

Public Notice

MINUTES OF MEETING
CARRINGTON SCHOOL
DISTRICT #49 SCHOOL
BOARD MEETING
APRIL 8, 2025

A regular meeting of the Carrington School District #49 School Board was held on April 8, 2025, at 4:00 PM. in the high school library. Present: Angela Kutz, Dr. Ben Garr, Tonia Erickson, and Joel Lemer. Absent: Joey Irmen. Kimary Edland recorded the minutes.

President Lemer called the meeting to order at 4:01 PM and declared a quorum present. The Pledge of Allegiance was recited. It was moved by Garr, seconded by Kutz and carried (all members voting yes on voice vote) to approve the minutes from March 11, 2025. Joey Irmen joined via phone at 4:04 p.m.

Financial reports for the Activity Fund, Special Reserve, Building, Special Assessment, Capital Projects, General and Hot Lunch Funds were reviewed. It was moved by Kutz, seconded by Garr and carried (all voting yes on voice vote) to accept the reports as presented. It was moved by Erickson, seconded by Kutz and carried (all voting yes on voice vote) to approve the check registers and payment of bills.

Mindy Piatz, representing Brady Martz & Associates, presented the audit review for fiscal year 2023/2024. It was moved by Erickson, seconded by Garr and carried (all members voting yes on voice vote) to approve the report as presented.

Britany Ghandi, representing OptimizED Strategic Solutions, presented a report on the review that they have done on aligning Carrington School's Policy Manual with the North Dakota School Boards Association model policies. It was moved by Erickson, seconded by Garr and carried (all members voting yes on voice vote) to develop a policy committee within the school board. President Lemer appointed Tonia Erickson and Dr. Garr to the committee. The committee scheduled a meeting for Monday April 14th at 5:00 p.m.

Mrs. Helseth presented updates on elementary school happenings including Cardinal Way Award; parent-teacher conferences; Kindergarten Round-up and projected Kindergarten enrollment for 2025/26 at 45; state assessment testing; Students of the Quarter; 4th grade tour of the Pasta Plant; Pre-K registration/open house; spring concert; On the Move to Better Health and 6th Grade vaping prevention and substance abuse programming with Foster County Public Health. She also reported that she is one

of East Central Special Ed's negotiators, has been busy conducting interviews and finishing teacher evaluations.

Mr. Weber presented updates from the high school including state testing, Prom, Athletics Awards night, FFA Awards Banquet, State FBLA, State FCCLA, Close-up, Regional Science Olympiad, NHS Induction, Honors Night, and the Art Expo. He also reported that the students have submitted their schedule request for next year and that he will be attending Powerschool load help day and the ND Region 3 principal meeting.

Mrs. Helm reported that she attended the FFA fundraiser and banquet, athletics awards night, junior/senior banquet and chaperoned prom; that her and Joel met with two New Rockford Sheyenne school board members regarding supporting each other in offerings for career and technical education classes; that they are interviewing for a business education teacher and first grade position; that the professional development day was a huge success; that she spent a day with Dr. Britany Ghandi reviewing the policy book; and that she will continue to review policy, work on strategic planning, and planning for next year.

It was moved by Erickson, seconded by Garr and carried (all members voting yes on voice vote) to accept the resignation of Shania Gilliss at the conclusion of the 2024/2025 school year and to thank her for her service.

It was moved by Erickson, seconded by Garr and carried (all members voting yes on voice vote) to accept the resignation of Courtney Wiesz at the conclusion of the 2024/2025 school year and to thank her for her service.

It was moved by Erickson, seconded by Garr and carried (all members voting yes on voice vote) to offer a teaching contract, BA,0 to Brinklyn Johnson for business education beginning the 2025/2026 school year.

It was moved by Erickson, seconded by Garr and carried (all members voting yes on voice vote) to approve the updates as outlined on the Computer Science and Cyber Security Integration Plan.

It was moved by Erickson, seconded by Garr and carried to approve the first reading of the high school handbook.

