes a lot of courage for them to reach out. We don't want to risk losing the caller on the line," says Deputy Director of State Radio Miranda Jangula. "And an ambulance or an officer

is not always needed in these situations; sometimes people just want to talk. This is a great resource for us to get the right help to people at the right time."

State Radio Public Safety Telecommunicators will request permission to transfer the caller to 988 and can brief the 988 staff member before placing the transfer.

Other public safety answering points that have the ability to transfer 911 to 988 include Fargo Red River Dispatch, Barnes County Dispatch, Grand Forks County Dispatch and Richland County Dispatch.

State Radio is the statewide dispatching center that serves state agencies and 26 counties in North Dakota.



How to upgrade your home to accommodate modern living

Remodeling projects allow homeowners to put their personal stamps on a property. In addition to choosing a color and design scheme that fits a particular aesthetic, homeowners may want to outfit their homes with various features that can make them more accommodating to modern living. Homeowners can use these ideas as a springboard for remodeling projects designed to modernize their homes.

Open floor plans: Open floor plans remain coveted characteristics of modern home architecture. An open layout enables occupants to feel like they are enjoying spaces together without having to be on top of one another. Since sightlines are not obstructed in open floor plans, homeowners can enjoy a cohesive design style across each level of the home.

Eco-friendly features: Eco-friendly features modernize homes and may even earn homeowners rebates from the government. From positioning rooms to take advantage of natural sunlight to using environmentally responsible materials throughout a home, modern homes can function with a much smaller carbon footprint than older structures.

Smart home technology: A smart home is equipped with appliances and other devices that can be controlled remotely, typically from a phone or computer connected to the internet. Investopedia notes that smart home technology offers homeowners convenience and cost savings. Smart home technology is available across a wide range of budgets, ranging from thousands of dollars for a complete home automation to roughly \$100 for a small change like a smart thermostat.

Accessibility features: A home that can grow with its residents is advantageous. When choosing renovations, features like slip-resistant flooring, stylish grab bars and low-threshold or barrier-free showers can enable homeowners to age in place more comfortably.

Dual owner's suites: Dual owner's suites can be an asset for couples who choose to sleep separately. The Sleep Foundation says individuals choose to sleep in different rooms for a variety of reasons, notably reduced sleep interruptions and improved sleep quality. Plus, an extra bedroom can come in handy when one person is ill or in the event a partner snores. Rather than one person in the relationship getting the "lesser" space, certain homebuilders now offer plans for dual owner's suites so both people get the features they desire in a bedroom.

Three-season room: Many homeowners aspire to bridge the gap between the indoors and outside. Three-season rooms help transition from the yard to the interior of a home, and offer a touch of nature without the bugs or unpleasant elements.

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The importance of wellness exams after 50

Seniors are a growing and increasingly prosperous demographic. As the senior population increases, a greater emphasis must be placed on keeping aging individuals healthy. Wellness checks are important at any age, but they bear even more significance as individuals grow older.

Age brings with it many things, including experience and wisdom. But age also brings an increased risk for health problems. Aging men and women are vulnerable to chronic conditions like heart disease, COPD, cancer, and arthritis. It's noteworthy that many chronic health conditions fail to produce any symptoms until they have progressed to a point where treatment is difficult.

Annual wellness exams can help older adults take charge of their health and stay as healthy as possible. It's possible for a person to preserve his or her health (and possibly life) through check-ups and easy tests. Here are some common screenings and health recommendations that come up in the prime of one's life.

Colorectal cancer screening: A colon cancer screening is recommended for everyone at age 45. Colon cancer is the second-leading cause of cancer deaths in the United States, and risk increases at age 45. Although people seldom look forward to a colonoscopy and the required prep, putting off this test due to a little discomfort may result in missing colon cancer at its earliest stage when it is most treatable.

Cholesterol screening: This simple blood test can help evaluate the risk for heart disease. High cholesterol can contribute to the buildup of plaque in the arteries, making them narrower and less flexible, according to Sharecare, Inc.

Mammogram: Most health organizations recommend annual mammogram screenings from age 40 until menopause.



