



Prom expands beyond the dance

Prom is much more than a dance. It is a rite of passage and a memorable component of the high school experience. The few hours spent dancing and socializing at a catering hall or other venue will be the centerpiece of prom night, but often there is more to the festivities. Increasingly, students incorporate pre-prom events and after-prom adventures, during which additional memories are made.

Getting ready

Many young women enjoy prepping for the prom together. This presents a chance to work on each others' hair and make-up, and ensure that the finishing touches are all set. Depending on the school, some students may have an early dismissal on the schedule so prom-goers have ample time to get ready.

It's possible to meet at a spa, salon or someone's house to put together the perfect prom aesthetic. This is a busy day, so it's always a good idea to pre-book prom treatments well in advance to ensure that beauty professionals will be free and able to accommodate groups.

Pre-prom gathering

Pre-prom get-togethers are all about looking good before the dancing (and sweating) occurs. This is the time when friends gather to take photos with their closest group of besties.

Typically, one student who has a home with a scenic backyard hosts the pre-prom mixer. Light snacks, photo opportunities with balloons and backdrops are the norm.

It can be a nice touch to have a parents' station with some snacks and beverages so that parents can mingle and grab their own photos as well.

The pre-prom gathering also is a way to facilitate easy transport to the prom. Groups can coordinate vans, party buses or limos to stop at this centralized location.

Prom after-party

Once the last song is played and the lights come on at the prom venue, it may seem like the night is done. But this is not quite the case for those who want the fun to continue. After-prom events tend to fall into two distinct camps: the school-sanctioned option and the private party.

The school event may feature things like inflatables, food, casino-type games, and more music. Some are lock-in events where students stay until morning, helping to keep people off the road in the wee hours.

Private after-parties run the gamut of classic house parties to diner hangouts to destination trips. In many regions of the country, it is a tradition to head to a beach house, a cabin or a hotel in a hot spot for the remainder of the prom evening and potentially the weekend. Students and parents must carefully weigh the pros and cons of these types of parties, and make every endeavor to keep participants safe.

Some hotels will not allow bookings to underage patrons, so that also is a consideration.

Families may want to establish pacts that hold students to certain behavior standards, such as avoiding alcohol, drugs and intimate encounters at prom after-parties. The after-party requires a level of responsibility and trust on the part of all involved.

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How to reengage with a hobby

Hobbies can have a profound impact on physical and mental health. The National Institutes of Health says hobbies can reduce stress, lower blood pressure and may prolong life. Hobbies also enhance cognitive function and can foster social interactions that help to combat loneliness.

In a busy world with many responsibilities, sometimes hobbies can fall by the wayside. Individuals who want to reengage with a hobby can try these tips.

- **Start small.** Initially devote a manageable amount of time to the hobby, such as 15 minutes a week. As interest grows, increase the amount of time you devote to the hobby.

- **Create a dedicated space.** Remove barriers to engaging with the hobby by having an accessible space to make it easier to begin.

- **Gather all the supplies.** Spend some time coordinating all of the materials that will be needed to engage with the hobby. Stocking supplies in a dedicated space makes it easier to engage.



- **Spark fresh ideas.** Watching some tutorials on YouTube or other social media sites can provide inspiration for projects.

- **Find a friend.** Socialize with others in the community who also want to share the experience. Take turns hosting in each person's hobby space to turn free time into an opportunity to create and engage with others.

If the hobby doesn't excite like it once did, then it's acceptable to explore new ideas. The goal is to try something to remain engaged.

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NOTICE OF UTILITY RATE INCREASES

The City Council of Minnewaukan has passed utility rate increases to take effect with the April 2026 billing cycle. Water rates will now be charged year-round. These charges are necessary for long-term financial sustainability, and the new rates are comparable to surrounding communities.

Approved monthly rates are as follows:

- Water – Residential \$30.00 base plus \$0.016 per gallon
- Commercial \$35.00 base plus \$0.017 per gallon.
- Sewer – Residential \$12.00 plus \$0.0003 per gallon
- Commercial \$13.00 plus \$0.004 per gallon
- Garbage – Residential \$26.00
- Commercial tote \$32.25
 - 2-yard \$88.00
 - 4-yard \$176.00
 - 6-yard \$264.00
- Infrastructure fee increases from \$25.00 to \$30.00 per month
- User fee increases from \$8.00 (water only) to \$13.00 (\$8.00 water and \$5.00 sewer)
- A street light fee of \$7.75 per month is approved
- Utility rates will increase 5% annually

Audray McCollum
City Auditor

Popular prom songs through the years

Popular songs provide the soundtrack to young adults' lives. Such songs offer comfort when hearts are broken, provide some common ground with peers, and can even lift a person up for a study session or before a big game.

