

Within our Walls

by Tanya Munson, Quality/Patient Safety Program Manager, Infection Preventionist
CHI St. Alexius Health Carrington

Stroke awareness

It's a busy time in North Dakota. Farmers are out working long hours in their fields, parents are gearing up for the end of the school year, flowers are blooming and ready to be put into the ground and our state comes alive with fairs, festivals and outdoor recreation. We are thinking about all the things we want to see and do before the bitter cold of winter comes back. What we generally don't want to think about is facing a serious health crisis like having a stroke.

You have probably heard the saying "Time is Brain". This is true. Every second counts during a stroke. A stroke occurs when bloodflow to an area of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. This can be either from a blockage or a leak in an artery or vein. Brain cells begin to die in minutes. Every stroke is unique; the impact depends on the affected area of the brain and the extent of the damage.

Any of the following can be a sign of a stroke. They do not all have to happen at once. Let's review the acronym B.E.F.A.S.T. we can use to help identify a possible stroke.

B = Balance: Sudden loss of balance, coordination, or difficulty walking

E = Eyes: Sudden changes in vision, such as double vision, blurriness, or loss of sight in one eye.

F = Face: One side of the face droops or is numb. Ask the person to smile to check for an uneven expression.

A = Arm: Weakness in one arm or leg. Ask the

person to raise both arms; if one drifts downward, it's a warning sign.

S = Speech: Slurred speech, garbled language, or difficulty understanding what is being said. Ask them to repeat a simple sentence to check.

T = Time: Time to call 911 immediately. If someone shows any of these signs, even if the symptoms go away, calling 911 right away can help get lifesaving care started. Note the time that the symptoms first started, or when the person was last known to be normal. The medical team will need this information.

Other additional symptoms may include a sudden, severe headache with no known cause.

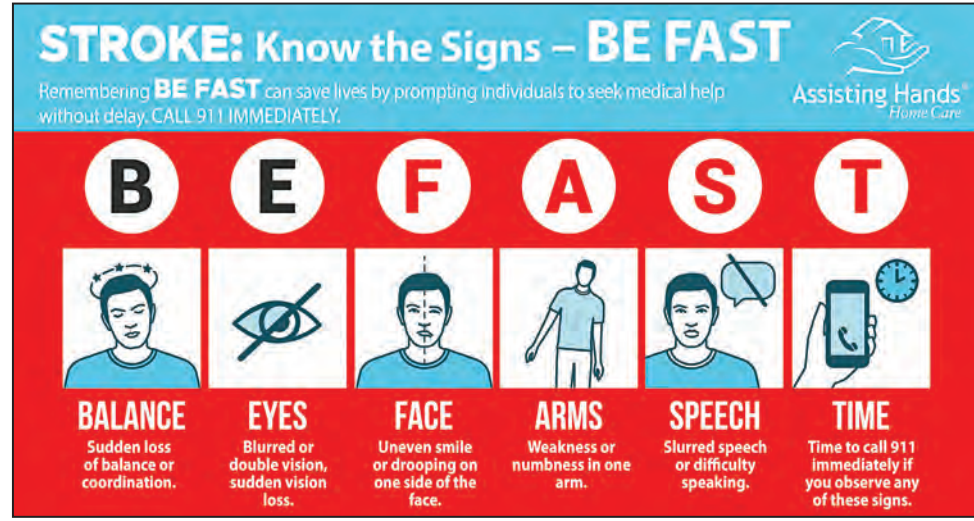
Now that we have reviewed how to spot a potential stroke, let's review things we can do to help decrease our risk of having a stroke. There are stroke risk factors we can control, treat and improve as well as factors not within our control. While we can't control our biological and genetic risk factors, such as our age, gender or family

history, some risk factors for stroke we can manage through lifestyle changes and medical care. Some of those controllable risk factors are high blood pressure, tobacco use, poorly controlled diabetes, high cholesterol, physical inactivity and obesity, diets high in sodium, trans fats and saturated fats, and alcohol and drug use. Ask your healthcare provider at your next visit to review with you your stroke risk factors and what you can do to work on lowering your risk.

Remember, acting (BE) FAST is crucial. The quicker the stroke is identified and treated, the higher the chances are they will recover and return to normal activities. Acting (BE) FAST also includes calling 911 and activating EMS. Often people think why wait for someone to come here when I can drive my loved one to the hospital. EMS starts treatment in the field and they can begin administering critical life support if needed.

During the drive to the hospital, stroke symptoms can worsen, people may also develop dizziness, confusion or even may lose consciousness. Driving while trying to manage a loved one experiencing these symptoms is extremely dangerous. EMS notifies the emergency department ahead of time so that staff can prepare for immediate testing and treatments as needed. Time is Brain.

A stroke can happen to anyone at any age. It is the fifth leading cause of death in the U.S. and a leading cause of severe disability. Spotting a stroke quickly is a matter of life and death, as nearly 2 million brain cells die each minute a stroke remains untreated. Recognizing the warning signs of stroke is only one part of improving outcomes. Prevention, early diagnosis and coordinated follow up care also play an important role in helping patients reduce their risk and recover after a stroke. You don't need to be a medical expert to save a life; you just need to B.E.F.A.S.T. and take immediate action.



NR-S second semester honor rolls announced

New Rockford-Sheyenne High School Superintendent Natalie Becker recognized the following students for making the Honor Rolls for the second semester of the 2025-26 school year.

High School A Honor Roll

12th Grade: Bailey Baumbach, Easton Benz, Logan Cudworth, Alyssa Foster, Paige Knatterud, Ava Peterson, Vinnie Ruppell, Jackson Schumacher, Easton Simon, Alex Weisenburger and Alivia Yri.

