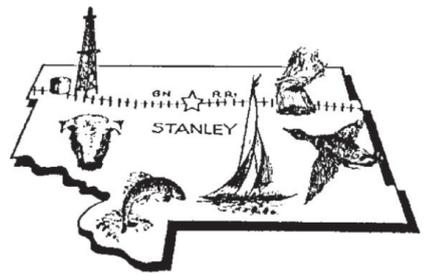


Mountrail County



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Volunteers Make Stanley's Ambulance Work

Before the oil boom brought more people and activity to the Stanley area and Mountrail County, a busy month for Stanley's Volunteer Ambulance service was twenty to twenty-two calls per month. In March the effects of a busier area and a rough winter was seen as the department had 43 runs. Seventeen of those calls were for motor vehicle accidents. Any month an average of up to 75% of the calls they respond to will be transfers to another medical facility.

The responders are on call 24/7 carrying pagers. Everyone tries to work around other's schedules to assure that at least one EMT is on call, as each call needs to have an EMT respond. Often a call means that the volunteer will end up leaving home at meal times or during another family event. That doesn't stop them, though, as they find their rewards in helping others. It's all worth it when they have someone thank them for helping or even when they are mentioned in a thank you in the paper. They are often told "thank you for doing what you do, I couldn't do it myself but I'm sure glad you do."

Stanley's Ambulance service is currently staffed by five EMT's. Squad Leader Debbie Johnson is an EMT-I. Brenda Nielsen, Norman Stenbak, Harry Braddock and Tyler Taylor are the other four EMT-B that fill out that portion of the roster. They have a number of drivers, including secretary/treasurer Cheryl Weisenberger, Fritz Weisenberger, Jim Johnson, Ryan Johnson, Mic Bures, Aden Clark, Shad Walker, Dennis Lindahl, Dennis Nielsen and Donald Giese. Jim Johnson is also the department's vehicle maintenance person.

That healthy roster of drivers is good for the service, many of them bringing a lot of years of experience and training. But they really need a few more trained EMT's. That's why this September they will offer an EMT Class for anyone interested. A few of the drivers have expressed interest, but ideally they would like to double their roster of EMT's after this class is taught with the new curriculum.

Setting up this class demonstrates a commitment on the part of the Ambulance Service to provide quality service to the area. It is not cheap with the cost of providing the trainer at \$8500. It will also demonstrate



commitment on the part of those taking the class. Starting on September 6, the class will run through March 31 with classes on Tuesday nights at the ambulance building and a few Saturdays as well. Registrants will be charged a deposit to take the class, but they will be reimbursed if they commit to at least a one year contract to the service. The costs of the class include the books, but not the written or station practical tests for the class. They are setting a preregistration deadline of August 1 so they can be sure they have people willing to take the class.

In the future, the service wants to add a paramedic to their roster but that is still in the beginning stages as they try to see how they can financially make that addition as well as determine how they would establish a coverage schedule for a paramedic.

In addition, they are also considering setting up an ambulance district, similar to one set up by others in the area including Berthold and New Town. The idea behind that is so there is fair taxation for all the communities they serve. Right now the only tax revenue they receive is through the City of Stanley tax collections.

The Stanley Ambulance Service has two units, a 2006 and a 2010 Horton Type 3 ambulance. The newest went into service in November of 2010 with 3000 miles on it. That unit, which is the first unit, now has 14,000 miles on it, demonstrating just how busy the ambulance service has become. The newest ambulance has been equipped with a GPS system, something they are thinking about adding to the other ambulance in the near future. This equipment has become even more necessary

as the landscape of the district they serve has changed. Even with a 911 address provided through the dispatchers at the Mountrail County Sheriff's Department, it can be a challenge to find the right place. Many of the street signs have been knocked down over the course of this rough winter and there are so many new locations and homes throughout the area. The GPS allows them to plug the address in and gives them a better way to find the location. Gone are the days when directions used to include go to John Doe's home and then turn left at the rock pile. With so many new faces and new places that is just impractical.

This week, May 15-21 is National EMS Week. As part of the week, the Stanley Elementary students in grades K-2 visited the Stanley Ambulance garage on Monday, May 16. They were given tours of the facility and then given a first aid book with age appropriate suggestions of what to do in the case of an emergency.

The service has also been invited to be a part of the Farm Safety Program on Monday, May 23 at the community building in Stanley. There grades 4-6 will have an opportunity to look at the ambulance. They will also be given a booklet that is a little more advanced than the one given to the younger students.

Anyone interested in a tour of the Stanley Ambulance building can call one of the ambulance members and they will happily set up a time for that tour. Anyone interested in taking the EMT Class or in joining the service can call either Debbie Johnson at 628-2645 or Cheryl Weisenberger at 628-2220. Be sure to leave a message and they will return your call.

