

Be Smoke Ready This Summer: Check The Air Quality Index

As summer brings higher temperatures, increased wildfire activity, and the potential for wildfire smoke, the North Dakota Department of Environmental Quality urges residents to monitor the Air Quality Index (AQI) to protect their health, especially those with respiratory conditions, older adults, young children and other sensitive groups.

The department continuously monitors air quality through a statewide network of sampling stations. This realtime data is shared with the national ambient air monitoring system and is available on AirNow.gov. Residents are encouraged to use the AirNow.gov website and mobile app to access the current air quality conditions and receive personalized, location-based guidance. While the NDDEQ issues news releases for specific smoke events, conditions vary over time and location. AirNow provides reliable, up-to-the-minute information 24/7.

If you see or smell smoke, ways to protect your health include:

- Stay indoors with windows and doors closed.
- Limit or avoid strenuous outdoor activity.
- Set air conditioners or vehicle vents to recirculate indoor air.

Health impacts can vary depending on AQI levels and individual health status. Sensitive individuals

may experience symptoms even when AQI levels are considered “moderate.” If air quality reaches the “unhealthy for sensitive groups” or “unhealthy” categories, consider staying indoors and rescheduling outdoor activities. Anyone experiencing difficulty breathing should seek medical attention.

Understanding the Air Quality Index (AQI)

The AQI is a color-coded tool that helps you understand what the air quality means for your health.

Stay Informed and Empowered

Because wildfire smoke and air quality can change rapidly due to shifting winds and active fire behavior, residents are encouraged to stay informed and make decisions based on up-to-date data and their own health status. For those participating in outdoor events, practices or other activities, contact your local event administrators regarding decisions about cancellations or rescheduling.

Resources

- Air Quality Index and Map: www.airnow.gov
- Real-time Fire and Smoke Map: fire.airnow.gov
- North Dakota Air Monitoring Data: deq.nd.gov/AQ/monitoring
- National Weather Forecast for ND: graphical.weather.gov-nd
- Wildfire Smoke Forecasts: firesmoke.ca

ND Sheriffs Take Issue With Sanctuary Jurisdiction Accusation

A recent release from the U.S. Department of Homeland Security lists several North Dakota counties including Billings, Golden Valley, Grant, Morton, Ramsey, Sioux, and Slope as Sanctuary Jurisdictions Defying Federal Immigration Law. These North Dakota counties strongly believe that this is misinformation and a mischaracterization of how they uphold the rule of law in North Dakota.

They have worked well with their federal partners and routinely interact with the U.S. Immigration and Customs Enforcement as well as the U.S. Border Patrol on immigration and other criminal matters. The methodology and criteria used to compile this list is unknown.

Further these counties have not received communication from the U.S. Department of Homeland Se-

curity on how to rectify this finding. The elected Sheriffs of these counties takes strong objection with language in this release characterizing them as “deliberately and shamefully obstructing the enforcement of federal immigration laws endangering American communities.”

This statement couldn’t be further from the truth. North Dakota Sheriff’s strive every day to protect the public as well as holding criminal actors accountable regardless of immigration status.

The North Dakota Sheriff’s and Deputies Association is working to gather more information regarding the lack of transparency and reasoning as to why the Department of Homeland Security did not fact check prior to incorrectly naming these North Dakota counties.

Prairie Fare: Men, Are You Taking Care Of Your Health?

By Julie Garden-Robinson, Food and Nutritionist, NDSU Extension

Several years ago, we embarked on a survey through North Dakota State University Extension to decide on topics for a men’s health program. The men participating in the survey gave us excellent information.

In the numerous replies, we learned they were most interested in learning about cancer and heart disease and that they appreciated having materials just for them.

We obtained some special funding and developed hands-on lessons for men, which we called “Healthwise for Guys” (mainly because it rhymed). My NDSU students helped develop the materials.

We were among the only Extension organizations in the U.S. with materials just for men. The lessons have been popular and are reviewed regularly for accuracy.

