

Down Memory Lane

Taken From The Promoter Files

FIFTEEN YEARS AGO Wednesday Sept. 1, 2010

New Faces In The Stanley Schools- In the elementary school, students will see three new teachers and two student teachers. McKenzie Nohr will be teaching 6th grade. Ashley Nichols will teach 5th grade math and reading, as well as working with the Title program. Evan Meiers takes over the music program, Kelly Warren will be student teaching with Paula Brown in the fifth grade and also with Nancy Meiers in special education. Jessie Allery will be student teaching in the 4th grade with Jan Gorder. At the high school, Lynnette Vachal will be teaching science classes. Samantha Thomas will be teaching a number of English classes. Kelly Roemich will be teaching a number of math classes. Michael Bergstrom will be teaching a number of business classes.

Student Numbers Up Again In Stanley Schools- In a trend that started just a few short years ago, Stanley School District will again see increased student numbers this year. With school starting last Thursday, total enrollment sits at 480, compared to 423 at the start of the year last year, 395 at the start of 2008/2009, 364 in 2007/2008 and 347 in 2006/2007. Student numbers in 2000 showed 429 students at the start of the year, those numbers declined slowly each year to a low of 340 in 2005 before they began the upward climb.

Legislators Get A Look At Oil Country- Last Thursday a group of over 80 legislators and businessmen, as well as the presidents of both UND and NDSU, got a firsthand look at the impacts in oil country. The day started with morning tours of both the crew camp facility and EOG railcar facility north of Stanley. The group returned to EOG's warehouse location for lunch that was prepared by a crew from Missouri Basin. The afternoon took them to a multi-well pad south of Parshall where they were able to watch a well in the frac process.

TWENTY-FIVE YEARS AGO Wednesday, Aug. 30, 2000

Johnson Recognized For Service- Judy Johnson of Stanley was recently recognized for her volunteer efforts with the Salvation Army. Greg Odell and Paul Myers, field representatives presented her with a plaque on Thursday, Aug. 24.

Street Improvements Continue- This past week crews from Northern Improvement continued with the street improvements including putting in new valley gutters and work-

ing on 1st St. in the downtown area.
Bid Opening Held- The Mountrail Bethel Home Board held bid opening for the proposed home/hospital project on Wednesday, Aug. 23 with the low bidder being Capital City Construction of Bismarck with a base bid of \$3,117,000.

THIRTY YEARS AGO Wednesday Aug. 30, 1995

Remodeling Airport- A tremendous amount of dirt is being removed these days from the area in front of the hangers at the Stanley Airport in preparation of putting down two new taxiways and a large apron for parking.

Enrollment Drops- Stanley school 1995-96 enrollment for grades kindergarten through 12 dropped by 4 students from 523 to 519, compared to a year ago, according to records at the Stanley Superintendent's office.

Judges Meet- Twenty-four District Judges from around the state of North Dakota met in Stanley this past week for their annual summer meeting.

FORTY YEARS AGO Thursday, Sept. 4, 1985

Judicial Committee Name Candidates For County Judge- Judicial Nominating Committee met to nominate candidates for the County Judgeship in Burke, Divide and Mountrail Counties. Among the candidates is Robert W. Holte of Stanley.

Stanley Football Team Wins First Game of Season 14-0- Stanley began its 1985 football season on Friday with a 14-0 win at Washburn, taking advantage of seven turnovers by the opponents and turning two into touchdowns, while holding Washburn to only 27 yards of total offense.

Bridal Shower- There will be a bridal shower for Karen Wilhelmi, fiancée of Larry Fritel, on Saturday, Sept. 7 in the basement of the Catholic Church in Stanley.

FIFTY YEARS AGO Thursday, Sept. 3, 1975

School Up Two From Last Year- School started last Wednesday for the Stanley School District with a total enrollment of 685 students, up two from opening day a year ago.

