

Grant

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Monday afternoon. All funding opportunities will be posted on the Department of Health and Human Services' Rural Health Transformation Program webpage as they become available. The window for the state to process and approve applications will be relatively short. North Dakota is required by federal law to commit the money by the end of October and spend it within the following year. Of the \$199 million earmarked

for North Dakota for 2026, the state plans to dedicate \$33.4 million on technology, \$116 million to expand health care access in rural areas, \$32.2 million to address workforce issues and \$17.1 million to promote healthy lifestyles. The Legislature in House Bill 1623 appropriated \$397.9 million for the Rural Health Transformation program for the 2025-2027 budget cycle, the amount the state expects to receive for the first two years of the program.

Trust

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best to protect them. A trauma-informed lens helps clinicians interpret these reactions not as resistance but as communication. It encourages us to look beyond the symptom in front of us and consider the whole person, including their history, their stress load, their strengths and their goals. Holistic care means recognizing that physical symptoms rarely exist in isolation. Pain, fatigue, dizziness and muscle tension often have emotional and neurological components. When providers acknowledge this mind-body connection, patients feel seen rather than dismissed. They're more likely to share concerns, ask questions and participate actively in their care. This collaboration strengthens the therapeutic alliance, which research consistently links to better health outcomes across disciplines.

a physical therapist, professor, and Chair of the Department of Physical Therapy at the University of South Dakota. She has published on trauma-informed care, including work examining how adverse childhood experiences influence patient engagement and how trauma-aware practices can strengthen therapeutic relationships. Her writing and teaching emphasize the importance of trust, safety and respectful communication in all health care interactions. Shana Cerny, OTD, OTR/L, BCP, is an occupational therapist and associate professor in the Department of Occupational Therapy at the University of South Dakota. Her research, service and teaching interests revolve around trauma-informed care, including publication of practice guidelines for trauma-informed occupational therapy, interventions for individuals after exploitation, and the effectiveness of a trauma-informed care curriculum for multi-disciplinary care providers. She is a Trust-Based Relational Intervention® Educator and co-creator of the Child & Adult Advocacy Studies graduate certificate at the University of South Dakota. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm, YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).

Trauma-informed practice is not a specialty; it's a skillset. It requires curiosity, humility and a willingness to adapt. It asks clinicians to be mindful of their tone, body language and pace. It reminds us that healing happens in relationships, and that every interaction, every moment of touch, every explanation, and every pause can either reinforce safety or erode it. When we approach patients with the assumption that their bodies carry stories we cannot see, we create conditions where trust can grow. And when trust grows, so does the capacity for healing. Patti Berg-Poppe, MPT, Ph.D., is

To the editor

Event meant to bring people together

To the editor: I would like to respectfully respond to the recent letter regarding the American Legion's Taste of the World event held on February 7, 2026. I would like to thank all the comments both the negative and the positive and encouraging words of the Taste of the World event. First and foremost, I would like to let everyone know that this was not a skit, this was not preplanned or choreographed. We had no prior knowledge of this individual from a different community was planning on attending dressed as he was. Had I known I would have told him this was not appropriate attire for this event during this time in our country. The Taste of the World was a ticketed event, with attendees purchasing \$25 tickets to participate. Guests were encouraged to dress in theme as the hosts were dressed in theme. There was music playing, to add a little humor The Three Amigos was on as well. As anyone who has been to one of our Taste of the World events knows we have always

strived to put on an authentic cuisine and some sort of decor from the countries and regions we or the crowd have chosen. Small-town community events are meant to bring people together. In a town of roughly 1,000 people the Taste of the World is a positive gathering intended to celebrate culture, food, and fellowship. Our Taste of the World event started out by introducing foods from where the veterans were stationed across the world defending our nation. It has evolved into introducing the community to foods many would never get to try otherwise. In the future we will concentrate more on the food. Social media snapshots and videos can easily lead to assumptions. Before drawing to conclusions about an entire evening or organization, it is worth considering whether we have the full context. The Hal Parker Post #79 volunteers work hard to provide events for our community and they deserve fairness in how those efforts are represented. Troy Reemtsma



