

THE EXTENSION CONNECTION

Melanoma Awareness Month



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When the weather warms, people head outside to enjoy the weather and sunshine. A little sun is good for our health, but too much exposure can promote the development of skin cancer. More than 100,000 new cases of melanoma were estimated in 2024, which could result in an estimated 8,290 deaths. This week I share sun safety reminders for

May, Melanoma Awareness Month from Cara Joseph and Julie Garden-Robinson, NDSU Extension. What are the three primary types of skin cancer? The three types of skin cancer are basal cell carcinoma, squamous cell carcinoma and melanoma. Basal cell and squamous cell carcinoma are nonmelanoma skin cancers and less deadly than melanoma. However, if left untreated, they can spread and cause damage to other parts of the body. Melanoma is the cause of most skin cancer-related deaths. How can we stay safe in

the sun? As an adult, use sunscreen when exposed to the sun directly or indirectly. The Food and Drug Administration (FDA) recommends keeping infants out of the sun during peak UV radiation hours, dressing infants in protective clothing and avoiding sunscreen application on babies younger than 6 months. Sun Safety Recommendations • Seek shade during the peak ultraviolet (UV) radiation hours of 10 a.m. through 4 p.m. • Apply sunscreen when you are exposed to the sun. This includes being under

shade, next to windows or in a vehicle. • Wear long-sleeved shirts and long pants for sun protection when outside. Wear dry, dark clothing with tightly woven fabric for the best protection. • Wear a hat with a wide brim to protect your face, neck and ears from sun rays. Wear dark hats with tightly woven fabric for the best protection. If wearing a baseball cap, ensure your ears and neck are protected by following the other recommendations. • Wear sunglasses that protect your eyes from UV-A and UV-B rays, which

are linked to vision loss, impaired vision and skin cancer on eyelids. For extra protection, wear wraparound sunglasses that block UV rays from reaching the side of your face. Best Practices for Sunscreen • Apply about 1 ounce of sunscreen 15 minutes before sun exposure. For reference, 1 ounce of sunscreen is enough to fill a shot glass or pocket-sized hand sanitizer bottle. • Ask for assistance for hard-to-reach areas. • Reapply sunscreen every two hours or more if swimming, toweling off or

sweating. • Monitor the expiration date. Properly stored sunscreen has a shelf life of up to three years. After three years, discard unused sunscreen. • Exposure to high temperatures decreases the shelf life of sunscreen. Store sunscreen away from the sun in bags, wrapped in towels or in the shade. • Don't forget frequently missed spots such as the ears, nose, lips, back of the neck, hands, tops of feet, hairline and exposed scalp. • Use lip balm with SPF on your lips rather than sunscreen.

PUBLIC NOTICES

**SHARON CITY COUNCIL MINUTES**  
Sharon City Council Meeting was called to order by Mayor Bergenheier at 6pm, May 12, 2025, second Monday, Sharon Community Building. Minutes were read a motion to approve by Sundeen seconded by Lee. Present were Mayor Bergenheier, Council Member Lee, Council Member Sundeen and Auditor Zentz. Old Business: Tax Equalization Meeting was 4/17/25. The City received \$ 12,617.89 from Prairie Dog Funds. Check on getting a new mower. New Business: Aaron is working on the paperwork to disband the Fire Department. Nodak is raising electric rates, will look at it next meeting. Dumpster for Spring cleanup, will be May 26-30. Rachel will be doing the mowing. Street repairs, will call and get quotes. Motion to pay bills by Sundeen seconded by Lee: Auditor 601.87, NCP 27.92, MLGC 147.29, Titan 71.06, L&P payroll 601.87, Nodak