The next regular meeting of the School Board is Tuesday, May 13th, 2025, at 4:00 PM.

Adjourn at 6:26 pm.

Bills: General Fund: Advanced Business Methods, \$1,568.15; AED Everywhere, 266.16; Arrowwood Prairie Co-op, 5,062.48; Auto Value Carrington, 143.93; Bis-

marck Hotel & Conference Center, 198.00; C&J Oil Co., 3,728.43; City of Carrington, 1,855.56; Curriculum Associates, 168.00.

Ecolab, 294.00; Follett Content Solutions, LLC, 1,041.41; Foster County Independent, 431.52; Good, Caitlin, 55.00; Hansen, Melissa, 331.80; Helseth, Jenna, 523.60; Hewitt, Kristen, 168.52; Innovative Office Solutions, 3,984.14; J&J Striping, 2,000.00; Johnson Controls, 1,148.26; Jostens, 245.95; Kiwanis Club of Carrington, 368.00; Larsen Plumbing, Heating & A/C, Inc., 425.00; Larson, Brenda, 98.00; Leaf, 391.50; Leever Foods, 856.47; Linde Gas & Equipment, 92.51.

MDU, 1,102.46; Michaelson, Karla, 313.80; Morgan, Brady, 58.00; Network Services Co., 1,121.16; Newman Signs, Inc., 314.10; Otter Tail Power Company, 8,403.77; Petals & Stems, 45.00; Popplers Music Store, 399.78; Rick's Wholesale Tire, Inc., 1,180.00; Runnings, 123.53; Saafe, LLC, 510.00; Social Institute, The, 12,750.00; Steins, 314.10; Summit Physical Therapy & Sports Performance, PC, 325.00; Time Management Systems, 150.40; US Food Service, 178.81.

Building Fund: Twin City Hardware Company, \$11,519.55.

Sinking & Interest: US Bank, \$600.00.

Hot Lunch Fund: Cash-Wa Distributing, \$646.79; Central City H20+, 480.00; Dept. of Public Instruction, 4,626.83; Hobart Sales & Service, 7,321.38; Leever Foods, 141.22; Meadow Sweet Dairy, 4,090.75; Network Services Co., 190.66; Pan-O-Gold Baking Co., 925.44; Sisson, Erin, 49.52; US Food Service, 13,209.54.

Activity Fund: Bismarck Hotel & Conference Center, \$3,564.00; Blue Star Dry Cleaning & Beyond, 266.50; Carrington School Activity Acc., 250.00; Central City H20+, 1,467.85; Concordia College, 350.00; Foster County Independent, 2,614.00; Frame Game, The, 1,075.00; Game One, 1,397.40; Gerrells and Co., Inc., 83.75; Gettin Sauced BBQ & Catering, 2,017.00. Hazen High School, 150.00; Hewitt, Kristen, 119.40; Leever Foods, 66.77; Mainstay, 2,064.00; Matteson, Taylor, 75.52; NASP, Inc., 220.00; National FFA Organization, 619.40; Ole & Lena's Pizzeria, 19,140.00; Prairie Inn Restaurant, 87.00; Track Man, LLC, The, 3,510.00; US Food Service, 83.16.

Kimary Edland, Business Manager
Joel Lemer, President
Carrington Public School District
Board of Education
(Publish June 2, 2025)

Skip the ultraprocessed road snacks

By Julie Garden-Robinson
Food & Nutrition
Specialist
NDSU Extension

I was feeling nostalgic the other day. My husband and I were driving four hours to our daughter's college graduation. Our youngest is ready to launch into adulthood and a career.

I saw many families with young children at rest stops and convenience stores. I asked my husband if he remembered our family trips.

"They were a lot of work," he replied matter-of-factly.

I was expecting him to sentimentally talk about the fleeting moments of childhood and family life. He was correct, though.