Curfew Is In Effect- A curfew from Sunday evening will be enforced at 10:30 p.m. This is for anyone under the ages of 17 years. An exception will be made for civic sponsored events.

Attend Pageant- Sandi Helland, daughter of Mr. and Mrs. Argyle Helland of Stanley, newly elected

Miss Minot and her hostess, Mrs. Duane Peterson, left by plane Tuesday morning for Atlantic City to attend the Miss America Pageant.

SIXTY YEARS AGO Thursday, Sept. 2, 1965

Lynn Paulson Completes Army Radio Course- Pvt. Lynn R. Paulson, Stanley completed a 12 week radio relay and carrier operation course at the Army Southeastern Signal School, Fort Gordon, GA. Paulson was trained to operate and maintain field radio relay and carriers and various communications equipment.

Ross Man Buys John's Standard- In a recently completed business transaction, John's Standard Service located in southeastern Stanley has been sold to Floyd Ellvanger of Ross.

Gray-Jensen In Playoff For City Golf Title- With 40 entries in the Shotgun tourney last Sunday, the Stanley City Golf Tournament had one of the largest turnouts in many years. Jim Gray and Jerome Jensen tied for championship with 76 and will play another nine holes to determine the winner.

SEVENTY YEARS AGO Thursday, Sept. 1, 1955

Flood Relief- Mrs. Paul Svenstad, chairman of the County Red Cross Chapter, has issued an appeal for local people to help victims in six eastern states who are suffering greatly from floods. Approximately 53,000 families must be evacuated.

Elected- Two Stanley girls were recently elected to high posts in the State Assembly of Rainbow Girls at Valley City. Chosen were Beverly Belknap as Grand Love and Janice McNalley as Grand Representative to Montana and a member of the Grand Choir.

Pastor Coming- Rev. Joseph Hefta, formerly of Drake, will take over his duties this week as the new minister of the First Baptist Church in Stanley.

United Quality Grain Markets

(Tuesday's Quotes)	
Spring Wheat	4.91
(Based on 14%)	
Spring Wheat	4.99
(Based on 15%)	
Winter Wheat	3.85
Milling Durum	Call
Canola	18.15
Flax	13.00
Soybeans	8.81



Why Today's Youth Should Join 4-H and Why Today's Adults Should be 4-H Volunteers:

Across the country and North Dakota, young people are discovering that 4-H is more than just a club, it's a place to grow, learn and prepare for the future. 4-H programs are rooted in hands-on learning, leadership development, and community service. 4-H provides youth with opportunities to build valuable life skills, while having fun.

4-H offers projects for every interest, from traditional animal projects to STEM projects, public speaking, plant science, food and nutrition, performance arts. 4-H has expanded to many more project areas that youth can explore. Members gain practical skills through experiential learning, which encourages them to "learn-by-doing". Youth can explore career paths, strengthen problem-solving skills and develop confidence as they tackle projects that spark their curiosity.

One of the greatest benefits of 4-H is leadership development. Whether that is serving as a club officer, mentoring younger members, or presenting projects at county achievement days/fairs. Youth gain real-world experience in communication, teamwork and decision-making. These skills prepare them for success in school, the workplace and beyond.

Community involvement is another hallmark of 4-H. Members regularly engage in service projects that teach responsibility, compassion, and the importance of giving back. These experiences not only make a difference locally, but also instills a sense of civic duty that lasts a lifetime.

Research shows that 4-H members are more likely to excel in school, pursue higher education, and make healthy choices. More importantly, they grow into confident, capable adults who are ready to contribute to their communities.

Joining 4-H opens the door to new friendships, exciting opportunities and lifelong skills. 4-H is the place to start if youth are looking to discover their passions, develop leadership skills and make a positive impact.

The new 4-H year begins **September 1**, with enrollment opening **September 16** through 4-H Online.

The County Clover

By Lynnette Vachal
Mountrail County 4-H Youth Development Extension Agent

This is the perfect time to get involved, explore their interests and start or continue their journey in 4-H.