Music also plays a large role on prom night. Prom music is a mix of high-energy anthems and slower ballads. These songs can serve as poignant reminders of the ups and downs of high school. Memories sparked by music can last long after photos or other mementos are forgotten.

Over the last 30 years, certain songs have become associated with the eras in which they first debuted. Naturally, these were the songs also popular at proms during those years. Here is a look back at some of the most popular prom songs from the 1990s until today.

1990s: Iconic power ballads and R&B slow jams

Proms during the 1990s were dominated by larger-than-life soundtracks and R&B groups, which served as a balance to the grunge and heavy-hitting songs of that time. This certainly was the peak of the slow dance era, with songs that also served double-duty as cinematic soundtracks.

- "I Swear," All for One
- "(Everything I Do) I Do it For You," Bryan Adams
- "Finally," CeCe Peniston
- "I Don't Want to Miss a Thing," Aerosmith
- "My Heart Will Go On," Celine Dion
- "I'll Be," Edwin McCain
- "The Crossroads," Bone Thugs-N-Harmony

2000s: Party Anthems

Moving into the 2000s meant an energy shift toward more hip-hop and club hits that certainly got the room moving. Proms were upbeat and certainly entertaining with this playlist.

- "Yeah!," Usher featuring Lil Jon & Ludacris
- "Mr. Brightside," The Killers
- "Hips Don't Lie," Shakira
- "Get Low," Lil Jon & The East Side Boyz
- "If I Ain't Got You," Alicia Keys
- "Chasing Cars," Snow Patrol
- "Hero," Enrique Iglesias

2010s: Electronic Dance Influence



The party continued into the next decade with the rise of electronic dance music and songs that would go on to spark viral moments on early social media channels. The following songs likely were played for prom-goers from 2010 onward.

- "Uptown Funk," Mark Ronson featuring Bruno Mars
- "Party Rock Anthem," LM-FAO
- "All of Me," John Legend
- "Thinking Out Loud," Ed Sheeran

Behavioral disorders

The WHO reports that behavioral disorders, which include attention deficit hyperactivity disorder (ADHD) and conduct disorder, are more common among younger adolescents than kids nearing the end of this period in their lives.

2020s: Nostalgia and Viral Hits

The modern era's prom songs have reflected a nod to 2000s nostalgia, as well as a blend of songs that have dominated social media.

- "Stay," The Kid Laroi & Justin Bieber
- "Levitating," Dua Lipa
- "About Damn Time," Lizzo
- "As it Was," Harry Styles
- "good 4u," Olivia Rodrigo
- "Espresso," Sabrina Carpenter
- "Pink Pony Club," Chappell Roan

Timeless Favorites

While popular music tends to dominate prom night playlists, there also are likely to be a number of "forever" songs played, regardless of the year.

- "Don't Stop Believin'," Journey
- "Cupid Shuffle," Cupid
- "Cha Cha Slide," DJ Casper
- "Dancing Queen," ABBA
- "Starships," Nikki Minaj
- "Sweet Caroline," Neil Diamond

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Apply for water resources scholarship by April 15

The ND Water Education Foundation's (NDWEF) deadline for applications for the Dushinske and Jamison Water Resources Scholarship is April 15, 2026. Four \$1,500 scholarships will be awarded to qualified students.

The NDWEF, family, friends and colleagues of Russell Dushinske and Warren Jamison have established a scholarship endowment in their memory. The Dushinske and Jamison Water Resources Scholarship Endowment recognizes their distinguished service, dedicated leadership and lifelong devotion to water development in North Dakota. The Dushinske and Jamison Water Resources Scholarship Endowment will provide scholarships to four deserving students who currently attend or plan to attend a North Dakota

college or university. Preference will be given, but scholarships are not limited to, students studying a water-related field or whose families have had an active role in North Dakota water management.

"This endowment is a testament to the commitment and effort both these water leaders gave to water projects and water organizations in North Dakota," says Dani Quissell, NDWEF's executive director.

Scholarship applications are available by calling the NDWEF office at 701-223-8332, emailing editor@ndwater.net or visiting www.ndwater.org/scholarships/ and clicking on the scholarship application link.

Contributions to the endowment can be made to the NDWEF at PO Box 2254, Bismarck, ND 58502.



Lake Region Livestock Inc.

