ment of adding 8D- School Facility

Advisory Committee -Second: Bergan seconded the mo-

tion -The board approved the agenda as

set Continuous Improvement:
-Mr. Peterson, 7-12 Principal, reported district goals- reading, math and choice ready; goal progress measures 1.3 and 2.3 for the Valley City

Including the bills totaling \$216,166.76 (see page 3) and the minutes from the October 16, 2024,

regular meeting, General Fund, and

Health Fund.
-Motion: Hatcher motioned to approve the consent agenda

-Second: Bergan seconded the mo-

tion -The board approved the consent

-Facility and Transportation Commit-

tee Meeting- discussion was held around the bus report, purchase of a used 65+ passenger bus, clean

school rebate program, bus shop rental and consideration for purchas-ing the bus shop, school facility main-

-Activity Committee Meeting- discus

-Activity Committee Meeting- discussion was held on fall participation numbers, elementary activities, girls wrestling, BCN emergency football coop request, three division volleyball in 2025, BSN Clothing store, fine arts program, PD/training for coaches.

Mr. Johnson provided the superin-

o School Improvement Team/Accreditation Review

o Multi-Tiered System of Support

o Supporting the Good Life Campaign in Valley City and Barnes

o Enrollment Report
Superintendent Evaluation:
Upon review of the individual evalu-

ations, all board members have rated the superintendent as satisfactory for

the performance area of Goal and

Vision Setting. Given this consensus, do I have a motion and a second to

approve this performance area as satisfactory? Is there any discussion? I will have the business manager call

-Motion: Anderson motioned the approval of this performance area as

-Second: Hatcher seconded the mo-

-Vote: Upon poll, all present ap-

proved, motion carried Upon review of the individual evalu-

ations, all board members have rated the superintendent as satisfactory for the performance area of Board Rela-

tions. Given this consensus, do I have

a motion and a second to approve this performance area as satisfact-

ory? Is there any discussion? I will have the business manager call roll once discussion is complete. -Motion: Mathias motioned the ap-

proval of this performance area as

satisfactory -Second: Bergan seconded the mo-

-Vote: Upon poll, all present ap-

proved, motion carried Upon review of the individual evalu-ations, all board members have rated

the superintendent as satisfactory for

the performance area of Human Resources. Given this consensus, do I

have a motion and a second to ap-

prove this performance area as satisfactory? Is there any discussion? I

will have the business manager call

roll once discussion is complete.
-Motion: Hatcher motioned the ap-

proval of this performance area as satisfactory -Second: Anderson seconded the mo-

-Vote: Upon poll, all present ap-proved, motion carried Upon review of the individual evalu-

ations, all board members have rated the superintendent as satisfactory for

the performance area of Curriculum

and Student Support Services. Given this consensus, do I have a motion

and a second to approve this per-formance area as satisfactory? Is there any discussion? I will have the

business manager call roll once dis

cussion is complete.
-Motion: Anderson motioned the ap-

proval of this performance area as

satisfactory
-Second: Bergan seconded the mo-

rton
-Vote: Upon poll, all present approved, motion carried
Upon review of the individual evaluations, all board members have rated the superintendent as

satisfactory for the performance area of Community Relations. Given this consensus, do I have a

motion and a second to approve this

performance area as satisfactory? Is there any discussion? I will have the business manager call

roll once discussion is complete.
-Motion: Mathias motioned the ap-

proval of this performance area as satisfactory -Second: Hatcher seconded the mo-

-Vote: Upon poll, all present ap-proved, motion carried Upon review of the individual evalu-

ations, all board members have rated the superintendent as satisfactory for

the performance area of Operation and Resources Management. Given this consensus, do I have a motion and a second to approve this per-formance area as satisfactory? Is there any discussion? I will have the

business manager call roll once discussion is complete.
-Motion: Hatcher motioned the ap-

proval of this performance area as

satisfactory -Second: Mathias seconded the mo-

-Vote: Upon poll, all present approved, motion carried -Motion: Anderson motioned to add

all comments to the Superintendent

Evaluation -Second: Hatcher seconded the motion
-Vote: Upon poll, all present ap-

Approval of the Activity Committee

proved, motion carried

Recommendation

roll once discussion is complete.