Farm Rescue Helps Local Family



Pictured at the top are Bill Gross, Scott, Chrys, Jan, Tim and Alex Johnson. Below, is the Farm Rescue tractor and equipment in the Johnson's field just north of Stanley.

The logos and flying flags are very familiar around the state. When the Farm Rescue vehicles pull into a community they are quickly recognized for their six years of helping family farmers in need. This week those familiar sites were spotted in Stanley as Farm Rescue came to the aid of Tim and Jan Johnson.

Tim and Jan applied to Farm Rescue for assistance after Tim suffered some serious health problems earlier this year. In January he was at Mayo for what started out as a routine surgical procedure. That went well and they thought he would be ready for Spring's work on the farm. However, after the surgery Tim had a heart attack and required quadruple bypass surgery. After spending five additional days in the hospital, he was released but soon suffered other symptoms. A trip back to the hospital showed he had bleeding ulcers after the second surgery requiring yet another week in the hospital.

All of that coupled together would mean months of recovery

time and Tim unable to physically farm. For Jan and Tim that created additional stress. They have three sons. Alex, who remains in a wheelchair after a rodeo accident and lives in California; Scott who along with wife Chrys were living in Denver; and Adam along with wife Natalie who had just moved to Geneva, Switzerland.

That's when Jan heard about Farm Rescue and started the application process by getting a hold of Pam Musland while they were still at Mayo. Johnson's were approved for the program to help put in the crop this year. They know without the crop in the ground they would be unable to meet their needs and those of their son Alex.

Scott and his wife Chrys decided to move home in April to help with the Spring planting as well. That combined with the 500 acres of canola that Farm Rescue will plant should help get their 2500 acres of crop seeded this spring. Neighbors have been good to offer help, but

Johnson's recognize that with the delayed planting season this year, everyone is in the same situation as they try to get the crop in the ground. That's why they are so grateful to Farm Rescue for coming to their aid.

Farm Rescue was founded in 2005 by Bill Gross who is a volunteer with the program, just like everyone else that helps these farmers. Originally from a family farm in Cleveland, North Dakota, Gross is a captain with UPS Airlines who flies internationally from his station in Alaska.

Farm Rescue helped their first farmers with the spring planting season in 2006 and the Johnson's were the 139th family they've helped with either spring planting or fall harvest since their beginnings. Johnson's are the seventh family helped already this year and they have about another dozen cases already approved for this year's planting season including stops in Foxholm and Flaxton after they leave Stanley.

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How To Spend Additional Dollars For Roads



In the last legislative session, Governor Dalrymple put in his budget and the legislature set aside \$142 million for roads in the 17 oil producing counties in the state. Those funds are designed to deal with the impacts of the oil industry on roads in those counties. The funding and road needs were identified as part of the Upper Great Plains Transportation Institute study prior to the session. This study showed the significant impacts being felt in oil country and demonstrated the need for some additional help from the state to improve the road conditions.

The counties were split into two regions, a south and north region. The north region includes Divide, Burke, Renville, Bottineau, McHenry, Ward, Mountrail, Williams and McLean counties. On Wednesday, May 11 representatives from those counties met at the Ag Building in Stanley to discuss how to distribute those funds.

The meeting was coordinated through the ND Department of Transportation, the agency that will distribute the funds to projects approved as part of this process. At this

meeting, the counties each brought their projects to the table and those projects were subject to the criteria established through the UGPTI study. Each county had already prioritized their projects as they looked at their most critical needs.

The money was set aside to rehabilitate or reconstruct county or township paved and unpaved roads. Funding would be allocated based on how much a county allocated with up to 90% possible to cover costs for paved roadways and 25% for gravel roadways. The money is designed to fund projects and not replace funding a county may already have allocated to spend over the next biennium. The program is designed to take care of heavily travelled roadways.

Project selection criteria included truck traffic generators such as salt water disposal sites, water depots, scoria/gravel pits, transload facilities, gas plants, ethanol/agricultural plants, intermodal facilities or access to natural resources. Routes were classified as roadway tiers, CMC routes, missile routes, school bus routes, traffic counts/truck counts,

new developments, frontage roads, and had minimum design standards. They were designed for system continuity with state, county and township systems and the way they tie together. They also were impacted by project delivery or infrastructure maintenance. All of this ties into the UGPTI study.