Then it may be possible to have a mammogram every other year for those who are at average risk. It is important for women to discuss mammogram frequency with their doctors, particularly if there is a family history of breast cancer.

Diabetes: ChenMed says diabetes may be more common in older adults, so regular screenings for this illness can enable early diagnosis and management.

Testicular cancer screening: This test generally is not recommended without symptoms. Some organizations suggest men with a family history or other risk factors consider performing self-examinations.

Vaccination needs: Doctors can alert patients to recommended vaccinations during wellness exams. Seniors should receive an annual flu shot and updated COVID-19 vaccination as available. Pneumococcal vaccine can protect against pneumococcal disease that can lead to pneumonia, meningitis and bloodstream infections. Adults over 50 also should receive a vaccination for shingles, which can occur in older age in those who have previously experienced chickenpox.

There are additional advantages to routine health check-ups. Doctors can inquire about fitness routines, stress, sleep, and diet to see if patients are within the guidelines for healthy living.

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OFFICIAL PROCEEDINGS OF THE BOARD OF COUNTY COMMISSIONERS BENSON COUNTY NORTH DAKOTA December 3, 2024

The Benson County commissioners met in regular session on Tuesday, Dec. 3, 2024 at 8 a.m. in the commissioner room of the Benson County Courthouse, Minnewaukan, ND. Commissioners present: Dick Horner, Doris M. Griffin, Ron Stadium and Tammy Kuk. David Davidson was present via Teams. The meeting was called to order by Chair Kuk. Other people present: Kelly Glover, Benson County Farmers Press; Scott Todahl, DEM and highway superintendent.

The Pledge of Allegiance was recited.

A motion was made by Horner, seconded by Griffin, to approve the minutes from the regular meeting of Nov. 19, 2024. All members voted yes. The motion carried.

Scott Todahl, DEM and highway superintendent, met with the board to give a report for the highway department.

James P. Wang, Benson County state's attorney, came to the meeting. Joy Orvedal, highway department clerk, came to the meeting.

Todahl discussed changing out lights in the Wood Lake shop building. Todahl stated the Homeland Security Grant could be used to purchase a camera for the commissioner room if needed; however, it would take some time to get the request processed.

Todahl asked to purchase a snow pusher for his department. A motion was made by Griffin, seconded by Horner, to purchase the snow pusher from ARPA funds. All members voted yes. The motion carried.

State's Attorney Wang administered the oaths of office to newly elected officials Dick Horner, David Davidson and Emily Yri.

A motion was made by Griffin to reappoint Julie Beckstrand to the Benson County Water Resource District Board for a period of three years commencing Dec. 31, 2024. Horner discussed his concerns about her residency. State's Attorney Wang gave input on this issue. Griffin rescinded her motion to allow the auditor to contact Beckstrand to verify residency.

A motion was made by Griffin, seconded by Horner, to reappoint Ron Stadium to the Benson County Job Development Authority Board for a period of three years commencing Dec. 29, 2024. One member voted no. The motion carried.

A motion was made by Griffin, seconded by Horner, to reappoint Olaf Nord to the Benson County Weed Board for a period of four years commencing Dec. 31, 2024. All members voted yes. The motion carried.

The board discussed making a final determination on whether or not to participate in the ND Ag Livestock Development and Planning Grant. A motion was made by Griffin, seconded by Stadium, to not participate in the grant program. Horner stated he discussed participation with a Pierce County commissioner and that county is still considering the issue. Roll call vote: Davidson--yes; Horner--yes; Griffin--yes; Stadium--yes and Kuk--yes. The motion carried.

The board reviewed a quit claim deed to transfer foreclosed property formerly owned by Tarris Mears/Lillian Mears Gassner to Knox city. A motion was made by Horner, seconded by Griffin, to have the chair sign the deed. All members voted yes. The motion carried.

The board reviewed a county deed to transfer parcels #39-0000-09441-000 and #39-0000-09442-000 purchased after the annual tax sale to the new owner. A motion was made by Horner, seconded by Griffin, to have the chair sign the county deed.

All members voted yes. The motion carried.