satisfactory

County o Winter Weather Planning

o Employment Posting

tenance plan and needs. No recommendations.

tendent report

High School.

agenda Reports:

Consent Agenda:

## LOCAL

**PUBLIC NOTICE** 

November 2024 Expenditures DACOTAH BANK 2,441.37 MDU 378.13 BANK OF ND 42,914.26 VAL-LEY CITY PUBLIC WORKS 2,644.33 PETRO SERVE USA 9,965.45 BRAVERA WEALTH 786.00 ND-PERS 457 COMPANION PLAN 566.00 ND STATE DISBURSEMENT UNIT 972.40 NDPHIT C/O SEEC BRENNA JANKE 79,733.68 VAN-BHENNA JANKE 79,733.08 VANGUARD 21,684.43 NDPERS 22,149.00 U S TREASURY 100,234.29 NORTH AMERICAN BANKING COMPANY 300.00 PUBLIC WORKS 22,725.62 CASS COUNTY ELECTRIC COOP 336.89 MISSOLID DIVER EMERGY SEE MISSOURI RIVER ENERGY SER MISSOURI RIVER ENERGY SER-VICE 284,886.24 JPMORGAN CHASE BANK NA 4,903.33 HSA Contributions 13,771.18 Payroll EFT 121,002.82 Payroll EFT 140,532.08 ALLARD TROPHY COMPANY 85.50 ARNTSON STEWART WEGNER PC 3,768.43 BORDER STATES PAV-ING 3,297.59 K&S CLEANERS

356 00 KARIN ANDERSON GRANT WRITING 700.00 KOTACO 2,995.66 MARCO INC. 320.84 MID-STATES WIRELESS, INC. 285.92 MIDWEST INSPECTION SERVICES LLC 831.68 O'REILLY AUTO PARTS 831.68 O'HEILLY AUTO PARTS
174.61 PUKLICH 282.95 SHARON
BUHR 175.00 SMITH LUMBER.59
VCFD 413.37 VC PARK DISTRICT
3,537.50 ABUSED PERSONS OUTREACH CENTER INC. 1,371.81
AFLAC 2,023.33 BAKKEGARD &
SCHELL 147.95 BARNES COUNTY CORRECTIONAL CENTER 190.00
i3G MEDIA 200.00 IAN JACOBSON
32.54 NDDOT 659,766.66 ONE CALL
CONCEPTS, INC. 144.20 VC
VETERINARY CLINIC 982.20 AXON ENTERPRISE, INC. 11,608.80 BC DISTRICT COURT 500.00 BEK 1,854.04 BONGS BOOTERY 150.00 CARL MARTINECK 469.00 CHRIS GRAFING 188.13 COLE MINDT 160.00 CUMMINS SALES AND SER-160.00 COMMINS SALES AND SER-VICE 3,167.85 DAKOTA PLAINS CO-OPERATIVE 2,072.22 DOLLAR GENERAL 86.35 EAPC ARCHI-TECTS ENGINEERS 23,771.98 EN-TERPRISE SALES CO 223.35 KLJ ENGINEERING LLC 3,280.22 LEXIPOL LLC 7,557.34 MARCO INC. 333.93 MIDWEST INSPECTION SERVICES LLC 1,012.19 ND DEPT OF ENVIRONMENTAL QUALITY 235.82 ND WATER USERS ASSOC. 310.00 ONE CALL CONCEPTS, INC. 144.20 RKS SALES & SERVICE 225.00 STATE BOARD OF LAW EX-AMINERS 380.00 URBAN COU-TURE 57.49 VALLEY RECYCLING 3,639.00 Terri Cote 34.98 Nicole R Anderson 335.00 Taylor D Keys 64.17 Katherine M Spears 154.26 Aaron D Tangren 40.71 Ashley L Huisenga 80.38 Max F Heisick-Thole 63.09 Joshua Traynor 45.08 Juan M Gille 151.96 Alina L Coniglio 137.13 Angela N Mircsov 100.00 Sully T Breckheimer 41.58 AFLAC 2,023.33 CENTRAL BUSINESS SYSTEMS, INC. 24.00 CHI MERCY HEALTH Anderson 335.00 Taylor D Keys INC. 24.00 CHI MERCY HEALTH 810.00 CHRIS GRAFING 193.32 EVIDENT, INC. 1,374.21 FRATERNAL ORDER OF POLICE 394.87 GALLS LLC 388.88 GENERAL TRAFFIC CONTROLS, INC 345.00 IAAO 240.00 MVTL LABOR-345.00 IAAO 240.00 WVIL LABOH-ATORIES, INC 1,657.00 ROUGH RIDER INDUSTRIES 2,535.00 SHERRY KEYS 97.67 TODD PAINT-NER 32.00 TWIN CITY GARAGE DOOR 2,657.50 URBAN COUTURE 32.49 USABLUEBOOK 14,250.31 VC PARK DISTRICT 32,091.81 VCBC PUBLIC LIBRARY 5,336.08 ND WA-TER USERS ASSOC.

