

Prairie Fare: The Leaf Monster Workout, Fitness Hidden In Fall Chores

By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension

“You look like a leaf monster!” I said to my dog, who trotted in the back door.

His wiry fur was completely covered in crispy leaves. Our 40-year-old maple tree had finally dropped its leaves, and our dog rolled in them.

Our dog promptly shook his body, sending leaves flying all over our living room.

We really had to get the leaves raked before the snow began falling.

My husband and I stuffed 42 large garbage cans with leaves from our front yard, hauling seven at a time to the city’s recycling area.

“We need to cut that tree down,” my husband grouched.

“And that one, too,” he added as he picked up pods from the ground.

We were both tired. I have great appreciation for trees. They provide shade in the summer to cool us. They look beautiful in the summer and fall. Some provide fruit or maple syrup.

I decided to use the turbo leaf blower to corral the leaves in the backyard against our fence for easier loading. After loading another 28 cans of leaves, we declared the yard was good enough.

I decided to admire the golden brown, rust and purple leaves on the ground. Those are carotenoid and anthocyanin pigments hidden under the green colors. Those are the same colors that provide beauty to fruits and vegetables.

I even appealed to my husband’s love of efficiency. I didn’t want him to appear with a chain saw to begin cutting down trees.

“We have fourteen barrels to go, I think. We are almost there!” I encouraged.

Someone was vacuuming and mulching leaves on a device that looked like something out of a Dr. Seuss book. Does raking have any physical health benefits?

Any type of physical activity is good for our health. We worked about ten hours raking, lifting and unloading barrels of leaves into bins that weekend.

We had a combination of aerobic (or “cardio”) and muscle strengthening. Aerobic activity makes our heart beat faster and our breathing rate increase. We all need these types of exercise throughout our lives.

Health experts recommend that we get 150 minutes of moderate-intensity physical activity per week.

We had worked about 600 minutes in two days. I figured that was enough for a month.

Although Prairie Fare is typically a nutrition education column, physical activity goes hand in hand with a healthful diet.

Regular physical activity reduces our risk for heart disease, some types of cancer and type 2 diabetes. Strengthening our bones and muscles helps reduce our risk of falls.

If you do not get regular physical activity, I would not suggest being a weekend warrior as we were. Start slow and work your way up. I discovered some new muscles.

Getting more physical activity can be as easy as parking a longer

distance from your workplace or the grocery store.

Lack of time can be an excuse. Did I have ten extra hours to spend raking? Not really, but I felt a major sense of accomplishment when I looked at my yard. The fresh air and sunshine on that chilly November afternoon were invigorating.

Having a companion with you during physical activity can be motivating, as each of you supports the other’s efforts. Many people join walking clubs or exercise classes to keep up their motivation. In the cold months, finding an indoor walking area or exercising along with an on-line show can be a good plan.

Since this happened to be my birthday weekend, we rewarded ourselves with a well-earned dinner at a restaurant. Even better: my entrée was free.

Looking out at our newly cleared yard, I had to smile. Even our former leaf monster himself seemed pleased with our hard work, but maybe a little disappointed his leafy playground was gone.

This recipe is a healthy favorite that you can prepare in a slow cooker and enjoy after a workout.

Slow Cooker Honey Granola

4 cups old-fashioned oats, uncooked

6 tablespoons honey

½ cup flax seeds

1 cup bran cereal

1 cup raisins or dried cranberries

¼ cup canola oil

Pour all ingredients into a

6-quart slow cooker and mix well.

Put the cover on slightly askew and

cook on low for about 3 hours, stirring

occasionally. Let cool on parchment

paper and store in an airtight container

for 1 to 2 weeks. Package in individual servings in zipper-top

bags for on-the-go snacks.

Makes 24 servings. Each (¼ cup)

serving has 130 calories, 4 grams (g)

fat, 3 g protein, 23 g carbohydrate, 2

g fiber and 10 milligrams sodium.

