EMMONS COUNTY RECORD • THURSDAY, JUNE 12, 2025 • PAGE B11

PUBLIC NOTICES

CONTINUED FROM PAGE B10

bid for air conditioning in the music room. This unit will be installed this summer along with the units in the high school gym and middle school area. It was moved by Mr. Weber and seconded by Mrs. Jahner to approve the bid for the music room air conditioning. Motion carried.

Security pledges were reviewed by the Board showing we have sufficient securities pledged.

Supt. Schirado gave a legislative update.

A resignation letter was presented from Mrs. Bethany McCrory. She is resigning from her teaching position at the end of the 2024-2025 school year. It was moved by Mrs. Jahner and seconded by Mr. Hulm to accept the resignation as presented. Motion carried.

Supt. Schirado presented the following policies: AAC-BR1 - Discrimination and Harassment Grievance Procedure. FGA-BR1 - Student Education Records Access & Amendment Procedures, and FGA-BR2 - Criteria for Approving and Denying Directory Information and PII Release Requests. It was moved by Mrs. Jahner and seconded by Mr. Weber to approve these policies as cited in Policy DBA to pass policies with one reading as written. Motion carried.

Next regular meeting is scheduled for Monday, May 19th, at 8:00 P.M. with an executive session meeting.

Pres. Vetter stated that the board would go into executive session to discuss negotiations strategy. The legal authority for closing this portion of the meeting is in NDCC section 44-04-19.1. The purpose of this executive session is to discuss negotiations strategy. A motion was made by Mrs. Jahner and seconded by Mr. Weber to go into executive session to discuss negotiations strategy. Upon roll call: Weber "yes", Hulm "yes", Jahner "yes", Mr. Vetter "yes", and Pres. Vetter "yes." Motion carried. The executive session began at 10:55 A.M. with all board members present.

Executive session ended at 11:55 A.M. and the public was invited back at this time

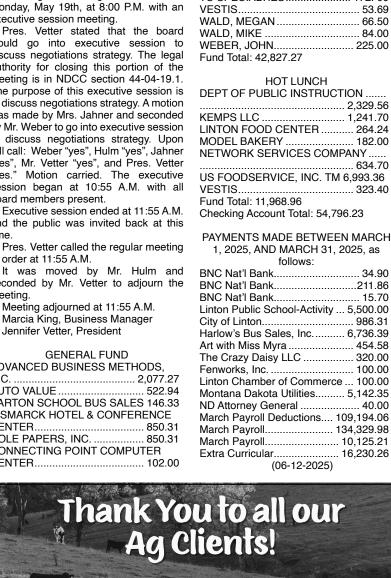
to order at 11:55 A.M.

seconded by Mr. Vetter to adjourn the meeting

Meeting adjourned at 11:55 A.M. Marcia King, Business Manager Jennifer Vetter, President

GENERAL FUND	
ADVANCED BUSINESS METHODS,	
INC	2,077.27
AUTO VALUE	522.94
BARTON SCHOOL BUS S	SALES 146.33
BISMARCK HOTEL & COI	NFERENCE
CENTER	850.31
COLE PAPERS, INC	850.31
CONNECTING POINT CO	MPUTER
CENTER	102.00

	2,020.00
KEMPS LLC	1,241.70
LINTON FOOD CENTER	264.24
MODEL BAKERY	182.00
NETWORK SERVICES CO	MPANY
	634.70
US FOODSERVICE, INC. T	M 6,993.36
VESTIS	323.40
Fund Total: 11,968.96	
Checking Account Total: 54.	796.23





TEACHER OF THE YEAR RECOGNIZED

Courtesy photo provided by Dayna Bartlette, Strasburg Public Schools principal The North Dakota Department of Public Instruction held its county teacher of the year ceremony at the state capitol on June 9. Kirsten Baesler, right, state school superintendent and administrator of DPI, presented all winners with a plaque and narrative provided by the person who nominated them. Here she is presenting a plaque to Savanna Mattern, second- and third-grade teacher at Strasburg Elementary, and the Emmons County Teacher of the Year. Also attending the ceremony were Mattern's husband Troy, daughter Cecilia and her parents.

off your neighbor's tree, and

vour lights go on, it is overpro-

tective. Your brain also uses

more than just sensory infor-

mation to process pain or po-

tential threats. Psychological factors (for example trauma,

fear, thoughts, and emotions)

and sociological factors (such

as environment, stress, and

lifestyle) interact with biolog-

PRAIRIE DOC

Continued from B3

not made up in their head; the nervous system actually changes to make it more sensitive. Think of it like the motion detection lights outside your house, the sensitivity dial has been ramped up, a leaf falls

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ical factors (immune and endocrine systems) to shape an individual's pain experience. Understanding pain is crucial for recovery

Understanding that pain doesn't always mean your body is damaged and that your sensitive nervous system can be retrained empowers individuals to challenge limiting beliefs and actively participate in their pain management. It involves a holistic approach, including improving lifestyle factors (diet, exercise, quitting smoking, etc.), addressing psychological factors (decreasing stress, reframing negative thoughts, and more), and promoting

movement and daily activities.

Understanding the complex nature of pain empowers individuals to actively participate in retraining their nervous system to reduce the impact of chronic pain and improve overall well-being.

Kory Zimney, PT, DPT, PhD is a professor at the University of South Dakota, School of Health Sciences Physical Therapy Department and director of the PhD in Health Science program. Zimney is part of the Center for Brain and Behavioral Research at the University of South Dakota and the Therapeutic Neuroscience Research Group conducting research specifically in the areas of pain science and therapeutic alliance. Follow The Prairie Doc® at www. prairiedoc.org. and on social media. Watch On Call with the Prairie Doc, most Thursdays at 7 p.m. on SDPB and streaming on Facebook and listen to Prairie Doc Radio Sundays at 6 a.m. and 1 p.m.

on SDPB Radio.