Some women attended the sessions for the men in their lives. The men in our study told us that they learned from their significant other.

Do the men follow instructions from their significant other? I do not know.

Later, the women told us they wanted materials “just for women.” We developed those, too.

June is Men’s Health Month, so that’s a good time to revisit the men’s health materials that remain updated on our website. The topics include cancer, heart disease, pre-diabetes, obesity and skin cancer.

Let’s take a quiz about men’s health, with information gleaned from the National Center for Health Statistics and other national sources.

1. About how many years longer is the average woman’s life expectancy compared to a man’s?
 - a. 3 years
 - b. 5 years
 - c. 7 years
 - d. 10 years
2. What is the leading cause of death among all adults?
 - a. Cancer
 - b. Heart disease
 - c. Accidents
 - d. Alzheimer’s disease
3. True or False? The majority of people diagnosed with melanoma (the deadliest version of skin cancer) are white men aged 50 or older.
 - a. True or False? Prostate cancer only occurs in men over the age of 60.
5. Eating a diet rich in fiber can reduce our risk for several chronic diseases, including colon cancer. How much fiber (in grams) should men up to age 50 consume, and how much fiber should men over age 50 consume?
 - a. 12 grams; 22 grams
 - b. 21 grams; 31 grams
 - c. 48 grams; 40 grams

- d. 38 grams; 30 grams

Here are the answers and some comments:

1. In general, women live about five years longer than men - 80.2 years versus 74.8 years.
2. b. Heart disease is the leading cause of death for adults. Take steps to protect your heart with a healthful diet, including plenty of colorful fruits and vegetables and other fiber-rich foods. Get regular exercise, avoid smoking and control your blood pressure.
3. True. Men are more likely to develop melanoma. Be sure to protect your skin with sunscreen and wear protective clothing. Set a fashion statement (and protect your face, ears and neck) by wearing a broad-brimmed hat. Avoid the sun as much as possible in the middle of the day.
4. False. Prostate cancer will affect about one in five men in their lifetimes. Although prostate cancer is more common among older men, it can occur in younger men. Be sure to get updated screening advice from your health care provider. If men have difficulty passing urine, a family history of prostate cancer and pain in the belly or groin, they should let their health care provider know.
5. d. Men up to age 50 need about 38 grams of fiber daily, while men aged 50 or older should aim for 30 grams daily. Black beans, baked beans and raspberries are excellent sources of fiber. Check the Nutrition Facts label on packaged foods to see the fiber content in your food choices.

Learn more by visiting the NDSU Extension nutrition, food safety and health website, then go to “Nutrition, Health and Wellness” and “Chronic Disease Prevention” to view the “Healthwise for Guys” and “Healthwise for Women” publications.

Here’s an easy way to get more fruits and vegetables in your diet. It nourishes, cools and quenches your thirst.

Berry Good Smoothie

2 cups ice (about 14 ice cubes)

1 cup 1% or skim milk

1½ cups frozen triple berry blend fruit (strawberry, raspberry, blueberry)

10 baby carrots

1 teaspoon ground flax seed

1 cup 100% berry juice or preferred juice

All fruit can be fresh or frozen, but frozen fruit provides a better texture.

Place ingredients in blender in the same order as written. Blend until smooth.

Makes four servings. Each serving has 90 calories, 0 grams (g) fat, 2 g protein, 18 g carbohydrate, 2 g fiber and 50 milligrams sodium.

North Dakota Native Vote Supports En Banc Petition To Restore Voting Rights Protections For Native Communities

North Dakota Native Vote stands in full support of the en banc petition filed by the Spirit Lake Tribe, the Turtle Mountain Band of Chippewa Indians, and several Native American voters urging the full U.S. Court of Appeals for the Eighth Circuit to reconsider a decision that would eliminate the right of private citizens to challenge racially discriminatory voting laws under Section 2 of the Voting Rights Act. If the panel ruling stands, it would affect voters in seven states, including North Dakota.