Gopher League 2-23-26

| | |
|-------------------------------|----|
| First State Bank..... | 29 |
| Ace Hardware..... | 27 |
| Farmers Union Oil D.L..... | 20 |
| Corridor Bar..... | 16 |
| Cando Bar..... | 15 |
| D&R Tire & Repair..... | 13 |
| Northern Plains Electric..... | 13 |
| Mikkelsen Brothers..... | 7 |

DQ Rugby..... 3
First State Insurance..... 1
LRC Pincrushers..... 1
Legacy..... 1

HIGH GAME:
Toni Howard..... 186

HIGH SERIES:
Rhonda Hargis..... 515

HIGH GAME:
Jeremy Olson..... 262

HIGH SERIES:
Chad Rinas..... 672

Koffee Kup League 2-24-26

| | |
|-----------------------|------|
| Morning Glories..... | 52 |
| Petunias..... | 50.5 |
| Alley Cats..... | 48 |
| Dreamers..... | 42.5 |
| Queen Pins..... | 42 |
| Strike O' Holics..... | 42 |
| Pins & Needles..... | 39 |
| Tea Bags..... | 36 |

HIGH GAME:
Tinas Nitschke..... 174
Gary Hunt..... 202

HIGH SERIES:
Rhonda Hargis..... 486
Gary Hunt..... 494

Oriole League 2-26-26

| | |
|--------------------|---|
| Cando Grocery..... | 3 |
|--------------------|---|

HIGH GAME:
Whale League 3-1-26
4U Custom Apparel..... 16.5
Country Lanes..... 13
Legacy Cooperative..... 7
Goesser Seed..... 3.5

HIGH GAME:
Amber Svenningsen..... 193
Chad Rinas..... 249

HIGH SERIES:
Sandy Geiger..... 455
Chad Rinas..... 605

Cando Community Development Board Meeting
 Mar 19, 2026 — 8 A.M.
 Cando City Office

Deadline for applications: Mar 16
 Applications for non-profit organizations are available online or may be picked up at the City Auditor's Office.

Please support your local merchants!

2026 OFFICIAL NOTICE OF ELECTIONS AND CANDIDATE FILING DEADLINES

NOTICE IS HEREBY GIVEN that elections will be held on June 9, 2026, as follows:
 • Congressional, Statewide, Legislative, Judicial and County Primary
 • City of Rocklake, City of Bisbee, City of Egeland, and City of Cando Election

Persons interested in filing for the following positions for **TOWNER COUNTY** may pick up the necessary forms from the office of County Auditor/Treasurer Mindy Reimer at 315 2nd Street, Cando ND or online at <https://vip.sos.nd.gov/PortalListDetails.aspx?ptlhPKID=28&ptlPKID=3#content-start>:
 • County Commissioner – District #2 (4-year term)
 • County Commissioner – District #4 (4-year term)
 • County Commissioner – District #5 (2-year unexpired term)
 • Sheriff – (4-year term)
 • State's Attorney – (4-year term)

Persons interested in filing for the following positions for **CITY OF ROCKLAKE, CITY OF BISBEE, CITY OF EGELAND, OR CITY OF CANDO** may pick up the necessary forms from the office of the respective city auditor or online at <https://vip.sos.nd.gov/PortalListDetails.aspx?ptlhPKID=28&ptlPKID=3#content-start>:

- City of Rocklake
 - Mayor (4-year term)
 - 2 – City Council Member (4-year terms)
- City of Bisbee
 - 1 – City Council Member (4-year term)
 - 1 – City Council Member (2-year term)
- City of Egeland
 - Mayor (4-year term)
 - 1 – City Council Member (4-year term)
- City of Cando
 - Mayor (4-year term)
 - 3 – City Council Member (4-year terms)
 - 1 – City Council Member (2-year unexpired term)
 - 3 – Cando Park Board Members (4-year terms)
 - 1 – Cando Park Board Member (2-year unexpired term)

Petitions must be filed before **April 6, 2026 at 4:00 p.m.** at the respective filing office being County Positions are to be filed with the County Auditor, all City Positions are to be filed with the respective City Auditor.

