

## PUBLIC NOTICE

**Barnes County – Planning And Zoning Minutes November 12, 2024**

Members Present: Mike Schwehr, Dave Carlsrud, Bill Carlblom, Jeff Erickson, Vern Roorla, Amanda Olauson, Shawn Olauson, Jeff Bopp Also Present: Jessica Jenrich, David Richman  
Meeting called to order by Chairman Mike Schwehr at 6:00 p.m.  
Motion by S. Olauson, seconded by Carlblom to approve both of the October 2024 minutes. Motion carried.  
Meeting recessed for Joe Killoran for a Drain Tile Setback Variance of 25' from the center of township roads 40th St SE & 131st Ave SE. Mr. Richman was here to voice his opinion on the project and had some issues about different things pertaining to the drain tile project. The board advised Mr. Richman the issues he has Planning & Zoning can't take care of and he would need to talk to the water board. No one else appeared to protest. Schwehr reopened the meeting for discussion. Motion by Bopp, seconded by A. Olauson to approve to table the hearing until next month as there needs to be more information provided. Jenrich will get the information and have ready for next meeting. Motion carried.  
**BUILDING PERMIT REVIEW**  
Joel & Chris Iverson – House addition/garage – Lot 1 of Beyer Sub, 18-140-58, Valley Twp; Doug Lettenmaier – Grain Bin – SW1/4, 24-139-60, Hemen Twp; Chad Kjelland – Shop & 2 containers – Aud Lt 1 of SE1/4 NW1/4, 20-139-59, Green Twp; David Zubrod – Grain Bin – NW1/4 less 40 acres, 12-137-59, Spring Creek Twp  
Motion by Carlblom, seconded by Carlsrud to adjourn. Meeting adjourned at 6:22pm.  
Jessica Jenrich, P&Z Administrator

(January 7, 2025)

## 6 Reasons Why You Should Get Help For Your Mental Health

By Stan Popovich/Special to the Times-Record

Many people underestimate the impact that mental illness can have on an individual or family. It can be difficult to admit that you have a mental health problem in your life. Secondly, it can be just as difficult in getting the people you know to understand your situation without making any kinds of judgments.

**As a result, here are six reasons why you should make your mental health an important priority in your life.**

**1. Your situation will improve if you get help:** Your anxieties and fears can be

challenging to manage and more than likely you will need some help. Just as you talk to your doctor about your regular health, you should not be hesitant in seeking help for your mental health. If left untreated, your anxieties and fears may not go away.

**2. Drugs and alcohol are not the answer:** Drugs and alcohol can make your problems more complicated. Many people have said that drugs and alcohol will only add more problems to your situation. Be smart and learn how to cope with your mental health issues by talking to a qualified professional. There are many

health professionals in your area that can give you some ideas on where you can go for assistance.

**3. You will save time and money:** Eventually, you will have to confront your fears and mental health issues. Save yourself the time and headache and confront your problems now rather than later. You will save months of struggling by getting help right away. The sooner you get assistance the faster you will start getting some relief.

**4. You are not alone:** Everyone deals with fear, stress, and anxiety in one's life whether your friends and others care to admit it. In addition, do not be embarrassed

that you are getting help. We all learn new things from others on a daily basis and learning how to manage your anxieties is no different. In addition, your goal is to get your life back on track and not to get everyone's approval. If people start asking you questions, just say your dealing with stress. Most people can relate to dealing with stress and anxiety!

**5. Do not make the mistake of doing nothing:** There are many people who struggled with anxiety and other mental health related issues, and they tried to ignore their problems. As a result, some of these people struggled on a

daily basis and eventually things became more difficult. It can be scary asking for assistance, but the key is to take things one day at a time.

**6. You have a variety of options:** There are many mental health support groups, organizations, and counselors in your area that can help get your life back on track. Talk to your doctor to get more details on where you can go for some assistance. Help is available but you must be willing to make the choice of getting better. Remember that every problem has a solution. You just have to make the effort to find the answers.

## Funds are available to help kinship caregivers gain guardianship

From ND Dept. of Health and Human Services

**BISMARCK, ND** - North Dakota Health and Human Services (HHS) today announced that funding assistance is now available to help with the legal costs of gaining guardianship as a kinship caregiver.

Offered through the

HHS Kinship-ND program, caregivers can apply to receive up to \$2,500 to help complete the initial guardianship process. Caregivers must be receiving Kinship-ND services before applying for funds.

Kinship caregivers are adults who provide full-time care, nurturing support, protection and care

for children who cannot remain safely in their parents' home. These caregivers can be a grandparent, aunt, uncle, godparent, older sibling, extended family member or someone who shares a close relationship with a child (also known as fictive kin).

Today there are more than 765 North Dakota

caregivers who provide care to more than 1,325 children in a kinship care arrangement.

"We are happy that funds are now available to help kinship caregivers provide safe and stable homes in familiar environments," HHS Children and Family Services Director Cory Pedersen said. "Kinship care

is one of the best ways to keep families connected and at the same time ensure the safety and well-being of children."

For more information and to apply for kinship caregiver guardianship establishment funds, email kinship@nd.gov or call (701) 328-1453, 711 (TTY).

Tuesday, Jan. 7, 2025

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