Native Americans have been recognized as citizens of the United States for over 100 years, but still, in 2025 are fighting for fair representation and equal voting rights. “Even now, we still have to fight to have fair representation and participate fully in our democracy. This decision limits one of the few tools we have to challenge unfair voting practices,” said Jody DeLong, Chairman of North Dakota Native Vote.

The power to challenge discriminatory maps must not be stripped away based on a flawed and dangerous legal theory. “In a democracy,

the ability to challenge discriminatory voting laws is essential,” said Nicole Donaghy, Executive Director of North Dakota Native Vote. “The current ruling is a direct attack on that principle. It says we have no right to defend ourselves against systems that dilute or deny our vote. This is unacceptable.”

In recent years, Native American voters and tribal nations have used the Voting Rights Act to challenge legislative maps that diluted Native voting strength. That work led to fair maps and the election of Native candidates to the state legislature. “We support the petition for rehearing,” said DeLong. “The courts must uphold the right of people to protect their vote. Our communities deserve to have a say in the decisions that affect our lives.”

North Dakota Native Vote calls on the full Eighth Circuit to uphold the integrity of the Voting Rights Act and restore the rights of voters to challenge discrimination in court. Our democracy is stronger when every voice counts, and every vote matters.

USDA Sends Fire Resources To Assist Canada Wildfire Response

U.S. Secretary of Agriculture Brooke L. Rollins recently announced the U.S. Department of Agriculture (USDA) Forest Service is deploying resources to assist the wildfire response currently impacting Saskatchewan, Manitoba, Ontario, and Alberta, Canada. The Canadian Interagency Forest Fire Center raised the wildfire preparedness level to 5 on May 29, 2025, as the country is experiencing very high to extreme wildfire activity. USDA deployed an airlifter to Alberta, on May 31st, and the United States is mobilizing over 150 firefighters and support personnel to assist with the Canadian wildfire response. The United States is also mobilizing others equipment in-

cluding sprinkler kits, pumps, and hoses.

“We are here to help our neighbors during their time of need, and our Forest Service Wildland Firefighters are the best in the business. I am thankful for the men and women who are bravely stepping up to serve. We pray for their success as they fight fires and save lives,” said Secretary Rollins.

The current fire activity in the United States remains normal. USDA will retain readiness and if we anticipate any operational needs, we reserve the right to recall our resources. USDA Forest Service operational readiness will never be diminished.

New Measles Case Reported In Burke County

North Dakota Health and Human Services (HHS) confirms the first reported measles case in Burke County, making it the fourth county in the state impacted by measles. Confirmed measles cases in the state have increased to 28 since May 2.

The affected individual traveled frequently to Williams County before the illness.

Currently, early vaccination is not recommended in Burke, Cass or Grand Forks counties. Investigations show no evidence of community spread in those areas. HHS will update vaccination guidance for counties as new data becomes available.

Due to confirmed community transmission in Williams County, HHS continues to recommend early and accelerated MMR (measles, mumps, rubella) vaccination for individuals living in or traveling to Williams County.

Based on HHS investigation, the public may have been exposed at the following locations in neighboring Divide County.

Additional Exposure Locations:

- Lindsey’s Grocery Store, 211 Main St. S., Crosby, ND on Monday, May 26, between 3 and 5:30 p.m.
- Dollar General, 1108 Fourth St. S.E., Crosby, ND on Monday, May 26 between 3:20 and 5:45 p.m.

Exposed individuals who were vaccinated against measles or born before 1957 and therefore considered immune due to natural exposure do not need to quarantine. However, they should still monitor for symptoms for 21 days after exposure.

Unvaccinated individuals who are not protected against measles should quarantine for 21 days following exposure and should monitor for symptoms. If symptoms develop, individuals should call a health care provider before seeking care to prevent exposing others at medical facilities.