Tabatha L Branam 91.47 Kyle Ron-ningen 220.00 Alex Boppre 361.06 Jason F Toso 66.00 Greg Schmaltz 160.20 Erik Bjornson 127.00 Gabri-elle A Biewer 486.78 Steve Sauter 157.65 Lonnie Abbey 117.91 Luis Garcia 105.16 Jett Salonek 76.55 Teresa Ayala Torres 136.88 Andrea Williams-Halvorson 64.95 North Valley Aircraft Inc 163.37 Amelia Belgard 242.49 Paul Ronning 238.58 Krysti Jensen 117.73 Robert Young

BC DEVELOPMENT CORP. 1,827.79 VC - BC DEVELOPMENT CORP.

241.03 AXON ENTERPRISE, INC 37,379.72 CENTRAL BUSINESS SYSTEMS, INC. 243.83 CINTAS CORP 98.10 DAVE CARLSRUD 89.11 KLJ ENGINEERING LLC 86 602 60 ND FIRE CHIEFS ASSO CIATION 100.00 VANGUARD AP-PRAISALS INC 2,480.00 VC - BC DEVELOPMENT CORP. 750.00 VC -

O VC PARK DE 3,537.50 VCPD 160.00 VILLAGE FAMILY SERVICE CENTER 1,170.00 VALLEY RECYCLING 7,840.82 VIL-LAGE FAMILY SERVICE CENTER 990.00 A.P. EQUIPMENT 163.85 BARNES COUNTY 911 DISPATCH

CENTER 500.00 BARNES COUNTY TREASURER 4,402.84 BARNES RURAL WATER 60.29 BERGER AUTO & DIESEL REPAIR 227.40 BROTHERS III 75.42 CANNON TECHNOLOGIES INC. 14.976.00

CITY OF FARGO 23,845.00 COLE PAPERS INC. 1,307.72 DAVE CARLSRUD 402.00 DIAMOND VO-GEL PAINTS 302.95 EnBIORGANIC TECHNOLOGIES 6,000.00 ENTER-PRISE SALES CO 49.66 GALLS LLC 69.65 GLORIA SWART 14.00 GREAT PLAINS FIRE 759.16 GROT-BERG ELECTRIC INC. HANDY HARDWARE & RENTAL 883.15 HAWKINS, INC. 24,102.61 HIGH PLAINS WATER 60.00 HI-LINE

ELECTRIC, INC. 500.00 i3G MEDIA 220.00 JAMESTOWN COMMUNICA-220.00 JAMESTOWN COMMUNICATIONS INC 1,011.00 K&S CLEANERS & RESTORATION INC. 1,204.00 KEITH'S INC. 348.68 KOTACO 3,238.94 LINDE GAS & EQUIPMENT INC 403.34 LOCATORS & SUPPLIES, INC. 754.17 LOOYSEN I CARE, PC 215.00 MIDSTATES WIRELESS, INC. 11,053.15 MISSOURI RIVER ENERGY SERVICE 1.613.20 ND DEPT. OF

VICE 1,613.20 ND DEPT. OF TRANSPORTATION 659,967.27 O'REILLY AUTO PARTS 97.58 POL-LARDWATER 488.03 PRAIRIE SCALE SYSTEMS, INC. 1,106.12 RESCO 75,313.33 RKS SALES & SERVICE 2,450.00 SANFORD OC CUPATIONAL MEDICINE CLINIC 318.00 SANITATION PRODUCTS

