The County Clover

(Continued from Page 3) need. Resources are listed at the end of this publication.

After the incident, follow up. Show that you will continue to be there for them.

Promoting Positive Mental Health in Schools and Communi-

Be an advocate for mental health and set a good example by taking care of your own mental health.

Create a positive and supportive environment for youth with mental disorders to feel validated. Mental health is real and it is important to discuss. Make talking about mental health a normal and open conversation.

Provide safety and security by creating a safety plan. (ex: Where to go when they are having an anxiety attack.)

Educate others about the prevalence of mental disorders and the importance of promoting positive mental health in youth.

Help youth practice healthy coping skills and continue to educate on ways they can improve their mental health.

Promote physical well-being along with mental health (exercise, healthful eating, sleep, limiting screen time).

Being aware and able to recognize signs that youth are struggling is important in ensuring they get adequate help and support immediately.

Éffective Youth Coping Strategies:

Exercise regularly and eat balanced meals.

Get a recommended 7 to 8 hours of sleep each night.

Avoid using drugs and alcohol and drinking excess caffeine.

Learn and practice relaxation, mindfulness and breathing techniques.

Replace negative self-talk with positive self-talk by utilizing a reframing technique.

Take breaks from stressful situations when necessary, especially from social media.

Build a firm support system of friends, family, peers, teachers, etc. Reach out when you need help or feel alone.

Identify tasks or hobbies that make you happy and schedule time to do them regularly.

Youth Mental Health Resources: https://youmatter.988lifeline.org https://988lifeline.org/help-yourself/youth/

https://www.thetrevorproject.org/ resources/

https://988lifeline.org

https://www.nimh.nih.gov/ health/topics/child-and-adolescentmental-health

https://www.ndsu.edu/agriculture/extension/publications/references-and-resources-addressingyouth-issues

Apps for Youth to Promote Mental Health: Calm: Mindfulness, meditation,

breathing exercises: https://www.

mental-health-how-adults-can-prevent-recognize-and-intervene-withmental-disorders

May – National Beef Month: Since May is National Beef Month, you may be surprised to know that North Dakota ranks 3rd in ratio of cows to people. There are about 2.24 cows to people in North Dakota, with South Dakota ranking 1st in ratio of 4 cows to each person. According to the National Cattlemen's Beef Association, cattle are raised in all 50 states and 96% of these are raised on family farms and ranches.

If you are looking for some great beef recipes to make during National Beef Month, check out this site with varying collections of recipes such as, Fiesta-Worthy Mexican meals, Mother's Day recipes, Beef on a Budget, 30 Minutes or Less, Salads, One Dish Meals, etc. https://www. beefitswhatsfordinner.com/recipes. Here is an easy Mother's Day meal you can make for the Mom's in your life.

Foil Packet Beef and Vegetable Meal: **Ingredients:**

ounces refrigerated fully cooked beef Pot Roast, shredded or fully cooked steak, cubed 6 ounces prepared smoked Beef

Sausage cup butternut squash, diced

l cup zucchini or yellow squash, sliced into 3/4 inch pieces and halved

2 ears sweet corn, cut in half 4 teaspoons vegetable oil

2 teaspoons all-purpose season-ing blend, such as Old Bay

<u>Cooking:</u>

1. Combine beef and vegetables in large bowl. Add oil and seasoning; toss to coat. 2. Preheat grill to medium heat

(approximately 350°F). 3. Place a 12" x 12" square of

heavy-duty aluminum foil down on work surface. Add 1/4 of beef and vegetable mixture to center of foil. Fold right and left edges in and roll together to close. Fold top and bottom edges in and roll to close package. Repeat with remaining mixture for a total of 4 packets.

4. Grill for 10 to 12 minutes until vegetables are tender.

Cook's Tip: Packets can also be repared in a 350°F oven. Bake for 10 to 12 minutes.

Safe Handling Tips:

Wash hands with soap and water before cooking and always after touching raw meat.

Separate raw meat from other foods.

Wash all cutting boards, utensils, and dishes after touching raw meat. Do not reuse marinades used on

raw foods. Wash all produce prior to use.

Cook steaks and roasts until temperature reaches 145°F for medium rare, as measured by a meat thermometer, allowing to rest for three minutes.

Cook ground beef to 160°F as measured by a meat thermometer. Refrigerate leftovers promptly.

For more information on degree

Powers Lake News

The Powers Lake Women's Civic a.m. the day of the meal. Club met Thursday, May 2, 2024

Keira Fredrickson (sophomore) from Powers Lake School placed seventh in Dramatic Interpretation at the State Speech Meet in Mandan on Saturday, April 27.