In the north region, \$83.2 million was set aside for paved roads and almost \$12.8 million for unpaved roads. Mountrail County had been identified as very heavily impacted by the UGPTI study and as a result as the representatives of the counties decided which projects had merit under the guidelines and how to divide the money. Over \$40 million will come to Mountrail County to address the seven identified top prioritized projects: the Palermo South road, the Belden East road, the Ross South road, the Parshall Bay road, the Stanley truck bypass, 3 miles south on 76th from Highway 23, and the East Loop road at New Town. The county will commit to the 10% match for these roads or roughly \$4.2 million.

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Tips For Healthy Aging Part Of Open House

Mountrail County Medical Center held an open house on Wednesday, May 11 as part of National Healthcare Week. The day included two speakers. First was Administrator Mitch Leupp who spoke on the importance of living wills and advanced healthcare directives.

Both options are documents you put in place to help plan your healthcare needs in the event you are unable to make those decisions yourself. Each has its own different options and advantages. Both are also universally accepted throughout North Dakota to help document your exact wishes.

The Advanced Directive allows you to specify an agent to make those decisions for you in the event you are incapacitated. You can specify your wishes and delegate the decision making to someone you trust in the event you are unable to make those decisions. The Living Will specifies your wishes and is activated once a physician determines you are terminally ill. It also designates a person for your decision making.

Preparing these documents in advance will facilitate making sure your wishes are followed. It is important that you review these documents with the people who will make your decisions. It may be difficult to have those discussions but it is best that they know in advance to reduce the stress of making decisions in a difficult time. It is also something you should share with your healthcare providers. The forms are easily available and can be obtained at Mountrail County Medical Center if you wish.

Guest Speaker Terry Eckmann had two presentations of her



"Healthy Aging Survival Kit". Her recommended items included rose colored glasses to filter how you see yourself and the world around you as well as your lifestyle. It also includes the skin of a rhinoceros and the soul of an angel to help you deal with others and your own actions. Other items include a tongue so you don't have to bite your own; a penny for the thoughts of a mentor or friend; a big picture to see what's most important; a box to step outside of; a rubber band to stay flexible; a key to unlock the potential of those you touch; a watch to make the most of your time; a mirror to remind you to take care of you; exercise since exercise is medicine; healthy servings of five fruits and vegetables per day; sleep and water.

Most of all she reminds you to take care of yourself. Change is a challenge and a process. It is hard

sometimes to make those necessary changes. We often go down the same road, but the more we try to change the better chance we have of eventually succeeding.

The goal of her presentation is to give you a toolbox of strategies to promote a healthy mind and body. It takes you through a journey about the choices you make in life and how to make a difference in how you live your life. It is to help you live each day to the fullest to get the most from your life each day.

The day also included a "build your own salad bar" sponsored by the employee council, an opportunity for free blood pressure and body mass index checks. Upper Missouri District Health Unit was on hand to help with that, as well as providing information on smoking, diet and other services available from UMDHU.

2011 Math Meet Held In Watford City



Pictured left to right, back row: Alex Leschisin, Ryan Nesheim, Dalton Brown, Jenalee Reynolds, Cassandra Klitzke, Kaitlyn Lindberg, Kaedyn Hanson, Wyatt Hanson, Harley Eckert. Middle row: Layne Gandrud, Jack Wilhelmi Delia Rose Reynolds, Jace Ruud, Sydney Larson. Front row: Ty Gorder, Rhett Hanson, Jayde Omar and Maura Mills. Not pictured: Taylor Dean and Travis Dean.

The 2011 Math meet was held in Watford City this year. Our 5th grade won the team event with the following earning different places in each grade level.

Third grade place winner was Rhett Hanson, 3rd.

Fourth grade place winner was Jack Wilhelmi, 6th.

Fifth grade winners were Kaedyn Hanson and Travis Dean who took 4th and Wyatt Hanson 1st.

Sixth grade winner was Alex Leschisin, 4th.

All the participants and their grade follow:

3rd grade: Ty Gorder, Taylor Dean, Rhett Hanson, Maura Mills. Alt: Jayde Omar.

4th grade: Jack Wilhelmi, Jace Ruud, Lane Gandrud, Sydney Larson. Alt: Delia Reynolds.

5th grade: Wyatt Hanson, Travis Dean, Harley Eckert, Kaedyn Hanson. Alt: Kaitlyn Lindberg.

6th grade: Cassie Klitzke, Alex Leschisin, Ryan Nesheim, Jenalee Reynolds. Alt: Dalton Brown.

Sheriff's Department Participates In Special Olympics Torch Run



Law enforcement officers from the Mountrail County Sheriff's Department participated in the annual Torch Run for Special Olympics on Thursday, May 12. This year participants again rode bikes as they started near Ross and continued east across Mountrail County.

Pictured above are those who participated in this year's run. From left to right are Corey Bristol, Ken

Halvorson, Duane Marmon, Amber Roos & Lacey, Matthew Hegstad, Timothy Helmer and Sandra Crockett.