318.00 SANITATION PHODUCIS ND 1,390.14 SMITH LUMBER COMPANY INC 1,329.83 STANDARD INSURANCE COMPANY 3,150.89 STREICHER'S 627.89 SWS CREDIT SERVICES, INC. 142.72 THE ARC THRIFT STORE 25.00 TIMES RECORD 457.92 ULINE 559.95 URBANCOUTTIBE 110.04 AN COUTURE 119.94 VALLEY AUTO PARTS, INC 2,005.05 VAL-LEY CITY VETERINARY CLINIC 477.02 VALLEY OFFICEWORKS 1,356.62 VALLEY PLAINS EQUIP MENT 376.77 VC - BC DEVELOP-MENT CORP. 50,000.00 W MATH-EW R GONZALES 230.90 WALL-WORK TRUCK CENTER 131.64

(December 27, 2024)

Call to Order:

Valley City Public School District #2 Regular Meeting Minutes Wednesday, November 13, 2024 President Sherri Horsager called the regular school board meeting of the Valley City Public School District #2

to order at 5:30PM on Wednesday November 13, 2024.

-Board Members Present: Darin Anderson, Ryan Mathias, Phil Hatcher, Tommy Bergan

Others Attending:
-Superintendent Joshua Johnson,

Business Manager Jackie Cordie, Travis Peterson, Courtnie Fick, Michelle Mennis, and Paul McDonald

President Horsager led the board and attendees in the Pledge of Allegiance.

-Motion: Mathias motioned to approve the agenda with the amend-

Pledge of Allegiance:

Approval of Agenda:

Attendees:

-Motion: Mathias motioned to designate coaches for girls wrestling (not a new program)
-Second: Bergan seconded the mo-

-Vote: Upon poll, all present approved, motion carried Approval of the NDSBA Policy Services Agreement

-Motion: Hatcher motioned to approve the NDSBA Policy Services Agreement

Second: Bergan seconded the mo--Vote: Upon poll, all present ap-

proved, motion carried
Approval of the School Facility Advisory Committee
-Motion: Mathias motioned to approve having a School Facility Advisory Committee ory Committee

-Second: Hatcher seconded the mo-·Vote: Upon poll, all present ap-

proved, motion carried Next Meeting: -The next regularly scheduled school

board meeting is set for Wednesday December 18, 2024, at-5:30PM.

Adjournment: -Time: Horsager declared the meeting adjourned at 6:59PM.

President /s/ Sherri Horsager Business Manager /s/ Jackie Cordie Date: 12/18/24

(December 27, 2024)

November, 2024 Expenses
AARON HECK \$187.75 ND CENTER FOR DISTANCE EDUCATION TER FOR DISTANCE EDUCATION \$5,108.00 AMAZON Capital Services \$2,697.53 ND CENTER FOR DISTANCE EDUCATION \$4,809.00 Amira Learning \$4,440.00 ND CENTER FOR DISTANCE EDUCATION \$5,578.00 Apollo \$1,513.35 ND CENTER FOR DISTANCE EDUCATION \$4,122.00 ASHLEY KELLOGG \$20.65 ND Department of Motor Vehicle \$20.00 BARNES COUNTY AMBULANCE INC. \$360.00 ND WORKFORCE SAFETY & INSURANCE \$3,982.61 BEK COMMUNICATIONS \$1,690.36 New Life Church TIONS \$1,690.36 New Life Church \$109.50 Berts Truck Equipment \$13,069.00 NICHOLAS LEE \$80.40 BRENCO CORP \$43.81 NORTH DAKOTA SAFETY COUNCIL \$130.00 Broad Reach \$360.95 O'Reilly Auto Parts \$524.74 CITY OF VAL-LEY CITY \$3,337.00 One Call Con-cepts \$1.50 COLE PAPERS \$120.49