Celebrating 50 Years Of The Individual’s With Disabilities Education Act

The Individual’s with Disabilities Education Act (IDEA) is the federal law that ensures eligible students with disabilities receive a free appropriate public education (FAPE) in the least restrictive environment. Since its passage 50 years ago, on November 29th, 1975, IDEA has transformed public education by opening classroom doors to millions of students with a wide range of disabilities. In addition to school-aged services, IDEA also supports early intervention programs for infants and toddlers with developmental delays or disabilities including support for their families during the most critical years of development.

Before IDEA became law, only a small percent of students with disabilities had access to public education. IDEA changed that by guaranteeing individualized instruction through IEP’s (Individualized Education Programs), ensuring parents have a meaningful role in educational decision-making, and supporting inclusion in general education classrooms whenever appropriate. These protections have helped students with disabilities achieve higher graduation rates and improved long-term outcomes, enabling them to reach their full potential.

Despite its successes, IDEA faces several significant threats at the federal level, including potential budget cuts that would reduce funding for special education services and a proposed transfer of oversight from the U.S. Department of Education to the Department of Health and Human Services. Such a transfer could weaken accountability, dilute IDEA’s legal protections, and create confusion for families and schools as they navigate a new system. These changes have the potential to cause delays, disrupt services, and diminish the support available to students with disabilities.

The North Dakota Protection and Advocacy (P&A) Project is dedicat-

ed to advancing equality and inclusion for individuals with disabilities in every aspect of life, where we live, learn, work, and play. P&A advocates for the educational rights of individuals with disabilities, ensuring they have the support and

resources they need to succeed. We commend Governor Armstrong’s recognition of the 50th anniversary of IDEA. This recognition underscores our state’s commitment to ensuring that all students with disabilities receive the appropriate supports, technology, and resources to graduate prepared for college, careers, community living, and civic participation.

Proceedings Of The Mountrail County Planning Commission

MINUTES MOUNTRAIL COUNTY PLANNING & ZONING COMMISSION OCTOBER 20, 2025

The meeting of the Mountrail County Planning & Zoning Commission was called to order at 8:30 a.m. by Chairman Charlie Sorenson with Commissioners Trudy Ruland, Cameron Tomjack, Joan Hollekim, Arlo Borud, Jesse Weyrauch were present and Megan Fritel was on-line. Absent were Commissioners Kirk Johnson and Doug Bratvold. Also present were Mountrail County Planning & Zoning Administrator Melissa Vachal, Mountrail County Planning & Zoning Assistant Malinda Gunderson, Mountrail County State’s Attorney Wade Enget, Mountrail County Tax Equalization Director Kim Savage on-line, Mountrail County Weed Control Officer Jim Hennessy and Mountrail County Auditor Stephanie Pappa online.

APPROVAL OF AGENDA
Moved by Commissioner Borud, seconded by Commissioner Weyrauch, to approve the agenda. All present voted yes. Motion carried.

APPROVAL OF MINUTES
Moved by Commissioner Borud, seconded by Commissioner Hollekim, to approve the Planning & Zoning Commission minutes of the September 22, 2025 meeting. All present voted yes. Motion carried.

**1. 8:35 a.m. Kyle & Peggy Bauer-Ap-
plicant; Mountrail County Park Com-
mission-Landowner; (PZ-2025-0278)**

Variance

Variance Application request for the following described property: a tract of land described as Lease Lot 5, Block 2 of Traynor Park located in the S½SW¼ of Section 29 & N½N½ of Section 32 Township 152 North, Range 91 West. (Van Hook Township) (Parcel# 45-9206801)

The applicant (represented by Kyle & Peggy Bauer) is seeking a Variance for a 6½’ setback on the north property line, rather than the 7½’ setback required by the Mountrail County Land Development Code, due to the shop not lining up with the existing house. Applicant has met all requirements of the Planning & Zoning Board.