The Torch Run is held each year beginning on the western edge of North Dakota and continues across the state with law enforcement officials taking up the cause. This year's Special Olympics games will be held in Fargo on June 3 and 4.

The Torch Run began in 1981 in Wichita, Kansas as a way to raise funds for Special Olympics. It was conceived by Kansas Police Chief Richard LaMunyon as a way to involve local law enforcement personnel with Special Olympics. That year Kansas was the only state to do the run, but by 1999 it had spread to all 50 states and 25 countries.

Milk's the New Pop



By Ashley Brugh and Devanee Hale

We chose to do a project on the benefits of drinking milk because we want children to make healthier choices. Over the years, children are becoming less active and are eating and drinking unhealthy. As children get older the more pop they drink, the less active they are. In fact, we believe children in Parshall are drinking way more pop than they do milk. By showing them a presentation of our project we hope to persuade them to drink more milk. Milk has many nutrient factors like vitamins, calcium, carbohydrates, magnesium, phosphorus, potassium, protein, riboflavin, and zinc. It helps a body grow and builds strong bones.

We presented our project to the elementary and junior high students last year and we plan to continue promoting milk. Kids received coloring sheets dealing with drinking milk and fun worksheets they can do during their free time. We also plan to give a 'quiz' on our presentation, just so we know if they paid attention and to find out if they learned something. Like last year, we made calendars that were posted in the elementary and high schools. Our calendars show local students and teachers proudly wearing milk moustache.

Annabelle Homes Donates To Sheriff's Department



Last month, Annabelle Homes began donating to the Stanley Fire Department, Stanley Ambulance and the Stanley Police Department, contributing \$500 to each of the entities each month during construction of their new housing development. This month, they extended that contribution to the Mountrail County Sheriff's Department. Pictured above are Mountrail County Sheriff Ken Halvorson and Dennis Lindahl representing Annabelle Homes. Lindahl presented Halvorson with a check for \$1000 to include both last month and this month. Annabelle will continue to make the monthly contributions to the Sheriff's Department throughout the construction phase.

Memory Quilts



Pictured top: Lexus Henry, Patricia Dixon, Greg Oster, Brock Christianson and Aurie Coffey. Pictured on the bottom is: Shauna Cameron, Cheyenne Demontigny, Kuinn Starr, Noel Rensch, Josh Ector, Elliott Waldock. Not pictured: Katelyn Furr and Christopher Coronado.

As a final project, students in Family and Independent Living class created quilt blocks using fabric markers and fabric crayons. They came up with various designs that tell a story about their lives. They then constructed quilts. They intend to use their creations as wall-hangings or room accessories. Many of the students are upper classmen so it was a perfect way for them to wrap up their high school years.

Farm Rescue

(Continued from Page 1)

They hope to finish up in Stanley by Tuesday night weather permitting.

Farm Rescue is made possible through the hard work and dedication of the many volunteers who show up each year to help farmers in North and South Dakota, Minnesota and Wisconsin. This year, as in the past, those volunteers come from up to fifteen different states around the nation. Volunteering this trip to help Johnson's were founder Bill Gross; Bill Krumwiede from Voltaire and Charlie Bartsch from Minot, both retired farmers; and Dave Sette from Grafton, Wisconsin.

Farm rescue plants or harvests for farm families who have suffered a major injury, illness or natural disaster. They come in free of charge and Gross says that is made possible by the good hearted, gracious volunteers and they could not operate without them. They are also fortunate to have a large number of good sponsors who help to make the program possible. Some of those sponsors that will be recognized in the immediate area include RDO Equipment, Bremer Bank, ND Farmers Union and Farmers Union Insurance, Ryan Chevrolet, CHS and Sun Prairie Grain, Nodak Mutual Insurance Company, Farm Credit Services, SRT, American Investment Centers, BNSF, and Basin Electric and Otter Tail Power.

Stanley FCCLA Members Attend State



The Stanley FCCLA members attended the state conference in Bismarck, to prepare for national. The Stanley High School FCCLA (Family, Career and Community Leaders of America) brought nine members to the annual state leadership conference in Bismarck Apr. 10-12. The "Power Up with FCCLA" theme was reinforced in the opening session by motivation speaker Joel Penton, whose message was titled, "The Power of YOUR Choices." Students attending the conference partici-

parted in a variety of service learning activities to raise money for the statewide service project, Children's Miracle Network specifically Sanford's Hospital in Fargo. Members Kendra Enget and Abby Wilhelmi won first place in STAR (Students Taking Action for Recognition). Events with their Career Investigation Individual projects. They will be competing at the National FCCLA Leadership meeting in Anaheim in July.

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