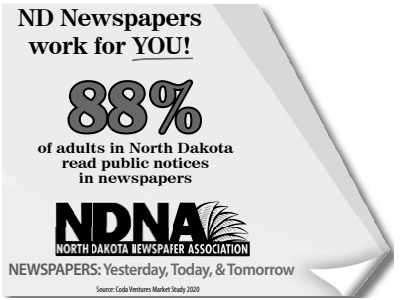
Because the majority of North Dakotans are vaccinated against measles, the risk to the vaccinated general public is low.

“This is the highest number of measles cases reported in North Dakota since 1978, when 211 cases occurred,” said HHS Immunization Director Molly Howell. “The MMR vaccine is highly effective and far safer than the risks associated with measles complications. Vaccination is recommended for anyone born in 1957 or later who is 12 months of age or older. Please speak with a trusted health care provider about getting vaccinated.”

Adults born before 1957 are generally considered immune to measles due to natural exposure. Adults born in 1957 or later should ensure they have received at least one documented dose of MMR.

MMR is routinely recommended starting at 12-15 months of age with a second dose at 4-6 years of age. Children who have already received two post-12-month doses of MMR are considered fully vaccinated.

Individuals unsure of their vaccination status are encouraged to con-



OFFICIAL BALLOT
NEW TOWN PUBLIC SCHOOL
DISTRICT #1
JUNE 10, 2025

SCHOOL BOARD MEMBER
TO REPRESENT THE SOUTH RURAL AREA
FOR TERM OF THREE YEARS
(VOTE FOR ONE ONLY)

DELVIN DRIVER JR..... ☐

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NEW TOWN PUBLIC SCHOOL
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SCHOOL BOARD MEMBER
TO REPRESENT THE NORTH RURAL AREA
FOR THE TERM OF THREE YEARS
(VOTE FOR ONE ONLY)

BRYON BRADY JR..... ☐

JACOB WOLLSCHLAGER..... ☐

GEORGE GOODLEFT ☐

Quit Week Set For June 8-14

It’s Quitting Time in North Dakota, a statewide campaign dedicated to raising awareness about the health risks of cigarettes, vapes, chew and nicotine pouches, while encouraging North Dakotans to become tobacco-free. Now in its sixth year, this campaign is a joint effort between Tobacco Free North Dakota, NDQuits, and statewide tobacco prevention and control partners.

Neil Charvat, Tobacco Prevention and Control Director at the North Dakota Department of Health and Human Services, underscores the importance of having a personalized quit plan. “Whether through your healthcare provider, local pharmacist, public health unit, or NDQuits, support is available,” said Charvat.

Creating a plan is key to successfully quitting smoking, vapes, chew, or nicotine pouches. It helps individuals anticipate challenges, manage cravings, and stay on track, especially when setbacks happen.

Despite being the leading cause of preventable death in both North Dakota and the U.S., many residents

continue using these harmful products. The health consequences are serious, including multiple cancers, heart disease, stroke, diabetes, and respiratory illnesses like COPD.

According to the 2023 North Dakota Behavioral Risk Factor Surveillance System, 13.3 percent of North Dakota adults smoke cigarettes, with approximately 1,000 deaths each year attributed to tobacco use. Quit Week serves as a call to action for individuals to prioritize their health and break free from the cycle of nicotine addiction.

“We want to empower North Dakotans to quit nicotine, whether it is cigarettes, cigars, vapes, pouches, smokeless tobacco, or any other product,” said Andrew Horn, Coalition Program Director at Tobacco Free North Dakota. “Together, we’re building a healthier future by offering the tools and support people need to succeed.” For help quitting smoking, vapes, chew, or nicotine pouches, visit NDQuits or call 1-800-QUIT-NOW for free coaching, quit planning, and nicotine replacement therapy options.