Moved by Commissioner Borud, seconded by Commissioner Hollekim, to approve the zoning request filed by Kyle & Peggy Bauer with concurrence from Mountrail County Park Commission-landowner, for a Variance for a 6½’ setback on the north property line, rather than the 7½’ setback required by the Mountrail County Land Development Code, due to the shop not lining up with the existing house on a tract of land described as Lease Lot 5, Block 2 of Traynor Park located in the S½SW¼ of Section 29 & N½N½ of Section 32 Township 152 North, Range 91 West. (Van Hook Township) as Kyle & Peggy Bauer with concurrence from Mountrail County Park Commission-landowner, has met all criteria as set forth in the Mountrail County Land Development Code. All present voted yes. Motion carried.

**5. 8:47 a.m. Smartlink Group o/b/o
AT&T-ApPLICANT; Mountrail-Williams
Electric Cooperative-Landowner; (PZ-
2025-0245) Conditional Use**

Zoning Request/Conditional Use Permit for the following described property: a tract of land 5.74 acres, more or less, described as Outlot 1 of the NE¼SE¼ of Section 13, Township 153 North, Range 92 West (Knife River Township) (Parcel# 40-0006301)

The applicant asked to be rescheduled to the November meeting after the agenda was published.

6. 8:50 a.m. Cole & Lauren Hysjulien-ApPLICANT/Landowner; (PZ-2025-0300) Conditional Use

Zoning Request/Conditional Use Permit for the following described property: a tract of land 5.13 acres more or less, described as Outlot 1 the SE¼NE¼ of Section 21, Township 155 North, Range 93 (Debing Township) (Parcel# 27-0009305)

The applicant (represented by Cole Hysjulien) is seeking a Conditional Use Permit for the purpose of placing a manufactured home on land zoned Agricultural. Applicant has met all requirements of the Planning & Zoning Board.

Moved by Commissioner Ruland, seconded by Commissioner Weyrauch, to approve the zoning request filed by Cole & Lauren Hysjulien for a Conditional Use Permit for the purpose of placing a manufactured home on land zoned Agricultural on a tract of land 5.13 acres more or less, described as Outlot 1 the SE¼NE¼ of Section 21, Township 155 North, Range 93 (Debing Township), as Cole & Lauren Hysjulien have met all other criteria as set forth in the Mountrail County Land Development Code and is further contingent upon Cole & Lauren Hysjulien complying with all other terms and conditions of the Mountrail County Land Development Code. All present voted yes. Motion carried.

**Temporary Water Permits – New –
For Board Information Only**

PZ-2025-0290 – Jane Paulson Living Trust – Applicant/Landowner. State Water Permit #ND2025-23085. Period of Authorized usage: 9/30/2025 through 6/05/2026. Pump placement on a tract of land 37.70 acres more or less located in SE¼NW¼ (Gov’t Lot 3) of Section 20, Township 158 North, Range 92 West (Powers Township) (6) CERTIFIED RECEIPTS RECEIVED Approved by P&Z Administrator.

**Lay Flat Hose Permits – New – For
Board Information Only**

Streamline Water Services LLC – Lay Flat Hose Permit only – Permit Number – State Water Permit #ND2025-22785 / PZ-2025-0297. Pumping of industrial water by lay flat hose: Streamline Water Services LLC – Applicant. Curt & Summer Meyer – Landowner. NE¼SW¼ of Section 19, Township 155 North, Range 89 West (McAlmond Township) ending in the SE¼ of Section 36, Township 155 North, Range 90 West (Burke Township). Period of Authorized usage: 9/18/2025 through 11/01/2025. Approved by P&Z Administrator.