We stopped to fill our gas tank. I overheard kids trying to convince their parents to buy them candy and pop. The store was using the "buy two, get one free" tactic, and the kids had their hands full of food packages and bottles. The parents were ushering them back to the cooler and shelves.

I did not miss that part of family trips. We usually traveled with a cooler filled with healthier, less expensive fare.

"Did you see that?" my husband asked when we returned to our car.

"Yes, she bought two bananas and a cup of coffee," I replied.

You can purchase healthy food in most places if you make a plan. Unfortunately, quick-stop stores and dollar stores are filled with what we now call "ultraprocessed foods."

Eating processed food is not necessarily "bad" for us. Most of our foods are pro-



Julie Garden-Robinson

cessed in some way — by cleaning, peeling, grinding, cooking, canning or freezing. Much of the processing is done to make the food safe, edible and convenient.

For example, grinding and sifting wheat into flour is technically processing, but the process allows us to consume the grain kernels. Baby carrots have been processed from large carrots, but they have all the vitamins and fiber.

Eating minimally processed foods with fewer added ingredients is healthier for us. Most of the time, food is chosen for its flavor. Ultraprocessed foods certainly tempt us with their salty and/or sweet flavors.

Ultraprocessed foods are formulated to be tasty and include numerous additives with names that are difficult to pronounce. These ingredients might enhance the appearance (such as synthetic colors) or the flavor. Additives can be used to preserve the food or improve the texture.

Much of our convenient grab-and-go foods, such as pastries, candy bars, soda, instant soups and chips, would fall in the ultraprocessed food category.

While eating an occasional treat will do no long-term harm, a steady diet of ultraprocessed food could promote weight gain and several chronic diseases, including heart disease and diabetes.

What's a person to do on a road trip? Read and compare the Nutrition Facts labels and check out the ingredients. Make your own snacks. Travel with water as your thirst quencher of choice.

Bring your own snacks in a cooler with ice. Low-fat string cheese, whole-wheat crackers, apples and other whole fruit, hard-cooked eggs, homemade granola or trail mix, mixed nuts, homemade fruit leather, dried fruit or beef jerky, popcorn, whole-grain crackers

and Greek yogurt are all options that contain minimally processed ingredients.

Don't forget wet wipes and/or hand sanitizer to clean your hands on the go.

See www.ag.ndsu.edu/food and check out the "Food Preservation" and "Dry-ing" sections to learn how to make your own fruit leather, jerky and other snacks. Next, from the main page, go to "Food Safety" and explore the "Home" resources that include food safety for camping, hiking and picnics.

Here's a tasty recipe that can go on the road with you. We thank the Iowa State University Spend Smart – Eat Smart program for the recipe and nutrition analysis.

Peanut Butter Banana Oat Bites

- 1 medium ripe banana
- 2 teaspoons vanilla
- 1 egg
- 1/4 cup white sugar
- 1 cup peanut butter (or other nut butter)
- 1/2 teaspoon baking powder
- 1 cup old-fashioned or quick-cooking oats
- 1/2 cup dried fruit (finely chopped) or chocolate chips
- Mash banana with a fork.

In a medium-sized bowl, beat together banana, vanilla, egg and sugar with a fork or whisk. Stir in peanut butter and baking powder. Stir in oats and dried fruit or chocolate chips. Refrigerate for 30 minutes. Pre-heat oven to 350° Fahrenheit. Drop the batter by leveled-off tablespoonful 1 inch apart on a baking sheet. Gently pat down with fingertips to form circles. Bake for 9-11 minutes or until lightly browned. Let stand on the baking sheet for 4 minutes. Remove onto wire racks or paper towels to cool. Store in an airtight container.

Makes 16 oat bites. Each has 150 calories, 9 grams (g) fat, 5 g protein, 15 g carbohydrate, 2 g fiber and 90 milligrams sodium.

Central Prairie Human Service Zone: Eligibility Worker I

Job ID: 3030385 Location: New Rockford, ND Full/Part Time: Full-Time
Salary Range: From 3500.00 To 3800.00 Monthly Closing Date: 6/12/2025
This position will be in office at the Eddy County Office in New Rockford, ND.