Department Of Commerce Announces \$15 Million Destination Development Grant

The North Dakota Department of Commerce is excited to announce the launch of the 2025 Destination Development Grant Program, a \$15 million initiative aimed at enhancing the state’s tourism industry. This program, funded by the 69th Legislative Assembly, is designed to support the development and expansion of tourism experiences and attractions that contribute to North Dakota’s economic growth and diversification.

“Tourism plays an essential role in North Dakota, contributing to a strong economy, by attracting visitors who spend money and pay taxes,” said Governor Kelly Armstrong. “This grant program will support projects that offer legendary experiences that make our state a unique destination.”

The Destination Development Grant Program provides financial support for projects that increase the number of unique visitor experiences, support workforce recruitment and retention, and enhance the quality of life for North Dakota residents. Eligible projects include the construction or expansion of tourism, recreation, entertainment, historic, or cultural attractions, as well as infrastructure investments that directly support tourism.

“By creating more experiences that attract visitors and expanding

the potential for extended stays, we are also enhancing the quality of life for our residents,” said Commerce Tourism and Marketing Director Sara Otte Coleman. “This grant program is a fantastic opportunity for communities and businesses across North Dakota to develop and expand their tourism offerings, ultimately driving economic growth and diversification.”

Grant requests should range between \$25,000 and \$5,000,000, with a required 1:1 match contribution from non-state sources. Eligible entities include for-profit and non-profit organizations or businesses involved in tourism. Private and non-profit tourism entities using government buildings or public property are also eligible if the grant dollars are used to improve items belonging to the business or non-profit.

The grant portal will be open from July 1 through July 31, 2025. Applicants must submit all materials online, including a detailed project description, budget, and letters of support. Competitive applications will demonstrate a clear vision, strategic alignment with tourism goals and long-term value.

Information on the Destination Development Grant will be available at <https://ndgov.link/DestinationDevelopment>.

STANLEY COMMUNITY PUBLIC SCHOOL DISTRICT 2
ANNUAL SCHOOL ELECTION
OFFICIAL BALLOT
JUNE 10, 2025

AREA 1
Two members of the board to be elected. (Vote for no more than two names)

Please check the box next to the name. If entering a write-in name, please write the name next to Write-in Name and check the box.

Area 1 consists of the township of Idaho and City of Stanley within the boundaries of the Stanley Community Public School District No.2. This is a three-year term.

☐ Paige Olson-Cramer

☐ Kenneth "Brandon" Show

☐ Beth Dean

☐ Robby Nichols

☐ Debbie Footh

☐ Write-in Name: _____
Please remember to check box if entering a write-in name

☐ Write-in Name: _____
Please remember to check box if entering a write-in name

PUBLISHING OF SCHOOL BOARD PROCEEDINGS

"Shall Stanley Community Public School District No. 2, County of Mountrail, State of North Dakota, publish a record of the proceedings of the school board in a newspaper of general circulation of the school district for the succeeding two years?"
(Vote by checking the box yes or no)

☐ Yes, I would like the School Board Proceedings to be published in a newspaper of general circulation of the school district for the succeeding two years

☐ No, I would not like the School Board Proceedings to be published in a newspaper of general circulation of the school district for the succeeding two years

NOTICE OF ANNUAL SCHOOL ELECTION NEW TOWN PUBLIC SCHOOL DISTRICT #1

NOTICE IS HEREBY GIVEN that on Tuesday, the 10th day of June 2025, the New Town Public School District #1 Annual Election will be held for the purpose of electing two members of the New Town School Board, to represent North Rural Area and South Rural Area. For the North Rural Area, incumbent Bryon Brady Jr has filed for re-election. Jacob Wollschlager and George Goodleft have also filed. For the South Rural Area, incumbent Delvin Driver Jr has filed for re-election. No other candidates filed.

Polls will be open at the High School Cafeteria from 9:00 a.m. to 7:00 p.m., Tuesday, June 10th, 2025, with balloting for candidates limited to voters residing within the north and south rural areas of the School District. Eligible voters may also insert a write-in candidate on the official ballot.