.00, Minnkota 594.00, WAPA 3,345.00, W&S Payroll 401.25, DRWD 1,369.55, City of GF 26.00. Motion to adjourn by Lee seconded by Sundeen. Next City Council Meeting is June 9, 2025, 6pm, Second Monday, Sharon Community Building. SCP May 16, 2025, **346134**  
**April 1, 2025, Steele County Commission Meeting**  
The Steele County Commission meeting was called to order at 8:15 a.m. Commissioners Perry Brown, Brandon Krueger, Richard Strand, Brandon Oxtan, and Chris Grandalen were present. Auditor Jana Flaten and DES manager Ben Gates were also present. A moment of silence was given to Steele County employee Eddy Haugen and his family. Chairman Oxtan gave his deepest condolences to the Haugen family, and they will continue to be in our prayers. Commissioner Krueger motioned to approve the March minutes, seconded by Commissioner

Grandalen. There was no further discussion, and all members voted aye. The motion carried. Additions to the agenda: Public Health, Hope Renaissance Zone, and RFQ Paperwork (Gates) Reed Oien gave an update on how things are going in the shop. The snowplows are ready for the last snowfall of the season and will then continue crack sealing after it warms up. The sealer needed a new pump and gear chain. Those are all fixed, and it is ready to go. Load limits will be going into effect on Monday. There have been 3 summer applications. Gates will get the paperwork to get them started in late May. There are no applicants for the blade job. Mike Bassingthwaite with Interstate Engineering discussed the gravel bid for this spring/summer. There will be 31 miles to do, with an estimated cost of 1.3-1.4 million. Bids will be opened on April 15<sup>th</sup> and reported back in May. A hydraulic study will be done in Carpenter Township to deter-

mine the kind of culvert to get. Discussed Co Rd 6 and Co Rd 20 and the culverts on this road. Both will need to be upgraded/replaced. Arch pipe and one high, along with one lower metal culvert pros and cons were talked about with each kind. Co Rd 6 will get a small arch pipe, and Co Rd 20 will get a round pipe. Mike will get the bid forms ready and send them out. Casey Olson came in to discuss the three building permits. Commissioner Grandalen motioned to approve the permits, seconded by Commissioner Brown. There was no further discussion, and all members voted aye. The motion carried. Commissioner Brown discussed the letter from the City of Hope regarding renewing the Renaissance zone. The city is looking for support. Commissioner Strand motioned to write a letter of support, seconded by Commissioner Brown. There was no further discussion, and all members voted aye. The motion carried. Flaten discussed the elections and running other tax districts' elections. It was discussed that the county will no longer run the school districts as they hold elections yearly, and we were currently only running one school district out of 7. It would also need multiple different ballot styles. Flaten talked about the 2026 budget and will get them out to all the departments and would like them back by May 14<sup>th</sup>, 2026. Gates discussed the new ambulance districts and the meeting on April 7th. He will report back at the next commissioner meeting. Sheriff Beckman discussed the 100-year celebration for the courthouse next summer and asked if he could add a budget line for this celebration. A committee will

be formed to plan and discuss the event. At 9:10 a.m. Commissioner Strand motioned to take a 5-minute recess, seconded by Commissioner Brown. There was no further discussion, and all members voted aye. The motion carried. Scott Wheeler joined the meeting to discuss the proclamation honoring the Lawrence Welk Show and the 70th Anniversary. Commissioner Grandalen moved to approve the proclamation, seconded by Commissioner Strand. There was no further discussion, and all members voted aye. The motion carried. Bobbie, Hepper Olson, and Eric, CMTA, discussed HVAC upgrading and different options for cooling and heating. Talked about the pros and cons of the three options presented and will take some time to discuss the best choice for price and the courthouse. No decision was made. Flaten will send the energy bills to Hepper Olson so they can see how much money we could save if we switch to a new system. Gates discussed the RFQ (Request for Qualifications for Architectural Services) and his recommendations on moving forward with this large outside project on the courthouse. Commissioner Strand moved to approve the RFQ, which Commissioner Grandalen seconded. There was no further discussion, and all members voted aye. The motion carried. Gates will post on social media and other places and gather the RFQ for the May meeting. The commissioners discussed the waterboard and ongoing concerns regarding a few drains. Bown has been attending meetings, discussing with the waterboard, and