Dramatic Interpretation requires students to use a script and perform a dramatic piece. Fredrickson felt confident with her delivery but worked hard after regionals to develop her characters. Her work paid off.

Additionally, Fredrickson qualified for state in Serious Duo with her partner, Collin Loeks (junior). Loeks also performed in Persuade at the state competition. Chase Padleski (freshman) and Faith Padleski (eighth grade) made their first state appearance. The talented siblings competed in Storytelling and Serious Prose

Eunice Ryan writes:

For years it seemed I would hear old ladies sharing their ailments. Now that I consider myself an older lady, I am writing about ailments, which I guess is a form of discussing them. Except I did not feel this was the type of ailments they discussed.

Several months ago I found out I had to have extensive dental work done which was very costly, time consuming and needing a specialist where I would have to drive a great distance for the appointments.

I did not want to put in false teeth, which were less costly. I kept hearing my mother's voice, "Eunice, always take good care of your teeth!" She also always added, "Do not give up your driving skills." Believe me, I always listened to

this. Because of the cost of this at my older age, it was beyond what I wanted to comprehend and achieve. I even contemplated having them pulled and going without teeth.

I had a grandmother, who I only knew without teeth. I thought maybe when out in public I could put a bandit-like scarf over my mouth. I kept hearing the voice, "Lady, you are too vain to play that act."

We thought our grandmother had agoraphobia as she rarely went out into the public arena. This brought me to thinking. My goodness, she probably never wanted to go out because of having no teeth.

It ended up that I had to go to Bismarck for most of the dental appointments but also Williston to another specialist, when it was determined I also needed extractions. I went to the Williston appointment very distraught as I also thought I might die as I had several decayed teeth and was afraid of that affecting my heart and causing death. I actually had a friend in his 50's whom that happened to, so the fear was real

In was this specialist in Williston who made me feel better when I told

had to take antibiotics. Yes, I am one of those in that boat. This is what led to my demise.

I was so happy with my last dental appointment that I no longer had to take antibiotics as this was the end of my dental work. Oh-oh! I had my carpets cleaned and the chemicals in the cleaner set off a terrible sensitivity reaction, attacking my lungs and I had to go on antibiotics again.

Just barely over a week after completion of the other antibiotics, I had a pedicure. This brought a nick in my right big toe which set off a bacterial infection resulting in a big fat swollen foot and swollen lower leg. I had this quite awhile. Trying to ignore it, I finally showed my caregiver, Ma'Ani and she quickly loaded me in the car to go to Tioga Emergency Room.

We found out I have Cellulitis and this needs definite medical attention, antibiotics again!

I had been so weak and unbalanced for days, I could barely func-

The Nation's Largest Single-**Day Food Drive**

The National Association of Letter Carriers (NALC) will conduct its 32nd annual national food drive on Saturday, May 11. Letter Carriers will join forces with community leaders and others to help fight hunger in North Dakota and throughout the country. The Stamp Out Hunger Food Drive, the country's largest single-day food drive, provides residents with an easy way to donate food to those in need in the community.

To participate in the Stamp Out Hunger food drive, residents are encouraged to leave a sturdy bag containing non-perishable foods next to their mailbox prior to the time of regular mail delivery on Saturday, May 11th. Your letter carriers will take care of the rest.

Life can deal ordinary hard-working people very difficult hands. Millions of Americans live in challenging situations, uncertain of where their next meal will come from or if it will come at all. They're our customers, our neighbors, our families. They include children and seniors we see along our routes every day. Some household members may have lost a job, are facing a serious medical condition, or are dealing with an unexpected responsibility of caring for grandchildren. Sadly, one in five households needing help with food is home to a military veteran. So often, this food drive makes a positive difference for them.

With over 30 years of letter carriers' commitment to the national food drive and over 1.82 billion pounds of food collected, our communities are still in need across the country. On May 11, join your letter carrier in the challenge to end hunger by placing a bag of non-perish-

able food by your mailbox.

tion. I was about at my wits end. I texted my nephew, Brooks Holmen my tale of woe and he texted back, he was putting me on the prayer chain.

I was amazed at how good that made me feel. I knew I needed help from above at this point in time. Nothing better than prayer in a time of need. The following is what want to convey but it needed the background story.

I know there was an army of Prayer Warriors praying but I also received three phone calls and one text from members of what I call my home church, Bethel Baptist. All giving me encouragement, allowing me the knowledge that I live in a place where there are caring, loving, praying people.

Within one day, I started getting strength back and better mobility. I have not met my end goal, where I want and have hope to achieve, but I am at least functioning again. When I had been at the point of near giving up, thank you, dear Brooks for taking this to prayer. Thank you all who prayed for my health.