The board reviewed a county deed to transfer parcel #32-0004-07878-000 purchased after the annual tax sale to the new owner. A motion was made by Horner, seconded by Griffin, to have the chair sign the county deed. All members voted yes. The motion carried.

The board reviewed a draft job description for the deputy recorder position. A motion was made by Horner, seconded by Griffin, to approve the description. All members voted yes. The motion carried.

The board also reviewed the proposed NRG Services agreement for 2025. A motion was made by Griffin, seconded by Horner, to approve the agreement. All members voted yes. The motion carried.

A proposed contract for the Normania Township culvert replacement project using flex funding from the NDDOT was presented to the board. A motion was made by Griffin, seconded by Stadium, to approve the contract. All members voted yes. The motion carried.

Sheriff Rode met with the board to give a sheriff's report for his office. He stated the calls for service report was emailed out to the board. Rode informed the board he received payment for the two forfeited vehicles in the amount of \$71,250. He stated Lake Chevy gave him an estimate for a new engine for the 2021 Tahoe in the amount of \$9,839.70. He presented a quote from Pfeifle Chevrolet in Wishek, ND in the amount of \$55,526 for the purchase of a new 2025 police pursuit vehicle. He also presented quotes for replacement of the silver Durango from Guardian Fleet and the Chrysler Center. A motion was made by Horner to put a new engine in the 2021 Tahoe due to the low mileage on the vehicle. The motion was seconded by Stadium. The board concluded to have the work done by a certified dealership. Roll call vote: Davidson--yes; Horner--yes; Griffin--yes; Stadium--yes and Kuk--yes. The motion carried. The board concluded to have the sheriff present a report on the issues with the silver Durango and to provide written quotes to the board on the purchase of a replacement.

Rode stated his office has been allowed to participate in the Stonegarden Grant program so deputies are able to work overtime and Benson County would get reimbursed. He stated Wells County is opting out of the program so Benson County is able to join in.

Horner requested to see what the decaling will look like on any proposed new vehicle purchased. Horner questioned why vehicle repair work is being done in Harvey, ND rather than in Benson County of Devils Lake which is a closer drive. Rode stated it was due to getting the repairs done in a timely manner. Horner expressed his concern with taking two vehicles back and forth to Harvey, ND two times for delivery and pickup. Horner stated he would also like for the commission to be informed when damages happen to departmental vehicles. Kuk questioned what funds would be used to purchase the new vehicles, and discussion was held on this issue.

Rode stated his office no longer has SLEC cards for working the reservation due to the card of one deputy being revoked as he is on the Brady List. Davidson stated his disappointment with this happening as he wants the two agencies to work together. State's Attorney Wang gave input on this issue. Rode stated his decision was made because if one deputy isn't able to work on the reservation, none of them will work it. Davidson left the meeting at 9:17 a.m.

The board reviewed the ARPA expenditure report and noted that remaining funds need to be obligated

by Dec. 31, 2024. Discussion was held on where the funds could be spent.