Central Prairie Human Service Zone partners with the Department of Health and Human Services to deliver exceptional Economic Assistance programs to our community.

The Eligibility Worker determines eligibility of clients for Economic Assistance Programs by interpreting state and federal policies. Economic Assistance programs include Temporary Assistance to Needy Families (TANF), Health Care Coverage, Supplemental Nutrition Assistance Program (SNAP), Low-Income Energy Assistance, Child Care Assistance, Healthy Steps and General Assistance. Assistance Programs.

Program training is provided for this position.

Eligibility Worker– Example of Duties:

- Conduct interviews of applicants and recipients
- Process client applications
- Establish electronic record
- Attend training and workshops
- Perform defined case changes, workflow functions, and/or determinations
- Interpret state, federal, and county policies
- Monitor program and policy updates
- Maintain working knowledge of laws, rules, policies, procedures, and other regulations

To succeed in this position, you should have strong verbal and written communication skills, computer literacy, collaboration, and decision-making skills. An ideal candidate for this position will be organized and able to communicate effectively with diverse populations. You will have an eye for detail, be able to manage your time and priorities effectively and pride yourself on excellent communication skills, empathy, and being a team player. You will have a passion for helping others and making a difference in our community.

To be considered for this position, you must have a high school diploma or GED, plus one (1) of the following:

- Three years of work experience in the clerical, accounting, financial, legal, or teaching fields
- Three years of a bachelor's degree program (90 semester hours or 135 quarter hours)
- Three years combined education and experience as listed above
- Completion of the Eligibility Worker Certificate Program offered at Bismarck State College or formerly offered at Lake Region State College

Eligibility Worker I – Job Grade I04:

- One (1) year of work experience determining eligibility for economic assistance programs in a social service/human service office is required for the Eligibility Worker I classification.
- Qualified programs include: TANF, SNAP, Foster Care, Medicaid, or LIHEAP. The Eligibility Worker associate degree offered at Bismarck State College can substitute for this one (1) year work requirement.

Eligibility Worker – Underfill (Eligibility Worker Tech) - Job Grade I03:

- No work experience determining eligibility for economic assistance programs in a social service/human service agency.

Working for Central Prairie Human Service Zone:

Central Prairie Human Service Zone partners with the Department of Health and Human Services to deliver state-driven Economic Assistance Programs and provides employees with the excellent benefits and employment packages offered by Wells County as a Wells County employee. Central Prairie Human Service Zone team members are offered robust medical, dental and life insurance coverage, as well as an excellent retirement package (ND PERS).

Employees enjoy 10 paid holidays, as well as earning both annual leave AND sick leave days.

Application Procedures

Your resume should include information to demonstrate how you meet the minimum qualifications as posted. If the Human Resource Division is unable to determine that you meet the minimum qualifications, credit will not be given.

- Applicants must be legally authorized to work in the United States. The Department of Health & Human Services does not offer or provide sponsorships.
- All application material must be received on or before the closing date by 11:59 pm.
- A copy of your qualifying degrees transcript and any applicable certifications or licensures must be provided at the time of an interview.

For more information or if you need an accommodation, please contact Madison Crisman at: 701-247-2945 or mcrisman@nd.gov.

Employing Unit: Central Prairie Human Service Zone

TTY Number: ND Relay Service 1-800-366-6888 (text); 1-800-366-6889 (voice)

If you are experiencing technical difficulties with the Application Process or uploading attachments, please contact recruiter@nd.gov or (701)328-3290.

The State of North Dakota and this hiring agency do not discriminate on the basis of race, color, national origin, sex (including sexual orientation and gender identity), genetics, religion, age or disability in employment or the provisions of services and complies with the provisions of the North Dakota Human Rights Act.

As an employer, the State of North Dakota prohibits smoking in all places of state employment in accordance with N.D.C.C. § 23-12-10.

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