Select Water Solutions LLC – Lay Flat Hose Permit only – Permit Number – State Water Permit #7046 / PZ-2025-0293. Pumping of industrial water by lay flat hose: Select Water Solutions LLC – Applicant. Point of Diversion is in Williams County. Beginning in Mountrail County at NW¼NW¼ (Gov’t Lot 1) of Section 18, Township 156 North, Range 94 West (Myrtle Township) ending in the NW¼NW¼ (Gov’t Lot 4) of Section 3, Township 156 North, Range 94 West (Myrtle Township). Period of Authorized usage: 9/20/2025 through 11/20/2025. Approved by P&Z Administrator.

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amendments to the Mountrail County Land Development code will look into adding something regarding enforcement of those not in compliance with the Mountrail County Weed Board.

**4. 8:44 a.m. WSB LLC-ApPLICANT:
Three Affiliated Tribes of Fort Berthold
Reservation-Landowner (PZ-2025-0253)
Subdivision Plat Review**

Subdivision Plat Review Application for the following described property: a tract of land 18.44 acres, more or less, to be known as Parshall Bay Subdivision 2nd Addition consisting of Lots 1-7, Block 1, located in part of the S1/2SE1/4 Section 1, Township 151 North, Range 91 West (Liberty Township) (Parcel# 51-0000300)

Chairman Sorenson un-tabled this discussion.

The applicant (represented by Andy Lobe, with WSB) is seeking to plat a parcel of land for the future sale of residential lots. The applicant addressed the concerns the board had last meeting regarding access. The approach permit has been sent to Mountrail County Engineer Jana Hennessy. Commissioner Ruland suggested using the cost of building the roads in the subdivision as a guideline to how much the letter of credit should be set for. States Attorney Enget questioned what the plans are for storm water drainage due to the 50’ drop in elevation in the proposed subdivision which the applicant then outlined for those in attendance. The applicant still needs to submit a letter of credit.

Moved by Commissioner Ruland, seconded by Commissioner Borud to make recommendation to the Mountrail County Board of Commissioners to approve the zoning request to plat a parcel of land for the future sale of residential lots filed by WSB LLC with concurrence from Three Affiliated Tribes of Fort Berthold Reservation-landowner for a tract of land 18.44 acres, more or less, to be known as Parshall Bay Subdivision 2nd Addition consisting of Lots 1-7, Block 1, located in part of the S1/2SE1/4 Section 1, Township 151 North, Range 91 West (Liberty Township) pending the submission of a letter of credit based on a rate that reflects the cost of infrastructure needed for roads and storm water management as WSB LLC with concurrence from Three Affiliated Tribes of Fort Berthold Reservation-landowner, has met all criteria as set forth in the Mountrail County Land Development Code. All present voted yes. Motion carried.

**5. 8:47 a.m. Smartlink Group o/b/o
AT&T-ApPLICANT; Mountrail-Williams
Electric Cooperative-Landowner; (PZ-
2025-0245) Conditional Use**

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The applicant asked to be rescheduled to the November meeting after the agenda was published.

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Zoning Request/Conditional Use Permit for the following described property: a tract of land 5.13 acres more or less, described as Outlot 1 the SE¼NE¼ of Section 21, Township 155 North, Range 93 (Debing Township) (Parcel# 27-0009305)

The applicant (represented by Cole Hysjulien) is seeking a Conditional Use Permit for the purpose of placing a manufactured home on land zoned Agricultural. Applicant has met all requirements of the Planning & Zoning Board.

Moved by Commissioner Ruland, seconded by Commissioner Weyrauch, to approve the zoning request filed by Cole & Lauren Hysjulien for a Conditional Use Permit for the purpose of placing a manufactured home on land zoned Agricultural on a tract of land 5.13 acres more or less, described as Outlot 1 the SE¼NE¼ of Section 21, Township 155 North, Range 93 (Debing Township), as Cole & Lauren Hysjulien have met all other criteria as set forth in the Mountrail County Land Development Code and is further contingent upon Cole & Lauren Hysjulien complying with all other terms and conditions of the Mountrail County Land Development Code. All present voted yes. Motion carried.

