

North Dakota Weekly Gas Price Update

Average gasoline prices in North Dakota have risen 3.4 cents per gallon in the last week, averaging \$2.81/g on Monday, according to GasBuddy's survey of 493 stations in North Dakota. Prices in North Dakota are 3.0 cents per gallon lower than a month ago and stand 9.5 cents per gallon lower than a year ago. The national average price of diesel has increased 6.5 cents compared to a week ago and stands at \$3.728 per gallon.

According to GasBuddy price reports, the cheapest station in North Dakota was priced at \$2.59/g on Sunday while the most expensive was \$3.39/g, a difference of 80.0 cents per gallon.

The national average price of gasoline has risen 4.8 cents per gallon in the last week, averaging \$3.03/g on Monday. The national average is down 4.0 cents per gallon from a month ago and stands 0.8 cents per gallon higher than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

Historical gasoline prices in North Dakota and the national average going back ten years:

November 10, 2024: \$2.90/g (U.S. Average: \$3.03/g)

November 10, 2023: \$3.27/g (U.S. Average: \$3.38/g)

November 10, 2022: \$3.58/g (U.S. Average: \$3.81/g)

November 10, 2021: \$3.19/g (U.S.

Average: \$3.40/g)

November 10, 2020: \$1.98/g (U.S. Average: \$2.10/g)

November 10, 2019: \$2.51/g (U.S. Average: \$2.62/g)

November 10, 2018: \$2.71/g (U.S. Average: \$2.69/g)

November 10, 2017: \$2.54/g (U.S. Average: \$2.56/g)

November 10, 2016: \$2.16/g (U.S. Average: \$2.18/g)

November 10, 2015: \$2.30/g (U.S. Average: \$2.21/g)

Neighboring areas and their current gas prices: Sioux Falls- \$2.70/g, unchanged from last week's \$2.70/g; Fargo- \$2.75/g, up 10.5 cents per gallon from last week's \$2.64/g; and South Dakota- \$2.77/g, unchanged from last week's \$2.77/g.

"The national average price of gasoline edged higher last week, with the vast majority of states seeing prices climb," said Patrick De Haan, head of petroleum analysis at GasBuddy. "Refinery issues in the Great Lakes and West Coast have kept prices elevated, and gasoline inventory data from the government showed another large weekly drop in supplies, which has temporarily propped up prices. With thousands of flight cancellations ahead of Thanksgiving due to the FAA flight cuts, there could be slight shifts in gasoline demand, which may limit any near-term declines."

GasBuddy is the authoritative voice for gas prices and the only source for station-level data. GasBuddy's survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and up-to-date in the country. GasBuddy's averages, graphs, maps and historical pricing data covering the U.S. and Canada is available 24/7 at <http://prices.GasBuddy.com>.

Dakota Gardener: Five Things You Didn't Know About Pumpkin

By Esther E. McGinnis, Horticulturist NDSU Extension

We are in the waning days of pumpkin season. I've consumed pumpkin spice lattes, cake and even lager. Now, we are looking forward to Thanksgiving and eating pumpkin pie. Before we transition to eggnog and candy canes, let's celebrate all things pumpkin with some little-known facts.

1. Pumpkin is a fruit. Technically, pumpkin, squash, zucchini and cucumber are all botanical fruits because they developed from a pollinated flower and contain seeds. From a cook's viewpoint, pumpkin is hard to definitively classify as a vegetable or fruit because it can be prepared either as a sweet dessert or a savory dish such as soup.

2. All pumpkin varieties are squash but not all squash are pumpkins. Squash is a broader category that encompasses three or four commonly grown species in the Cucurbita genus. The term, pumpkin, is based on its appearance and traditionally refers to a ribbed squash that is usually round and orange. However, white, green, gray and blue pumpkins exist if you like a more novel appearance.

3. Canned pumpkin that we use in our pies may not technically be from a true pumpkin. The FDA allows commercial canners to pack squash (or a mixture of squash and pumpkin)

and label it as pumpkin.

4. Pumpkin and squash are old. Archeologists studying fossilized dung discovered that North American mastodons and woolly mammoths ate small squashes. This was a mutually beneficial relationship because these large mammals transported the seeds to new areas and excreted them with a generous amount of fertilizer. This gardening relationship sadly ended with the mastodon and mammoth extinction. Fortunately, for squash and pumpkin, humans took an interest in the fruit, first for its storage qualities. Archeological evidence shows the first signs of human domestication 10,000 years ago in Mexico and other regions. Humans first came to appreciate the nutritious seeds. Eventually, indigenous peoples started selecting fruits with sweeter-tasting flesh and cultivating the seeds.

5. Squash played an important role in regional agricultural history. The Mandan, Hidatsa and Arikara peoples practiced the four sisters gardening method which was described by Buffalo Bird Woman, also known as Maxidiviac. This method included planting corn to grow vertically to provide support for pole beans. In ex-



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, November 24th, 2025 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 discussing a variance request filed by K2 Towers III, LLC-Applciant in concurrence with Reservation Telephone Cooperative-Landowner, due to cell towers 150' & 180' exceeding the maximum height allowable, on a tract of land described as Lots 30 & 31 of Lakeview Addition of Lake Sanish located in the NE1/4 & E1/2NW1/4 of Section 23, Township 152 North, Range 93 West (**Unorganized Township**).