Moral of the story is how important it is for us to care for one another. Cards, calls, texts are all so important when one is down and out. Most important of all is prayer. Thank you to all who prayed! I am so humbled and thankful.

PUBLIC NOTICES

PUBLIC NOTICE The Mountrail County Planning & Zoning Board will hold a Public Hearing on Tuesday, May 28th, 2024 at 8:53 A.M. over via GOTOMEETING 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 JDE Holdings LLC-Applicant in concurrence with Nevets & Michell Hoff-Landowner, to use land zoned industrial for the construction of a data center on a tract of land 3.00 acres located in the SE1/4 less Outlots 2 & 3 & tract of land in the SE1/4SE1/4 of Section 14, Township 152 North, Range 90 West (Parshall Town-

ship). The provision regarding a condi-tional 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 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, May 17th, 2024. Phone: 701-628-2909 or Émail 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, Randi Schumaier, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980 Fax: 701-628-2276, email: rschumaier@

co.mountrail.nd.us. May 28th, 2024 P&Z meeting Tuesday, May 28th, 2024 8:30 AM -1:30 PM (CDT)

Please join my meeting from your computer, tablet or smartphone https://meet.goto.com/980906013 You can also dial in using your phone. United States +1 (646) 749-3122 Access Code: 980-906-013



at 9 a.m. at the Senior Center with

eight in attendance. We have or-

dered flowers for our Main Street

planters and will pick up and plant

when the weather is appropriate.

Kenny McDonald gave a short pre-

sentation on the Kids Fishing Tour-

nament at Lake Park on June 1. The

Game and Fish has made this a free

fishing day, no license required for

kids or adults. Every child partici-

pating is eligible to receive a door

prize, as well as largest catch in each

age group. Civic Club members will

assist with registration and serving

lunch. June 20 is Juneberry Festival

in Powers Lake from 3-5 p.m. Civ-

ic Club will be serving Juneberry Kuchen Bars and Huckleberry cof-

fee at the Senior Center during this

time frame. Our next meeting is

Thursday, June 6, 2024 at 9 a.m. at

the Senior Center. All are welcome!

at the Fit for Life Fitness Center

for the first Spring Home and Gar-

den Show on Saturday, April 27th.

Vendors were set up and there were

classes offered by the Burke County

Soil Conservation on square foot

gardening and other ideas for attend-

ees. There was coffee and lunch pro-

vided. There were plants for sale as

well as Sandy Huseby's embroidery

items, local crafters selling their

wares like Norwex and a couple

from Stanley doing permanent jew-

elry, Stuck On You, where they spot

weld or tack a bracelet on, making

it without a clasp. Nickie Maruskie

has grown beautiful plants that she

offered for sale as well. There were

activities for the kids to get their

hands dirty and play in dirt while

the parents took in the event. It was

the first of what they hope will be

many events like this in the future.

great-grandsons, Austin and Barry,

were here for a visit. Austin came

from Fargo and Barry came all

the way from Thailand to meet his

grandparents, Fran and Norman

They enjoyed several lunches at the

center and Barry brought a translat-

ing device so he could visit with his

American family. Ron Nelson was

a guest for the lunch on Thursday

and sang the noon prayer in Norwe-

gian, which everyone enjoyed. After

lunch, he serenaded the group with

a few beautiful songs on the piano.

Kevin, the piano tuner from Minot

was in earlier that week and had the

piano in tip-top shape for Ron. The

center members were happy to treat

Meals continue to be served on

Monday, Wednesday and Friday

each week. Lisa Thomas prepares

them at the Hygge Hotel and takes

them to the center to be packaged

for delivery or pick-up and con-

Kevin to lunch one day as well.

tenbak and great-grandma Isabelle.

Last week, Isabelle Breding's

Friends and gardeners gathered

calm.com

Happify: Good-mood training program: https://www.happify.com

Davlio: Mood tracker and journal: https://daylio.net

Information and PDF can be found at: https://www.ag.ndsu.edu/ publications/kids-family/youth-



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on Tuesday, May 28th, 2024 at 8:38 A.M. via GOTOMEETING 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 amendment to zoning request, to re-zone a 3.00 acre tract of land from Agriculture to Industrial filed by JDE Holdings LLC in concurrence with Myron & Della Mader-Landowner, for the construction of a data center. Legal Description: 3.00 acres located in the SW1/4, less Outlot 1 of SW1/4SW1/4 of Section 26. Township 158 North, Range 91 West (Lostwood Township).

The provision regarding a zoning/ amendment is contained within the Mountrail County 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 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, May 17th, 2024. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us.

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Dated at Stanley, North Dakota this 3rd day of May, 2024.