Published under agreements between the entities above as authorized by North Dakota Century Code.

Mindy S Reimer
 Towner County Auditor/Treasurer



Spelling bee

Grades 5 through 8 held spelling contests in their classroom. Each grade sent two students to be in the school/county Spelling Bee. The Spelling Bee took place on February 12 in the library. Students completed a written and oral spelling competition to determine who would represent North Star Public School and Towner County at the State Spelling Bee. Seventh grader Lia P. won the competition with Eighth grader Mila C. being the runner-up. Each student who participated in the competition did a really nice job! Lia and Mila will compete in the state competition in Bismarck on March 23. (Courtesy photo)

GET THE WORD OUT! PUT IN A CLASSIFIED AD! PRICES START AT JUST \$5 PER WEEK! CALL US AT 968-3223 FOR MORE INFO!

Prayer to the Blessed Virgin
 Oh, most beautiful flower of Mount Carmel, fruitful vine, splendour of Heaven. Blessed Mother of the Son of God; Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in my necessity (Make request). There are none that can withstand your power.
 Oh, Mary, conceived without sin, pray for us who have recourse to thee. (3 times)
 Holy Mary, I place this prayer in your hands. (3 times)
 Say this prayer for three consecutive days and then you must publish and it will be granted to you in full. Thanks

School News

By Nancy Reiser

I spent some time thinking about what I wanted to write for this month's newsletter. In previous months, I highlighted many expectations for students and shared some of the initiatives taking place in our school. As I reflected on where we are in the school a few words came to mind that describe how I'm feeling, especially after the last busy couple of months.

Please continue to support our students in all their endeavors speech, music, robotics, sports! Go Bearcats!

By Karmen Teubner

Many high school students do not understand the gravity of the standardized tests they have at their disposal. The ACT is an important test in regard to scholarships. There are two ND state scholarships tied to ACT scores. The first is the ND Academic scholarship in which a junior's composite score is looked at. The top students in the state receive a tuition free college education if the student attends a North Dakota school. The second scholarship is simply called North Dakota Scholarship. This was previously known as the ND ACT and CTE scholarship. This scholarship mirrors North Dakota's choice ready ideals. Students must be eligible in two of the three areas of Post-Secondary ready, Workforce ready or Military ready. Getting a 24 or higher on your ACT test and a 50 or higher on your ASVAB test is critical for this scholarship. This scholarship is worth \$6,000. The guidelines are given below.

"The first word was **grateful**. Each day I come to work, I'm reminded how lucky I am to be part of North Star."

I work alongside people who truly care about building relationships with students and learning about each one so they can meet their needs. Besides planning, creating activities, and correcting, our teachers meet regularly at 7:30 a.m. with their committees to focus on initiatives that support our school and our students. They don't complain—they show up, collaborate, and do the work.

The next word that came to mind was **impressed**. One day while helping on the lunch line, I was struck by how respectful our 9th–12th grade students were as they came through. Each student thanked each of us serving food, and by the end of the line many had said it multiple times. Later, I checked in with the cooks, and they shared that this is something students do every day. Wow!

Please encourage your student to take these tests and give it their best. If you have any questions, please contact me at the school.

The final word was **thankful**. We are fortunate to live in a community where people and businesses are eager to support our school. During our Olympic Event we held a few weeks ago, many organizations and parents contributed to support student learning. We truly appreciate everyone who has shared their time, resources, snacks, and encouragement with our school during this past

REDUCE YOUR 2026 PROPERTY TAX BILL BY UP TO \$1600!

Eligibility requirements for the Primary Residence Property Tax Credit:



- Must own a home in ND and reside in it as your primary residence
- One credit per household, no age or income restrictions
- Must apply and be approved annually to receive the credit



Application Deadline: April 1, 2026
Apply Online: www.tax.nd.gov/prc

PUBLIC NOTICES

A public notice is information informing citizens of government activities that may affect the citizens' everyday lives. Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.