Quadient - Leasing \$342.42
Cookie Platz \$30.00 QUALITY
ALIGNMENT AND BRAKE CENTER ALIGNMENT AND BRAKE CENTER \$5,896.03 DACOTAH BANK \$9,545.65 REALLY GOOD STUFF LLC \$128.87 DAKOTA BOYS & GIRLS RANCH \$3,542.00 RENAISSANCE LEARNING, INC \$1,345.10 DAKOTA ROSE FLORAL \$66.00 RJ'S PLUMBING & HEATING INC. \$484.90 DAWN IHRY \$80.40 RYAN MATHIAS \$180.90 DEBORAH BOPP \$36.18 SCOTT ROEHRICH \$127.85 \$36.18 SCOTT ROEHRICH \$127.85 ECKROTH MUSIC \$351.50 SHERRI HORSAGER \$180.90

HORSAGER \$180.90
Elan Financial Services \$6,445.65
SHEYENNE VALLEY MULTIDISTRICT SP. ED. \$60,362.23
HANDY HARDWARE & RENTAL
\$776.07 SMITH LUMBER CO
\$368.94 INNOVATIVE OFFICE
SOLUTIONS, LLC \$332.10 SOFTWARE UNLIMITED, INC. \$1,300.00
J.W. PEPPER \$470.99 THE LIBRARY STORE \$207.30 JACQUELINE CORDIE \$180.90
THOMAS BERGAN \$180.90
KO14CO \$5,483.02 TYLER VAN
BRUGGEN \$528.00 Lakeview Books
\$205.88 VALLEY CITY PUBLIC
SCHOOLS \$44.00 LEAF \$1,418.45
VALLEY CITY STATE UNIVERSITY
\$60.00 LearnWell \$297.00 VALLEY \$60.00 LearnWell \$297.00 VALLEY MEAT SUPPLY \$254.89 LEEVERS \$412.54 VALLEY OFFICEWORKS \$294.82

\$294.82 Litchville-Marion Public School \$100.00 Valley Realty \$580.77 Lynn Johnson Lock & Key Service \$409.87 VC POLICE DEPARTMENT \$20.00 MENARDS \$126.68 VC PUBLIC

MENAHDS \$126.68 VC PUBLIC WORKS \$16,194.44
Midwest Bus Parts \$39.05VC PUBLIC WORKS \$977.64 MONTANA DAKOTA UTILITIES \$1,561.84 VC PUBLIC WORKS \$3,099.94
MONTANA DAKOTA UTILITIES \$128.11VC TIMES-RECORD \$250.56 NAPA AUTO PARTS, INC \$76.52 VCBC Development Corp \$610.00 NATALIE BOE \$53.04 VERIZON

WAIALIE BUE \$53.04 VERIZON WIRELESS \$483.65 ND CENTER FOR DISTANCE EDUCATION \$2,997.00 VOYAGER SOPRIS LEARNING \$145.20 ND CENTER FOR DISTANCE EDUCATION \$6,086.00 Wendal Auto Body \$22,849.43 ND CENTER FOR DIS TANCE EDUCATION \$5,108.00

(December 27, 2024)

CITY OF VALLEY CITY
NOTICE OF PUBLIC SALE
OF PROPERTY
NOTICE IS HEREBY GIVEN that the

City of Valley City will offer the following property for sale at a public auc-

One-story, single family house, Location: All of Lot Nine (9) and the North Fifteen feet (N15') of Lot Eight (8), in Block Ten (10), of Weiser's Addition to the City of Valley City (231

9th Ave NE) Live Auction Details: 10:00AM, Friday, January 10, 2025, City Commis-

sion Chambers, City Hall, 254 2nd Avenue NE, Valley City. Sealed Written Bids: All interested

bidders are required to submit sealed Auditor at the address above, prior to Auditor at the address above, prior to the live auction. Bids received after 10:00 AM, Friday, January 10, 2025, will not be considered. Clearly mark the envelope with "House Bid." Include your full name, phone number, address, email (if any), bid amount, your estimated time to remove building, whether you are insured for the work to be performed, and your qualifications related to the demolition refications related to the demolition, removal, and/or moving of structures.
Terms and Conditions: Minimum bid is \$1,000.00. The building is sold "as-is" with no warranties or guarantees, including suitability for any particular use. Sale does not include the land. Removal of utilities, concrete, and underground structures will not be per derground structures will not be per-formed by bidder. The highest sealed bid will be the starting bid at the live auction. The winning bidder must be suitably qualified and enter into a pur-chase agreement at the time of the auction. Buyer must comply with all applicable state and local laws, regu-lations, and ordinances related to the demolition and/or removal of builddemolition and/or removal of buildings. This includes, but is not limited to, obtaining necessary permits and conducting asbestos testing if required. The agreement must be approved by the Board of City Commissioners after which the full purchase

