

Ross Roughriders 4-H Club News



By Cora Ruland
The Ross Roughriders met on Sunday, May 17 at the Bethel Home. A short meeting was held led by Jessy Roise. They played bingo with the residents. Snacks were provided by the Ruland and Uran families, and the prizes were brought by the Urans. Fun was had by all.

ND Weekly Gas Price Update

Average gasoline prices in North Dakota have fallen 1 cent per gallon in the last week, averaging \$4.12/g Monday, according to GasBuddy's survey of 493 stations in North Dakota. Prices in North Dakota are 57.5 cents per gallon higher than a month ago and stand \$1.20/g higher than a year ago. The national average price of diesel has decreased 0.5 cents compared to a week ago and stands at \$5.618 per gallon.

According to GasBuddy price reports, least expensive station in North Dakota was priced at \$3.59/g Sunday while the most expensive was \$4.89/g, a difference of \$1.30/g. The national average price of gasoline has fallen 1 cent per gallon in the last week, averaging \$4.47/g Monday. The national average is up 45.2 cents per gallon from a month ago and stands \$1.33/g 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.

Neighboring areas and their current gas prices: Sioux Falls- \$4.26/g, up 12.9 cents per gallon from last week's \$4.13/g, Fargo- \$3.92/g, down 10.9 cents per gallon from last week's \$4.03/g, South Dakota- \$4.30/g, up 10.4 cents per gallon from last week's \$4.20/g.

"The national average price of gasoline spent much of last week drifting lower after jumping early in the week as oil prices softened in hopes that diplomatic progress between the U.S. and Iran could help ease supply concerns," said Patrick De Haan, head of petroleum analysis at GasBuddy. "However, that optimism faded after President Trump's meeting with China's Xi Jinping failed to produce a breakthrough on Iran, while renewed warnings toward Tehran

have helped push oil prices higher again. With global oil inventories continuing to trend toward historically tight levels, markets remain extremely sensitive to geopolitical developments and potential supply disruptions. As a result, gasoline and diesel prices are likely to remain volatile, and with Memorial Day approaching, any sustained increase in oil prices could begin pushing retail fuel prices higher again in the weeks ahead."

North Dakota Stockmen's Association Hosts Beef Month Coloring Contest

May is Beef Month, and the North Dakota Stockmen's Association is inviting youth ages 3 to 12 to celebrate the delicious, nutritious food and the economically significant cattle industry by participating in the organization's first-ever Beef Month Coloring Contest.

The official coloring contest sheet can be downloaded at www.ndstockmen.org, or hard copies can be requested by calling (701) 223-

GasBuddy®, a PDI Technologies company, is North America's trusted fuel savings platform, helping consumers fuel up for less for over 25 years. With over 100 million app downloads, GasBuddy delivers real-time prices at 150,000+ stations and tangible savings through Pay with GasBuddy+™. It is the most authoritative source of station-level fuel pricing data, updating averages 288 times daily from the broadest mix of inputs - spotter reports, direct station integrations, and transactional data.

2522. Crayons, colored pencils or markers can be used. Entries must include the child's name, age and mailing address and a phone number for his or her parents or guardians. All entries must be received at the NDSA office at 4520 Ottawa St., Bismarck, ND 58503 by May 30. Winners will be selected in age categories and notified after the judging.

NDSF App Now Available

The North Dakota State Fair is encouraging fairgoers to start planning now as tickets are officially on sale and the new North Dakota State Fair App is available to help visitors maximize all nine days of the Fair, July 17-25, 2026.

Designed to be the go-to tool for fairgoers before and during the event, the official app allows users to purchase tickets, plan their day, explore attractions, and stay informed with real-time updates throughout the Fair.

With hundreds of events, concerts, competitions, vendors, livestock, activities, and free attractions happening across the fairgrounds each day, the app is designed to help visitors make the most of their Fair experience without missing a thing.

"This year's Fair has so much happening across the grounds every day that we wanted to create a tool that truly helps people maximize their experience," said North Dakota State Fair General Manager Craig Rudland. "The app allows fairgoers to plan ahead, stay flexible throughout the day, and make the most out of all nine days of Fair."

The North Dakota State Fair App includes:

- Daily schedules and event listings
- Interactive fairgrounds map

- Ticket purchasing access
- Food finder and vendor locations
- Livestock schedules and competitive exhibit information
- Free entertainment listings
- Grandstand performer information
- Carnival ride information
- Contest and competition schedules
- Real-time updates and announcements
- Personalized planning tools for families and groups

The app is especially helpful for families, livestock exhibitors, and first-time visitors looking to coordinate their schedules and navigate the fairgrounds more efficiently.