The board reviewed and discussed the monthly county bills. A motion was made by Horner, seconded by Stadium, to pay all county-approved bills. All members voted yes. The motion carried unanimously. The following bills were paid: Barbara Solutions, Inc. \$4,037.69
 Barbara Jackson 292.06
 Brandon Wegener 290.00
 Christie Jaeger 320.20
 Eric Dubois 130.08
 Joy Wegener 313.45
 Kara Longie 244.08
 Karen Jackson 230.68
 Karen Johnson 230.56
 Priscilla Backstrom 270.15
 Rita Brossart 259.84
 Robin Knutson 281.34
 Sherri Thompson 206.70
 Terry Yri 308.14
 Tony Kitzman 303.50
 Warwick School 25.00
 Christie Jaeger 40.20
 Joy Wegener 23.45
 Priscilla Backstrom 28.14
 Rita Brossart 37.52
 Terry Yri 28.14
 Tony Kitzman 17.42
 Georgine Blegen 5,178.70
 Nodak Elec. Co-op 87.05
 Pomp's Tire Service 3,975.18
 Rodney Myrum 200.00
 Runnings Supply, Inc. 112.99
 Access Lifts 66,950.00
 BC Highway Dept. 260.00
 CenDak Cooperative--Maddock 315.81
 Dukes Car Wash & Detail Center, Inc. 199.96
 Election Systems & Software 1,302.03
 Midee Auto 230.50
 ND Telephone Co. 827.58
 Northern Plains Elec. 50.30
 O'Reilly Automotive, Inc. 24.98
 Otter Tail Power Co. 636.24
 Otter Tail Power Co. 175.17
 Warrior Energy, LLC 3,265.36
 Farmers Union Oil Co. 649.78
 Beth Saylor 39.38
 Aflac 1,240.72
 Blue Cross Blue Shield of ND 3,004.10
 Colonial Insurance 368.64
 First Unum Life 376.20
 National Life Group 450.00
 One 450.00
 CenDak Cooperative--Maddock 21,127.15
 Chris Tiegen 80.00
 Dakota Supply Group 1,115.07
 Dan Helland 80.00
 Ironhide Equipment 18.00
 Karl Grossman 140.31
 Logan Eckert 80.00
 ND DOT 2,307.71
 Newby's Ace Hardware . 159.88
 Nick Parslow 80.00
 Otter Tail Power Co. 154.26
 Todd Laverdure 50.00
 Leeds Ambulance 4,867.76
 Leeds Rural Fire 12,334.75
 Mwnk. Rural Fire 12,702.54
 BC Fair Assn. 256.36
 BC Recorder 40.00
 FireSide Office Solutions 143.00
 Hacker's Tree Farm Nursery & Greenhouse 865.44
 Holiday Inn Fargo 198.00
 National Assn. of Counties 450.00
 NDEAFCS 125.00
 NDSU Ag Dept. 7070 25.00
 Newby's Ace Hardware . 351.80
 Schwann Wholesale 173.45
 Carol Thompson 274.84
 Colin Barstad 332.16
 Claudette Carlson 190.00
 Judy Barstad 280.00
 Jeanne Schlenker 290.72
 Spirit Lake Tribe 25.00
 Michele Anderson 330.00
 Uri Cline 240.00
 Audrey McCollum 150.30
 Carol Thompson 34.84
 Colin Barstad 41.54

Jeanne Schlenker 10.72
 Renee Haagenson 2,025.00
 Johnson Ag Resources, LLC 516.90
 Bonnie Erickson 294.80
 Information Technology Dept. 235.50
 Information Technology Dept. 1,075.80
 James Wang 738.00
 NAPA Auto Parts 385.68
 NDACo Resource Group 2,391.71
 Laura Winslow 75.00
 Travis Carlson 400.00
 BC Farmers Press 3,467.92
 Proforms 176.87
 LR Law Enforcement Center 18,801.22
 Michele Anderson 150.00
 LR Residential Re-entry Center 636.00
 Tammy Kuk 45.56
 Tasc 2,831.83
 NDTOA 1,575.00
 ND Public Employees Retirement 25,482.54
 Nationwide Retirement Solution 732.00
 Butler Machine 1,929.50
 Craig Blomster 80.00
 Minnewaukan City 76.50
 Dennis Weed 80.00
 Dennis Weed 75.95
 Larry Tarang 80.00
 Maddock Construction Co. 134,580.00
 Dakota Implement 240.88
 City of Maddock 144.49
 City of Leeds 28.00
 Joy Orvedal 80.00
 Kenny Keller 80.00
 Scott Todahl 455.60
 Bonnie Erickson 1,000.00
 Minnewaukan City 236.50
 North Central Planning Council 18,926.08
 NDACo Resource Group 204.86
 ND Co. Commissioners Assn. 1,725.00
 National Sheriffs Assn. . 125.00
 Jean Schuster 659.43
 Samantha Sears 664.92
 Samantha Sears 334.67
 Wold Engineering 9,600.00
 BC Transportation 2,083.33
 City of Maddock 1,686.52
 Maddock Business & Technology Center . 150.00
 Travis Carlson 25.00
 Roberta Jacobson 1,000.00
 Randy Thompson 1,000.00
 Scott Knoke 1,000.00
 Spirit Lake Tribe 2,500.00
 Tyler Technologies, Inc. 4,252.14
 Tyler Technologies, Inc. 1,500.00
 Universal Services 341.10
 ND Public Employees Retirement 33,238.96
 Distribution to Entities ... 46,197.63
 November 2024 NET PAYROLL Co. Road \$50,687.59
 General/DEM/Co. Agt. . 77,821.39
 The board called Susan Fossen, Benson County Transportation director, to get more input on the fare rate suggestions she presented at a prior meeting. Fossen provided fare information charged by other counties. Discussion was held on what action to take. A motion was made by Stadium, seconded by Horner, to have BCT charge no fare for riders for the year 2025 commencing January 1. All members voted yes. The motion carried.