Charlie Sorenson, Chairman Planning & Zoning Commission ATTEST Melissa Vachal Planning & Zoning Administrator May 8, 15, 2024

of doneness and other cooking tips visit: https://www.beefitswhatsfordinner.com/cooking/determiningdoneness

For more information on safe food handling and beef safety, see: https://www.beefitswhatsfordinner.com/cooking/food-safety.



The Mountrail County Planning & Zoning Board will hold a Public Hearing on Tuesday, May 28th, 2024 at 8:41 A.M. over via GOTOMEETING 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 JDE Holdings LLC-Applicant in concurrence with Myron & Della Mader-Landowners, to use land zoned industrial for the construction of a data center on a 3.00 acre more or less tract of land located in the SW1/4 less Outlot 1 of SW1/4SW1/4 of Section 26, Township 158 North, Range 91 West (Lostwood Township).

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your first meeting starts: https://meet.goto. com/install Dated at Stanley, North Dakota this 3rd

day of May, 2024. Charlie Sorenson, Chairman

Planning & Zoning Commission ATTEST: Melissa Vachal Planning & Zoning Administrator May 8, 15, 2024

gregates gather to be served in the center, enjoy fellowship and the men often participate in a game or two of snooker. If you are interested in receiving meals, either by delivery, pick-up or dine-in, contact Bonnie at the Senior Citizens Center by leaving a message at 701-464-5630 by 8



PUBLIC NOTICE The Mountrail County Planning & Zon-ing Board will hold a Public Hearing on Tuesday, May 28th, 2024 at 8:44 A.M. via GOTOMEETING 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 amendment to zoning request, to re-zone a 3.00 acre tract of land rom Agriculture to Industrial filed by JDE Holdings LLC in concurrence with Curtis Frey et al-Landowners, for the construction of a data center. Legal Description: 3.00 acres located in the NE1/4 of Section 21, Township 154 North, Range 90 West (Austin Township).

The provision regarding a zoning/ mendment is contained within the Mountrail County 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 under the Planning & oning 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, May 17th, 2024. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us.

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day of May, 2024. Charlie Sorenson, Chairman

Planning & Zoning Commission ATTEST: Melissa Vachal Planning & Zoning Administrator

May 8, 15, 2024

him, crying, I was afraid of dying. He came with, "No, Eunice, you are not going to die. You have outlived your teeth!" Actually hearing this changed my whole fear attitude to how fortunate I really was.

Well, that saga started in October and ended in April. The moral of this story is... all these months, I



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on Tuesday, May 28th, 2024 at 8:47 A.M. over via GOTOMEETING 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 JDE Holdings LLC-Applicant in concurrence with Curtis Frey et al-Landowners, to use land zoned industrial for the construction of a data center on a 3.00 acre more or less tract of land located in the NE1/4 of Section 21, Township 154 North, Range 90 West (Austin Township).

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May 28th, 2024 P&Z meeting Tuesday, May 28th, 2024 8:30 AM -

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Charlie Sorenson, Chairman Planning & Zoning Commission

Post offices will be collecting food items all across the country to be donated to local pantries in their communities. Volunteers then sort through donated items to distribute them back out to the community to help feed families in need.



PUBLIC NOTICE

The Mountrail County Planning & Zon-ing Board will hold a Public Hearing on Tuesday, May 28th, 2024 at 8:50 A.M. via GOTOMEETING 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 amendment to zoning request, to re-zone a 3.00 acre tract of land from Agriculture to Industrial filed by JDE Holdings LLC in concurrence with Nevets & Michell Hoff-Landowner, for the construction of a data center. Legal Description: 3.00 acres located in the SE1/4 less Outlots 2 & 3 & tract of land in the SE1/4SE1/4 of Section 14, Township 152 North, Range 90 West (Parshall Township).

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Melissa Vachal

Planning & Zoning Administrator May 8, 15, 2024

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Dated at Stanley, North Dakota this 3rd day of May, 2024. Charlie Sorenson, Chairman

Planning & Zoning Commission ATTEST

Melissa Vachal

Planning & Zoning Administrator May 8, 15, 2024

PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on Tuesday, May 28th, 2024 at 8:56 A.M. over via GOTOMEETING 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 a zoning/ conditional use request filed by Select Water for the purpose of constructing a freshwater pipeline coming from Williams County and ending in Mountrail County in the NW1/4NW1/4 (Gov't Lot 1) of Section 7, Township 155 North, Range 93 West (Debing Township).

The provision regarding a zoning/conditional use is contained within the Mountrail County 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 under the Planning & oning section.

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Melissa Vachal

Planning & Zoning Administrator May 8, 15, 2024

1:30 PM (CDT)

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Planning & Zoning Administrator May 8, 15, 2024