The 2026 North Dakota State Fair will feature more than 76 free things to do, multiple entertainment stages, America 250-themed activities and contests, shopping, food vendors, livestock shows, agriculture experiences, and nationally recognized Grandstand entertainment.

Memorials Received By Mountrail Community Food Pantry

The Mountrail Community Food Pantry received a donation in memory of Merrill (Bud) Halverson, Roger Evans, Orville Harstad, Jerome (Jerry) Clark, Janene Lee, Bev Wilhelmi, Joyce Hollekim, Jon McGinnity and Zachary (Zach) Long from Caryn Nelson.

Donations are very appreciated and may be mailed to 6989 84th Ave NW, Stanley ND 58784 or slid under our door at the pantry in the Memorial Building.

Mountrail County Medical Center

Many Avenues - One Goal... Your Health

701-628-2424

Dr. Mark Longmuir, MD

Tara Nardacci, DNP-NP-C

Tammie Basfall, FNP-C

Abbey Ruland, PA

Jessica Charon, DNP

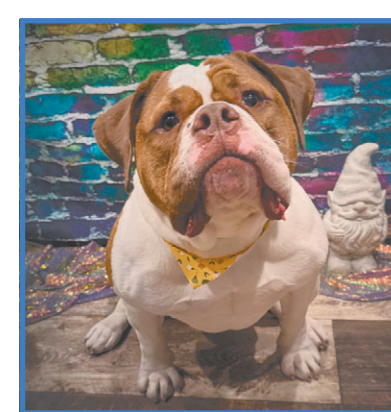
Brittany Houghton, FNP

Carol Hynek, DNP-FNP-C

MCMC Visiting Specialists

Dr. Ravindra Joshi, MD McKenzie County Specialty Clinics Orthopedics Specialist	701-444-8730
Dr. Tyson Williams, DPM Trinity Health Podiatry Specialist	701-628-8621 <small>If no answer, please leave message with your Name and Phone Number and your call will be returned</small>
Dr. David Amsbury, DO Trinity Health OB/GYN Specialist	1-800-477-1046 or 701-857-7385
Dr. Tracy Tomjack, DO McKenzie County Specialty Clinics Orthopedics Specialist	701-444-8730
Lisa Risovi of Hearing Dynamics Hearing Dynamics at the Stanley Clinic Hearing Instrument Specialist	701-839-8964
Dr. Erin O'Leary Professional Hearing Services Audiologist	701-852-6565 or 800-735-5866

It's Mental Health Month!



TANK is an Olde English Bulldog who has completed his Canine Good Citizenship basic and required visits for the Alliance of Therapy Dogs to become a Certified Therapy Dog. Don't let his size fool you, he has a soft heart and loves to spend time with others. He will melt you with his puppy dog eyes as he awaits pets and love! Tank is always excited to come to work and meet new people and when he feels he has done his job well, he takes a good nap. We couldn't be happier to have Tank join our team!

SAMMIE is a Lab/Beagle mix who has completed Canine Good Citizenship basic and advanced. She was a morale dog for a security forces squadron at Minot Air Force Base for almost two years and then took a break from work. She is completing her required visits for the Alliance of Therapy Dogs to be a Certified Therapy Dog and will often compete with her brother Tank to go to work! Sammie love meeting new people and as she has gotten a little older, she has learned to enjoy the art of napping almost as much as her brother! We are excited for Sammie to complete her journey to becoming Certified so she too can join us during our visits.



Both **TANK** and **SAMMIE** will be traveling with Tara Schaefer-Nygaard to Stanley on Wednesday's and they will include visits to the nursing home while they are in town. We look forward to meeting residents and staff alike! While we make efforts to visit as many people as possible, we hope that once a month visit will bring a little sunshine to those we get to greet!

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Change starts with information. Whether it's an upcoming school board election, a public hearing, or a request for bids, public notices give you the tools to get involved and shape the future of our community.

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CENTER BAR HOURS: Sun-Thurs 10 AM-1 AM; Fri and Sat 10 AM-2 AM
POCKET ACES BAR HOURS: Sun-Thurs Noon-1 AM; Fri and Sat Noon-2 AM

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

Mountrail County Medical Center
Rural Health Clinic

615 6th St. SE • P.O. Box 399
Stanley, ND 58784

Clinic Phone: 701-628-2424
Clinic Fax: 701-628-3078

HAVING TROUBLE PAYING YOUR BILL?
Please contact the Revenue Cycle Team at 701-628-8639