price must be paid immediately. The Board reserves the right to reject any and all bids, to waive informálities ir any bid, and to hold all bids for 30 days from date of the auction. If the winning bidder does not fulfill the terms of their agreement, the City may enter into an agreement with the next highest bidder, and so on, until the project is complete.
For more information or to view the

property please contact the City Administrator, 701-845-8120, gcraw-ford@valleycity.us, or visit www.val-leycity.us/bids.

(December 27 & 31, 2024)

CITY OF VALLEY CITY NOTICE OF HEARING ON APPLICATION FOR ALCOHOLIC BEVERAGE LICENSE

NOTICE IS HEREBY GIVEN that a hearing will be held on January 7th, 2025 at 5:00PM in the Commission Chambers, City Hall, 254 2nd Ave NE, Valley City, to consider the ap-plication submitted by El Valle Taco Shop, which is owned by Rosa Elena Iverson, requesting a Class D (3) Restaurant-Beer Alcoholic Beverage License to sell on-sale beer. Any in-terested person may appear and will be heard at the above referenced time and place. The application will be available for inspection and copying at the office of the City Auditor during regular business hours prior to the hearing. Call 701-845-1700 for information about attending the meeting remotely. Dated this December 18, 2024. Branda Klein, Finance Director, City of Valley City Barnes County, North Dakota.

(December 27, 2024)

CITY OF VALLEY CITY SALE OF REAL PROPERTY
PLEASE TAKE NOTICE that the City of Valley City owns the following

described Lots: Lot Five (5) (Parcel # 63-0880135) and Lot Seven (7) (Parcel # 63-0880153) in Block Three (3), of Crest-wood Addition to the City of Valley City, Barnes County, North Dakota according to the certified plat thereof on file and of record in the office of the County Recorder, Barnes County North Dakota, subject to any and all easements, reservation, rights of way and protective or restrictive coven-ants of records. The above described Lots will be sold

separately to the highest bidder at a public sale to be held at 10:00 AM on January 10, 2025, in the Commission Chambers, 254 2nd Ave NE, Valley City. Bidders must be present. Sealed written bids must be submitted to the City Finance Director at the address above, prior to the date and time of the sale. Clearly mark the envelope with "Crestwood Property Bid." Include your full name, phone number, address, email (if any), bid amount and parcel number of lot deamount, and parcel number or lot description. Bidder may bid on one Lot or both Lots in the same submission, but must include a separate bid amount for each Lot. Bids will be opened at the sale, and any individual submitting a bid may raise their bid at the public sale. The minimum price for each Lot is

\$2,000. The highest bidder will be required to furnish \$500 in cash or certified to detail to the state of th fied funds and enter into a purchase agreement at the time of the public It is anticipated that closing will take

place on or before March 1, 2025. Final payment in cash or certified funds will be required.

The Property will be quitclaimed As-ls, with no warranties. The City does not guarantee suitability for building or any other purpose. Bidder is responsible for inquiring with the City prior to submitting bid. The Property abstract is not available and may be obtained by the purchaser after closing. Purchaser is responsible for the deed recording fee.
Inquiries may be addressed to the
City Administrator at 701-845-8120 or

gcrawford@valleycity.us. (December 27 & 31, 2024)

**BARNES COUNTY NORTH** 

SCHOOL DISTRICT 007 SPECIAL ELECTION NOTICE 2184 101ST AVE SE, WIMBLEDON, ND January 29, 2025
Barnes County North School District
007 will hold a special school board
election on Wednesday, January 29,

The purpose of this election is to answer the question: Should the Barnes County North School District 007 change the reorganization plan from a 9-member school board elected at-

large to a 7-member school board elected at-large? Polls will be open from 10:00 am to 7:00 pm at the Barnes County North School. Contact the Business Manager at 701-646-6202 or via email at Lindsay.Polk@k12.nd.us if you have questions or to request an absentee ballot.