waiting for their next step. The commissioners discussed that they would work with the waterboard and get things correct, as the waterboard sees fit. Public Health Administrator Hannah Zamora joined the meeting to discuss the grant funding and some of the funding the Public Health office is losing. She is looking at about \$50,000.00 in grant funding that she will lose. This was not planned; it was brought to her and the rest of the public health offices throughout the state early this month. She will continue to work on billing insurance, as she does get funding back through them, but it does take time to see that funding gets back to the county. This was previously not done in the past few years, so that will be a nice income after losing some grant funding. Other than the loss of grant funding, things are going well in her office. Commissioner Strand motioned to approve the bills, seconded by Commissioner Brown. There was no further discussion, and all members voted aye. The motion carried. Commissioner Krueger moved to adjourn the meeting, seconded by Commissioner Grandalen. There was no further discussion, and all members voted aye. The motion carried. The meeting adjourned at 10:17 am Brandon Oxtan- County Chairman Jana Flaten -County Auditor SCP May16, 2025, **346142**  
**STATE OF NORTH DAKOTA IN DISTRICT COURT COUNTY OF STEELE EAST CENTRAL JUDICIAL DISTRICT**  
Gail Loftsgard, Plaintiff, v. Victoria Nieto & Drake Hanson, Defendants.

**ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO N.D. ADMIN. CODE CHAPTER 33-44-01 MEDICAL MARIJUANA**  
TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed changes to the N.D. Admin. Code chapter 33-44-01, related to Medical Marijuana, at 1:00 p.m. on Thursday, June 12, 2025, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, June 23, 2025. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 2nd day of May, 2025. 346262

**ABBREVIATED NOTICE OF INTENT TO ADOPT NORTH DAKOTA ETHICS COMMISSION RULES RELATING TO TRAVEL DISCLOSURE**  
TAKE NOTICE that the North Dakota Ethics Commission will hold a public hearing to address proposed travel disclosure rules at 9:30 am on July 14, 2025, at 600 E Boulevard Ave, Sakakawea Room, Bismarck, ND and on Microsoft Teams. These are not emergency rules. A copy of the proposed rules and a link for the hearing may be found at www.ethicscommission.nd.gov or obtained by calling (701) 328-5325. Written comments may be submitted on the Ethics Commission's website or to 600 E Boulevard Ave, Dept 195, Bismarck, ND 58505 until July 28, 2025. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Ethics Commission at the above telephone number at least 14 days prior to the public hearing. Dated this 8th day of May, 2025. Rebecca Binstock, Executive Director, North Dakota Ethics Commission 346144

**ABBREVIATED NOTICE OF INTENT TO CREATE ADMINISTRATIVE RULES RELATING TO N.D. ADMIN. CODE CHAPTER 33-03-38 COMMUNITY HEALTH WORKERS**  
TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed creation of N.D. Admin. Code chapter 33-03-38 relating to the scope of practice, competencies, certification and recertification requirements, qualifications, reciprocity, denials, and discipline of community health workers at 9:30 a.m. on Tuesday, June 17, 2025, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol. Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Thursday, June 27, 2025. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 6th day of May, 2025. 346143

NEW  
COURTHOUSE  
HOURS  
Starting May 27, the Steele County Courthouse will be open  
Monday-Thursday: 8 a.m.-4:30 p.m.  
Fridays: 8 a.m.-1 p.m.  
360860

**SUMMONS**  
THE STATE OF NORTH DAKOTA TO THE ABOVE NAMED DEFENDANTS: YOU ARE HEREBY SUMMONED and required to appear and defend against the Complaint in this action, which is herewith served upon you by serving upon the undersigned an Answer or other proper response within twenty-one (21) days after the service of this Summons upon you, exclusive of the day of service. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint. Dated: January 14, 2025. /s/ Laura C. Ringsak (#08146) Attorney for Plaintiff 103 South 3<sup>rd</sup> Street Suite 6 Bismarck, ND 58501 (701) 255-1344 lrsingsak@midconetnetwork.com SCP May 16, 23, 30, 2025, **346150**