The provision regarding a variance 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, November 14th, 2025. Phone: 701-628-2909 or Email: 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.

November 24th, 2025 P&Z meeting Monday, November 24th, 2025 8:30 AM - 1:30 PM (CDT)

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Dated at Stanley, North Dakota this 31st day of October, 2025.

Charlie Sorenson, Chairman

Planning & Zoning Commission

ATTEST:

Melissa Vachal

Planning & Zoning Administrator

Nov. 5, 12, 2025

PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, November 24th, 2025 at 8:41 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 discussing a conditional use request filed by K2 Towers III, LLC-Applciant in concurrence with Reservation Telephone Cooperative-Landowner, due to ownership change of cell tower on a tract of land 2.96 acres, more or less, described as Outlot 3 of the SW1/4SW1/4 of Section 2, Township 155 North, Range 92 West (**Alger Township**).

The provision regarding a conditional 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.

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change, the beans produced nitrogen for the corn. Squash leaves covered the ground to shade out weeds and to retain soil moisture. The fourth sister, a row of sunflowers, provided a windbreak to the north and attracted pollinators. Arikara squash and Mandan green and white squash seeds are available for those who want to grow

AARP Fraud Alert: Honoring Veterans And Protecting Them From Fraud

Veterans Day, celebrated each year November 11, is a time to honor the service and sacrifice of those who have served in the U.S. armed forces. It's also a reminder of the need to protect veterans beyond their time in uniform.

Earlier this year, AARP surveyed veterans and active-duty military service members to learn more about their experiences and concerns around fraud. The findings reveal that veterans face a higher risk of fraud and are often targeted with tactics related to their military background, benefits, or deep sense of trust.

Nearly four in ten veterans, representing more than 7.5 million people, say they've received solicitations from someone pretending to

a bit of history.

6. Finally, the earliest pumpkin pies were served without a crust. The seeds were extracted and the pumpkin shells were filled with a mixture of spiced milk and honey. The whole fruit was then roasted in a fire.

I hope you have a renewed appreciation for your pumpkin pie.

be from the Department of Veterans Affairs or another government agency. About 28 percent, an estimated 5.5 million veterans, believe their veteran status made them a target.

While many veterans are already taking steps to stay safe online, more than one in three say there aren't enough resources available to help protect them. That's where the AARP Veterans Fraud Center comes in. This online education and resource hub helps veterans, service members and their families learn how to spot and avoid scams.

Learn more about this research and the work AARP is doing to support America's veterans at aarp.org/vetsfraudcenter.



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The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, November 24th, 2025 at 8:47 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 discussing a variance request filed by SmartLink o/b/o AT&T-Applciant in concurrence with Mountrail-Williams Electric Cooperative-Landowner, due to cell tower 320' exceeding the maximum height allowable on a tract of land 5.74 acres, more or less, described as Outlot 1 of the NE1/4SE1/4 of Section 13, Township 153 North, Range 92 West (**Knife River Township**).

The provision regarding a variance 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, November 14th, 2025. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us.

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Melissa Vachal

Planning & Zoning Administrator

Nov. 5, 12, 2025

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The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, November 24th, 2025 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 receiving comments on an outlot plat application filed by Jeffrey Hauge-Applciant in concurrence with Jeffrey Hauge et al-Landowners. A tract of land described as 49.50 acres more or less located in the W1/2NE1/4 of Section 36, Township 153 North, Range 91 West to be known as Outlot 4 of the W1/2NE1/4 of Section 36, Township 153 North, Range 91 West (**Crane Creek Township**).

The provision regarding an outlot plat 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.

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The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, November 24th, 2025 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 Fisher Sand & Gravel Co-Applciant in concurrence with Evon Moen et al-Landowners to use agricultural land to mine gravel on a 80.00 acres, more or less, tract of land in the NW1/4 of Section 15, Township 154 North, Range 89 West (**Oakland 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 & Zoning section.

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PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, November 24th, 2025 at 8:59 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 discussing a conditional use request filed by Jaxson Vachal-Applciant in concurrence with Beau Vachal-Landowner, for the purpose of placing a mobile home on land zoned Agricultural on a tract of land 8.70 acres more or less, described as Outlot 3 of the SE1/4 of Section 22, Township 155 North, Range 93 West (**Debing Township**).

The provision regarding a conditional 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.

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ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO N.D. ADMINISTRATIVE CODE CHAPTER 75-03-42 AUTHORIZED ELECTRONIC MONITORING

TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed amendments to N.D. Admin. Code chapter 75-03-42 relating to authorized electronic recording and documentation at 3:00 p.m. on Friday, December 12, 2025, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.

Copies of the proposed rules are available for review at human service zones offices and at the state-operate behavioral health clinics.