/s/ Lindsay Polk Business Manager

(December 27, 2024)



## **Managing Stress**

from this time of year may linger. Winter months can be stressful for many people. The demands of everyday life can become overwhelming. Many things can contribute to stress in people's lives: economic pressure from overspending during the holidays, loss of a job or a decrease in wages; caregiving for an elderly or sick family member; relationships that just don't seem to be going in the direction you would like them to; too many snow days leaving you to find child care for school-age children; and more.

Although stress is a normal part of life, what makes it challenging for one person may not to another. People have different ways of reacting and coping with it. One thing families have to consider is how parents' way of coping with stress is affecting their children. When children see their parent's stress, they also become stressed, making coping even more difficult than it could be. Children's misbehavior caused by not understanding the stress or knowing how to cope with it can add to parent's stress.

There are some simple techniques that have been proven to help relief stress. Although they may seem simple, they are not an overnight cure. It takes time, patience and practicing the coping techniques over and over.

The first things to do is take stock of what is really important to you and set priorities on how to **spend your time.** Really think about what matters most to you. Decide what is most important and say no to those activities that just don't go with your priorities. Enjoy the time you do have with family and close friends.

Put together a list of what needs to get done and assign responsibilities. Don't think it silly to to your stress. Some peowhich to make smaller task most important.

in place for snow days or times when you need community economics.

The holidays are quickly a break from caregivwrapping up but the stress ing. Waiting until the last minute is stressful and can result in things just not going the way you had hoped they would.

Communicate beliefs, emotions and responsibilities to family members and partners. Let children help with household tasks, duties, odd jobs and even errands if they are old enough to drive. Keep in mind that tasks may not get done the way you would do them. Learn to accept the help others can give based on their age and ability. Remember that if you keep doing the job over for other families members they will stop doing them.

Make time for fun and leisure. Doing the things we love to do, laughing and playing makes us stronger in our coping ability. Sometimes that fun break is enough to help us see how things can be done differently. If you are going to take a break do something you enjoy.

Remember to give yourself time to take care of yourself. Mark it in your calendar if you have to. Even twenty minute walks can do wonders for your stress level. These are just a few things

that you can do to cope with stress. Keep in mind that you will not eliminate all stress in your life but you can learn to cope better. To learn more about cop-

ing with stress, including farm-related stress, visit the following websites:

Mental Health America https://mhanational.org/ conditions/stress

Academy American of Pediatrics, children and stress https://bit. ly/49MjzEm

NDSU resources on farm-related stress - https:// bit.ly/4fvqcMT

By Ann Hamilton, Extension Educator, NH Cooperative Extension Service. Reprinted with permission.

At Home with Extension write out a realistic list of is provided by staff of the things that need to be ac- NDSU Extension-Barnes complished in a day. The County. The purpose of key word is realistic. A the Extension Service is mile long list will just add to create learning partnerships that help adults and ple have found it helpful youth enhance their lives to have a master list from and communities. Educational programs emphasize lists that accomplish what is agriculture, youth development, nutrition, food safety Have a backup plan and health, human development and farm, family and

## **M State PR - Metro College Alliance Signing Event**



Student speaker Carley Berg at the podium speaking tat the event with (seated, left to right) Tri-College Provost Tim Flakoll, M State President Carrie Brimhall, MSUM President Timothy Downs, NDSCS President Rod Flanigan, Concordia College President Colin Irvine and NDSU President David Cook.

Detroit Lakes, MN

cemmber 18th, five higher education institutions Concordia Moorhead,

together for a signing undergraduate courses in the region – M State, ance. Effective January previous Wahpeton, NDSU and dents at any one of these institutional MSU-Moorhead – came institutions to enroll in enrollment since 1970.

ceremony at M State's at the other institutions Moorhead campus to without having to un-On Wednesday, De- enter into a course ex- dergo separate admischange agreement called sion procedures. The the Metro College Alli- alliance replaces the Tri-College College- 1, the agreement will al- University consortium, NDSCS- low degree-seeking stu- which facilitated cross-

Courtesy/M-State-