Devils Lake, ND
701-662-2223 | 800-858-7049
Chris Plummer - owner & manager

- **Tue., Mar 31:** Regular Sale & Feeder Cattle Special
Starting at Noon
200 Bred Cows bred black start calving mid April
- **Tue., Apr 7:** Regular Sale & Feeder Cattle Special
1500 feeders consigned
- **Tue., Apr 14:** Regular Sale & Feeder Cattle Special

▶ **REMEMBER. SHOTS DO MAKE A DIFFERENCE**

★ Call ahead if interested in marketing any bred cattle to ensure proper advertising. ★

For market information, a farm appraisal, to consign livestock or for trucking arrangements call
Chris Plummer @ 701-256-0878
Check out www.lakeregionlivestockinc.com
or for current & past sale results.

Signs adolescents might be struggling with mental health

Adolescence can simultaneously be an exciting and challenging time for children. The World Health Organization defines adolescence as a transitional period children experience between the ages of 10 and 19. The physical changes and challenges of adolescence are widely recognized, but mental health also can be challenged during this pivotal period in a young person's life.

It's easy to mistake signs of mental health issues among adolescents as normal struggles that tend to affect all children at this point in their lives. However, the WHO reports that one in seven adolescents across the globe experiences a mental disorder, which is why it's so important that parents do not quickly dismiss signs of struggle as a normal part of adolescent life. Recognition of signs suggesting adolescents are struggling with mental health issues can increase the chances kids get the help they need.

Behavioral disorders

The WHO reports that behavioral disorders, which include attention deficit hyperactivity disorder (ADHD) and conduct disorder, are more common among younger adolescents than kids nearing the end of this period in their lives. Kids who have difficulty paying attention, are excessively active and act without regard to consequences might be dealing with a behavioral disorder. Conduct disorder may compel children to exhibit destructive or challenging behaviors that compromise a child's ability to fulfill their academic potential. Conduct disorder also can increase a child's risk of engaging in criminal behavior.

Eating disorders

The WHO notes girls are more commonly affected by eating disorders than boys. These conditions, which include anorexia nervosa and bulimia nervosa, tend to emerge during adolescence and are marked by abnormal eating patterns. Adolescents may exhibit an ab-



normal preoccupation with food and be particularly concerned about their body weight and the shape of their bodies. The WHO reports eating disorders often co-exist alongside other mental health disorders, including anxiety, depression, substance abuse, and even suicide.

Psychosis

Conditions marked by symptoms of psychosis, which can include hallucinations or delusions, tend to emerge in late adolescence or early adulthood. Participation in activities typical of daily life, such as school, are impaired by conditions indicative of psychosis.

Risk-taking behaviors

Some adolescents struggling with mental health turn to risk-taking behaviors in an effort to cope with their emotional challenges. The WHO reports that young people are especially vulnerable to substance abuse when confronting mental health challenges during adolescence. Some adolescents also look to risky sexual behavior as a means to coping with mental health issues during adolescence.

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Did You Know?

People have been increasingly spending a considerable amount of time on devices. ZipDo Education reports indicate the average person spends about seven hours per day looking at screens. Adults in the United States may be using their screens even more, averaging between seven and 8.5 hours daily across all devices. A Reviews.org report titled "Screen Time and Internet Usage 2025" says that screen exposure is even higher when factoring in both work and entertainment. When adding those variables, Americans may be spending in excess of 12 hours per day on screens. Digiexe, an SEO firm based in India, says young adults (Gen Z) spend the greatest number of hours on screens, averaging around nine hours per day.

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Food pantry open Wednesdays in Maddock

The Maddock Community Food Pantry will be open from 9 a.m. to 5 p.m. every Wednesday (closed during the noon hour) until further notice. Anyone who would like to make an appointment to come at a different time should call Joann, pantry coordinator, at 438-2738.



Now Hiring Drivers!

Benson County Transportation, an EOE, is looking for a Public Transit Driver with hours available Monday through Friday 8:30 a.m. - 5:30 p.m.

- On the job training
- Very flexible schedule
- Based in Maddock
- Starting Wage \$20/hour

For application & more information contact Laura at 701-438-2192 or 701-473-5671.

NOTICE OF ELECTION

CITY OF MINNEWAUKAN, ND

NOTICE IS HEREBY GIVEN that the city election for the city of Minnewaukan, ND will be held on **Tuesday, June 9, 2026**, in conjunction with the county primary election. Qualified voters of said city will vote upon and choose the following:

- **Council Member:** 2 positions for term of 4 years each.
- **Park Board:** 1 position for a term of 4 years.

NOTICE IS FURTHER GIVEN that the first day to circulate nomination papers is January 1, 2026 and the **final day for filing nomination papers is 4 p.m. on Monday April 6, 2026** in the office of the city auditor.

All forms are available at the city office or online at www.nd.gov/sos/electvote/elections/forms.html



Audray J. McCollum
City Auditor