11th Grade: Eli Alfstad, Emmie Belquist, Madison Hultgren, Layton Jacobson, Skye Kramlich, Olivia Larson, Jocce Lawrence, Judy Meier, Kason Nass, Kyle Thompson, Kaci Weisenburger, Karsyn Wetzel and Thaddison Wobbema.

10th Grade: Beau Baumbach, Beth Becker, Megyn Bjerke, Kaylynn Chamberlain, Katie Cleveland, Jax Demester, Camebria Engels, Angelina Hall, Tatyn Heskin, Alex Knatterud, Jaida Schumacher, Sophie Skogen and Koy Ziemann.

9th Grade: Braylon Alfstad, Adison Bullinger, Leah Bullinger, Isla Jacobson, Aubree Kukowski, Raegyn Lange, Jaya Melaas, Miles Peterson, Jaxon Simon, Gabriel Smith and Everett Wiedrich.

High School B Honor Roll

12th Grade: Dashyl Bichler, Zachary Dockter, Rikka Gudmunson, Shaun Reimiche and Stephen Sogge.

11th Grade: Thomas Allmaras, Jaydee Duda, Khloe

Dudymott, Kolton O'Connor, Trystin Overby, Javeyn Schwan, Christopher Wiedrich and Kaelyn Ystaas.

10th Grade: Ayden Gable, Sawyer Huso and Ashli Mendoza.

9th Grade: Wyatt Dudy-mott, Anna Foster, Eva Garcia, Evan Hultgren and Austin Weisenburger.

Junior High A Honor Roll

8th Grade: Jacob Cleveland, Coy Enget, Taylin Jacobson, Ridge Kramlich, Ziarah Reisenauer, Camden Rieger, Miley Sifuentes and Haley Thompson.

7th Grade: Alexa Allmaras, Dylan Cudworth, Kensley Engels, Lydia Huso, Sadie Knatterud, Ashtyn Lies, Cordell Myhre, Zoe Reisenauer, Kierra Secevers and Bryce Yri.

6th Grade: Brielle Dauenhauer, Christopher Schmaltz, Jack Skogen, Livi Skogen, Bentley Triebold, Jace Ystaas and Kynlee Ziemann.

Junior High B Honor Roll

8th Grade: Gerson Centeno Godoy, Jaxson Dewald, Elise Guler, Theodore Hall, Makaya Heskin, Hudson Myhre, Ella Radke and Tyler Ziemann.

7th Grade: Tian Beard, Lincoln Risovi, Maddie Schaefer and Casey Ystaas.

6th Grade:

Averie Alfstad, Jaxson Buck, Michael Dewald, Kalleigh Engels, Tate Larson, Benjamin Risovi, Luca Schumacher, Amelia Smith, Khloe Wallace and Trey Ziemann.

Ohnstad Twichell, PC

Attorneys at Law



Ohnstad Twichell
attorneys

Your life. Your law firm.

105 Central Ave., Suite 127
Maddock, ND 58348
701-997-0019

mmaddock@ohnstadlaw.com

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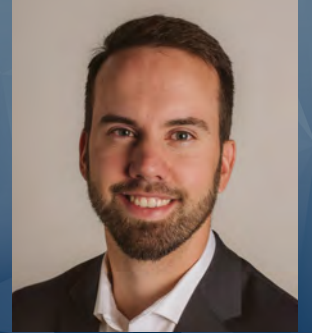
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Devin Melvie, CFP®, CRPC®, APMA®, BFA™
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125 Buckskin Ave Ste 200
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THURSDAY, JUNE 18
Pinochle Tournament, 1 pm
Matt Hodeck & the Dakota
Dutchmen Polka Band, 4:30 pm
Grand Opening & Dedication, 7 pm
I Piano 2 Much Fun, 7:30 pm

SATURDAY, JUNE 20
Stock Dog Trials, 8 am
Foam Pit for Kids, 2 pm
Jackpot Livestock Show, 4 pm
Mutton Busting, 6 pm
Ranch Rodeo, 7 pm
Dance, 9 pm

FRIDAY, JUNE 19
4-H Livestock Show, 8 am
Pedal Tractor Pull, 1 pm
4-H Premium Sale, 6 pm
Farmer Olympics, 7:30 pm

SUNDAY, JUNE 21
Cowboy Church, 8:30 am
Foster County Junior Livestock
Show, 10 am

ABBREVIATED NOTICE OF INTENT TO ADOPT AND AMEND ADMINISTRATIVE RULES RELATING TO MOTOR CARRIER SAFETY REGULATIONS - GENERAL

TAKE NOTICE that the North Dakota Highway Patrol will hold a public hearing to address proposed changes to the N.D. Admin. Code 38-04-01-02 at 10:00 a.m. central time on June 29, 2026, at the Law Enforcement Training Academy, 1320 Schafer Street, Bismarck North Dakota. A copy of the proposed rules may be obtained by writing the North Dakota Highway Patrol or calling 701-328-2447. The proposed rules are also posted at www.statepatrol.nd.gov. Written comments may be submitted to North Dakota Highway Patrol, 600 E Blvd Ave, Dept 504, Bismarck, ND, 58505 by July 14, 2026.

If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the North Dakota Highway Patrol at the above telephone number or address at least two days prior to the public hearing.

Dated this 27th day of May 2026.
Daniel Haugen, Superintendent
North Dakota Highway Patrol

Have a story idea you'd like published? Contact the New Rockford Transcript at 701-947-2417