4-H also relies on the support of caring adults who serve as volunteers. Volunteers play an important role as mentors, leaders, and role models, guiding youth through projects and activities while fostering a positive and encouraging environment. Giving your time as a 4-H volunteer is a rewarding way to support young people and make a difference in our communities.

There are many capacities in which volunteers can be involved, whether as short-term project leader, judge, or presenter, or by coaching judging teams in livestock, horse, range, meats, communication arts and consumer decision making. Volunteers who want to be long-term role models can serve as club leaders or project leaders, helping guide youth through meaningful experiences throughout the year. No matter the role, 4-H volunteers make a lasting impact by sharing their time, knowledge, and encouragement.

College Transition Part 3

Transitioning to college life can be easier if the student is more aware of what that life might look like. Remember, it will not be what you see in brochures, movies, campus visits or the many (likely exaggerated) stories family or friends may have told. This third part of my articles on college transition may be the part that will likely talk to all college bound students.

Develop Good Sleep Habits

Sleeping habits may change dramatically during the transition from high school to college.

Being in a new place with new people and lots of noise, along with the stress of classes, can reduce the amount of sleep students get.

Sleep deprivation can have serious consequences on a freshman. Difficulty paying attention and concentrating, trouble memorizing and thinking critically, and increased depression and anxiety are all effects of not getting enough sleep.

Knowing how much sleep is enough and how much is too much sometimes is difficult. Current research suggests that because the brain continues to develop into a person's mid-20s, most high school

and college students should get about nine hours of sleep each night.

Here are some tips to help your student establish good sleep habits:

- * Maintain a regular bed and wake time schedule.

- * Establish a nighttime routine; allow time to relax and unwind.

- * Avoid using substances such as caffeine, nicotine and alcohol in the late afternoon and evening.

- * Allow three or more hours between exercising and bedtime.

- * Allow two to three hours between eating and bedtime.

Learn to Manage Stress Positively

Stress is a major part of the lives of adolescents and adults, and it definitely plays a large role in the lives of college freshmen.

According to British psychologist Stephen Palmer, "Stress occurs when pressure exceeds your perceived ability to cope."

Although no one can avoid stress entirely, you have many positive ways you can learn to deal with it. Positive ways of dealing with stress may take some work, but they can help you feel better long term.

You also have negative ways of coping with stress. These typically are quick and easy fixes that should be avoided because they provide only temporary relief and can have harmful, lasting consequences.

Negative or harmful ways of coping with stress may include:

- * Use of drugs or alcohol
- * Bullying
- * Isolation or avoidance
- * Overspending
- * Lying or cheating

On the other hand, positive or healthy ways of coping with stress may include:

- * Exercise
- * Prayer or meditation
- * Writing in a journal or diary
- * Talking to friends or family
- * Listening to music

While stress is something no college freshman can avoid, you, as parents, have ways to help reduce the amount of your student's stress. Encourage him or her to spread out tougher classes instead of taking them all in one semester. Also, advise him or her to participate in activities and join organizations on campus, but caution him or her against becoming overcommitted. Suggest that your student set aside time to study for classes and time to spend with friends.

References:

Coburn, K.L., and Treeger, M.L. (2003). *Letting go: A parents' guide to understanding the college years* (4th ed.). New York, N.Y.: Harper-Collins Publishers Inc.

Savage, M. (2003). *You're on your own (but I'm here if you need me): Mentoring your child during the college years*. New York, N.Y.: Simon & Schuster Inc.

(Continued on Page 4)

Coming Events

Wednesday, Sept. 3 - Stanley Commercial Club meeting at noon at Microtel Inn and Suites in Stanley
Thursday, Sept. 4 - Stanley Farmers Market from 5 to 7 p.m. in Wilson Park. This will be a friends first market.