Discussion was held on combining the positions of highways superintendent and DEM. A motion was made by Horner, seconded by Griffin, to combine the highways superintendent and DEM offices and use the pay scale wage for the highways superintendent. All members voted yes. The motion carried.

A motion to adjourn was made at 9:51 a.m.

Bonnie Erickson
 Benson County Auditor
 Tammy Kuk
 Chair

What to know about seasonal affective disorder (SAD)

There's much to look forward to when winter begins. Outdoor enthusiasts may relish a return to the slopes to ski or snowboard each winter, while others praise the crisp fresh air and lack of insects as more conducive to activities like hiking.

Winter indeed has plenty to offer, but some people find that less daylight has an adverse effect on their mood. The National Institutes of Mental Health notes that shifts in mood and behavior that align with changes in the seasons could be indicative of seasonal affective disorder, also known as SAD.

What is SAD?

Johns Hopkins Medicine characterizes SAD as a form of depression in which individuals' mood and behavior changes when the seasons change. The NIMH notes SAD is sometimes referred to as the "winter blues."

Is SAD exclusive to winter?

Though SAD can affect people at any time of year, the NIMH reports that most cases of SAD start to affect people in late fall or early winter before symptoms begin to subside during the spring and summer. Johns Hopkins Medicine notes researchers believe the shorter days and thus fewer hours of daylight that occur each winter set off a chemical change in the brain that leads to a person experiencing symptoms of depression.

What are the symptoms of SAD?

The NIMH points out that, since SAD is a type of depression, symptoms of the condition include those associated with depression. Such symptoms include:

- A persistent sad, anxious or "empty" mood most of the day. This occurs every day for at least two weeks.
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness



- Loss of interest or pleasure in hobbies and activities
- Loss of energy or feelings of fatigue. Some also feel as if they have slowed down.
- Difficulty concentrating, remembering or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that have no explanation and do not subside even after treatment
- Suicidal thoughts or attempts or thoughts about death

It's important to note that the above are symptoms of depression that people with SAD may experience. Additional symptoms of SAD include:

- Hypersomnia, or oversleeping
- Overeating that leads to weight gain. The NIMH notes people with SAD may have a particular craving for carbohydrates.
- Social withdrawal

How is SAD treated?

People who suspect they have SAD are urged to speak with their physicians. Various treatments, including light therapy, psychotherapy or antidepressant medications, can help to treat SAD. Individuals may also be prescribed vitamin D supplements.

Can I prevent SAD?

The NIMH notes that since SAD is tied to seasonal changes, people can take steps in an effort to prevent it. Starting treatments prior to a change in seasons may help. More information about SAD is available at www.nimh.nih.gov.

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Mondays at the Esmond Museum

Every Monday from 7:30 to 10 a.m. the Esmond Museum is open for coffee, breakfast rolls and donuts. A free-will offering will be accepted. General topics will be discussed and people will be able to view items in the museum. Donations are always welcome. For more information, contact Loren Preuss.

Food pantry open Wednesdays in Maddock

The Maddock Community Food Pantry will be open from 9 a.m. to 5 p.m. every Wednesday (closed during the noon hour) until further notice. Anyone who would like to make an appointment to come at a different time should call Joann, pantry coordinator, at 438-2738.