**Temporary Water Permits – New –
For Board Information Only**

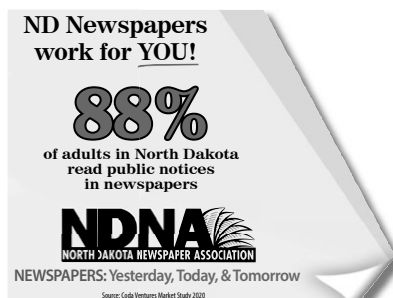
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Select Water Solutions LLC – Lay Flat Hose Permit only – Permit Number – State Water Permit #7046 / PZ-2025-0293. Pumping of industrial water by lay flat hose: Select Water Solutions LLC – Applicant. Point of Diversion is in Williams County. Ties in with previous permit NE¼NW¼ (Gov’t Lot 4) of Section 4, Township 156 North, Range 94 West (Myr-



tle Township) ending in the NW¼NE¼ (Gov’t Lot 2) of Section 4, Township 156 North, Range 94 West (Myrtle Township). Period of Authorized usage: 9/20/2025 through 11/20/2025. Approved by P&Z Administrator.

Select Water Solutions LLC – Lay Flat Hose Permit only – Permit Number – State Water Permit #7046 / PZ-2025-0294. Pumping of industrial water by lay flat hose: Select Water Solutions LLC – Applicant. Point of Diversion is in Williams County. Ties in with previous permit NE¼NW¼ (Gov’t Lot 4) of Section 4, Township 156 North, Range 94 West (Myrtle Township) ending in the NW¼NE¼ (Gov’t Lot 2) of Section 4, Township 156 North, Range 94 West (Myrtle Township). Period of Authorized usage: 9/20/2025 through 11/20/2025. Approved by P&Z Administrator.

Building Permits 2447-2455

2447 – PZ-2025-0288 – Jeremy Benjamin – Applicant. Mountrail County Park Commission – Landowner. Parcel #45-0019135. Block 12, Lot 12 of Traynor Park located in the S½SW¼ of Section 29 & N½N½ of Section 32 Township 152 North, Range 91 West. (Van Hook Township) 16’x76’ mobile home.

2448 – PZ-2025-0279 – Kyle & Peggy Bauer – Applicant. Mountrail County Park Commission – Landowner. Parcel #45-0019009. Block 2, Lot 5 of Traynor Park located in the S1½SW¼ of Section 29 & N½N½ of Section 32 Township 152 North, Range 91 West. (Van Hook Township) 28’x36’ shop. Pending approval of Variance

2449 – PZ-2024-0289 – Warren Walhaug – Applicant/Landowner. Parcel #17-0001500. W½ of Section 3, Township 156 North, Range 90 West. (Palermo Township) 1300 sq ft detached garage/ag workshop & family residence.

2450 – PZ-2025-0291 – Chadwick Colegrove – Applicant/Landowner. Parcel #16-0000110. Outlot 2 of the SW¼SE¼ of Section 1, Township 156 North, Range 89 West (McGahan Township) 1260 sq ft garage.

2451 – PZ-2025-0296 – Janet Kuehne – Applicant. Mountrail County Park Commission – Landowner. Parcel #45-0019164. Block 15, Lot 2 of Traynor Park located in the S½SW¼ of Section 29 & N½N½ of Section 32 Township 152 North, Range 91 West. (Van Hook Township) 4’x55’ deck.

2452 – PZ-2025-0298 – Gregory Gunderson II – Applicant/Landowner. Parcel #27-0006701. NE¼NE¼, E½E½NW¼NE¼ of Section 15, Township 155 North, Range 93 (Debing Township) 40’x60’ home.