Friday, Sept. 5 - Mountrail County 4-H hands-on Zoo Exhibit Design with Roosevelt Park Zoo from 4:30 to 6:00 p.m. at the Mountrail County South Complex.

Friday, Sept. 5 - First home game for Stanley varsity football vs. Velva at 7:00 p.m.

Friday, Sept. 5 - Alcoholics Anonymous meeting at 8 p.m. at the American Lutheran Church, 403 1st St. SW in Stanley. They meet each Friday and Monday at 8 p.m.

Saturday, Sept. 6 - The Brown's Celtic Show at the Sibyl Center in Stanley at 7:00 p.m.

Monday, Sept. 8 - Alcoholics Anonymous meeting at 8 p.m. at the American Lutheran Church, 403 1st St. SW in Stanley. They meet each Friday and Monday at 8 p.m.

Tuesday, Sept. 9 - NWC Cross Country in Stanley at the Prairie Rose Golf Course starting at 12:00 noon.

Tuesday, Sept. 9 - Opening day for the indoor gun range at The Pines in Stanley. Range will be open from 6:30 to 8:30 p.m.

Tuesday, Sept. 9 - City of Palermo final budget hearing at 7:00 p.m. followed by the regular council meeting.

Thursday, Sept. 11 - Stanley varsity volleyball at home vs. Berthold with A, B and C set to play starting at 5:00 p.m.

Thursday, Sept. 11 - Parshall Ambulance Service meeting at 7:00 p.m. at the ambulance building in Parshall.

Friday, Sept. 12 - Steve Leslie presents the music of James Taylor at 7:00 p.m. at the Sibyl Center in Stanley.

Friday, Sept. 12 - Stanley varsity football vs. Tioga at 7:00 p.m. This game will be played on the Stanley High School football field due to Tioga field conditions.

Sunday, Sept. 14 - 85th birthday open house for Carol Moen Johnson at 2:30 p.m. at Rosen Place in Stanley.

Monday, Sept. 15 - Plaza City budget hearing at 6:30 p.m. in the Council Chambers.

Tuesday, Sept. 16 - Great Plains Mobile Food Bank in Mandaree at Water Chief Hall from 12:30 to 1:30 p.m. and the Northern Lights Community Center in New Town from 3:30 to 5:00 p.m.

Tuesday, Sept. 16 - Dakota Hope Clinic fundraising banquet at the Tioga Community Center. Doors open at 5:30 p.m. and dinner at 6:30 p.m.

Wednesday, Sept. 17 - Great Plains Mobile Food Bank in Parshall at North Country Oil from 4:00 p.m. until supplies are gone.

Wednesday, Sept. 17 - Charles Hartman Post 134 monthly meeting at 7:00 p.m. in the Veterans Room at the Memorial Building in Stanley.

Saturday, Sept. 20 - Larry Gatlin and South of Mason at the Sibyl Center in Stanley at 7:00 p.m.

Sunday, Sept. 21 - Back to Church Sunday at the American Lutheran Church in Stanley at 10:00 a.m.

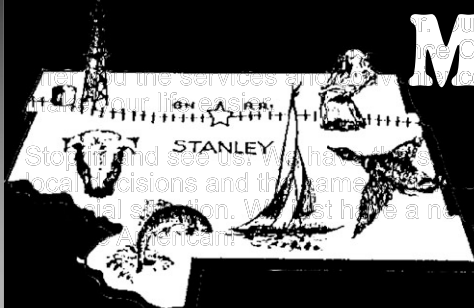
Monday, Sept. 22 - Open House at the new CTE addition at Stanley High School from 5:00 to 7:00 p.m.

Tuesday, Sept. 23 - Mountrail County Garden Club meeting at 5:15 p.m. at the Mountrail County South Complex in Stanley.

Monday, Oct. 6 - Rolling Plains Sportsmans Club monthly meeting at 7:00 p.m. at the clubhouse in Stanley.

Interested in this space to advertise
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of Coming Events in our community?
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Mountrail County
Promoter
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