2453 – PZ-2025-0301 – Cole & Lauren Hysjulien – Applicant/Landowner. Parcel #27-0009305. Outlot 1 the SE¼NE¼ of Section 21, Township 155 North, Range 93 (Debing Township) 28’x78’ manufactured home. Pending approval of CUP

2454 – PZ-2025-0302 – Silver Legacy Contractors LLC – Applicant. Andrew & Leona Walter – Landowner. Parcel #47-0022900. Block 2, Lot 5 of the Replat of Bridgeview Subdivision located in the SE¼ of Section 11 & W½ of Section 12 Township 152 North, Range 93 West. (Unorganized Township) 24’x32’ storage building.

2455 – PZ-2025-0305 – Patrick & Karen Schmidt – Applicant/Landowner. Parcel#47-0023100. Block 2, Lot 7 of the Replat of Bridgeview Subdivision located in the SE¼ of Section 11 & W½ of Section 12 Township 152 North, Range 93 West. (Unorganized Township) 32’x30’ storage building.

Moved by Commissioner Borud, seconded by Commissioner Tomjack, to approve building permits 2447-2455. All present voted yes. Motion carried.

Demolition Permit
PZ-2025-0299 – Edward L Will Trust – Applicant/Landowner. Parcel #14-0015500. SW¼ of Section 26, Township 157 North, Range 94 West (White Earth Township) demolish old barn & grainery.

Moved by Commissioner Ruland, seconded by Commissioner Weyrauch, to approve demolition permit PZ-2025-0299. All present voted yes. Motion carried

ONGOING BUSINESS

Gravel Pits- Remains ongoing Administration working on report

Green Acres Subdivision – No new activity still no Letter of Credit-no activity happening

Hyrum Zetting plan of action for Green Acres Subdivision

Data Centers-currently under moratorium

Battery Storage Facilities-currently under moratorium

STAFF UPDATES

* Administrator Vachal presented the board with an updated Mineral Exploration and Mineral Production Conditional Use Permit application and checklist for their review. Changes and revisions were suggested to include landowner signatures and verbiage regarding compliance vs. non-compliance.

* The next subcommittee meeting regarding the Moratorium on Data Centers and Battery Storage Facilities is November 18th, 2025 at 1:00 p.m. following the meeting of the Mountrail County Board of Commissioners.

* Administrator Vachal will be finalizing the zoning layer and sending it off to Sidwell within the month of November and hopefully it will be updated by the first of the year. Administration is also looking at purchasing Arc GIS Pro and are currently learning how to manage the zoning layer in office in preparation. Having access to the GIS program will allow staff to manage the layer from anywhere even if they’re out in the field. Administrator Vachal is looking to potentially train two staff members in addition to herself on how to use the program.

PUBLIC COMMENTS

None.

BOARD CONCERNS

None.

The Board adjourned at 10:34 a.m. Next regular meeting of the Mountrail County Planning & Zoning Commission is **Monday, November 24th, 2025**, at 8:30 a.m. via GOTOMEETING or in the Commissioners Room at the Mountrail County Courthouse.

Accepted and approved this 24th day of November, 2025.

Charlie Sorenson, Chairman
Mountrail County
Planning & Zoning Commission

Melissa Vachal, Administrator
Mountrail County
Planning & Zoning

Electronic recordings of full meetings are kept in the office per NDCC 44-04



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, December 22nd, 2025 at 8:35 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 Clay & Ashley Pappa-Aplicant in concurrence with Richard Jorgenson-Landowner, for the purpose of placing a modular home on land zoned Agricultural, a tract of land 40.00 acres more or less, located in the SE¼4NW¼ of Section 7, Township 158 North, Range 93 West (**Powers Lake 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.

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, December 12th, 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 Schumair, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: rschumair@co.mountrail.nd.us.

December 22nd, 2025 P&Z meeting
Monday, December 22nd, 2025 8:30 AM - 12:00 PM (CST)

Please join my meeting from your computer, tablet or smartphone.

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Dated at Stanley, North Dakota this 26th day of November, 2025.

Charlie Sorenson, Chairman
Planning & Zoning Commission

ATTEST:
Melissa Vachal
Planning & Zoning Administrator

Dec. 3, 10, 2025