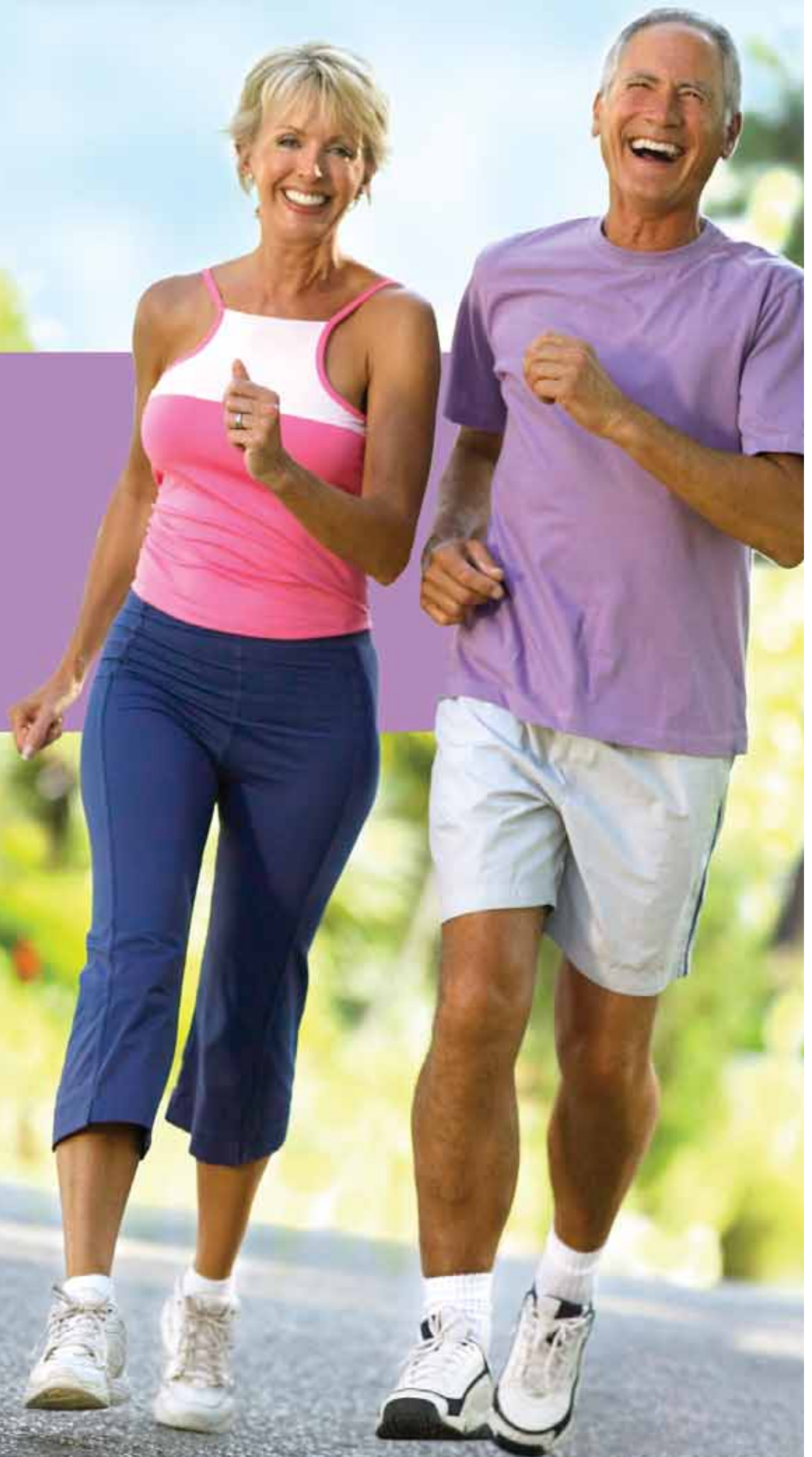


MY LIFE, MY TIME

*Highlighting local
community members
and senior living tips*



2024

SUPPLEMENT TO: McLean County Independent
Central McLean News-Journal, The Leader-News

North Dakota's state-of-the-art newest healthcare campus

It's the newest healthcare campus in North Dakota. Trinity Health's Healthcare Campus and Medical District (HCMD) opened in April 2023 and is serving the healthcare needs of communities in Northwest North Dakota and Eastern Montana.

Located in southwest Minot, the HCMD includes a Hospital, Level II Trauma Center and Medical Office Building (MOB). In total, the HCMD boasts of 800,000 combined square feet of state-of-the-art facilities focused on patient care. The Hospital and MOB feature an abundance of natural light and design elements to brighten the atmosphere for staff and patients alike.

The HCMD is situated in a fast-developing commercial and retail area near one of Minot's robust shopping districts with easy access to major highways. The new campus occupies 32 acres. Trinity Health also secured 47 additional acres in the surrounding area for future expansion. The sixth floors of both the Hospital and MOB remain undeveloped and available for expansion when needed. Also, the surgical department currently has 12 operating rooms with the additional capacity to construct two more. Our commitment to preserving and improving the quality of health to the people we serve is at the heart of our new facility's services and amenities that provide world-class care.

Patients experience dedi-

cated privacy, innovative treatments and advanced surgeries.

The Level II Trauma Center has dedicated treatment areas for adults, children and behavioral health patients and is designed for maximum efficiency, allowing less acute patients to be treated quickly and sicker patients to receive care in spacious, private surroundings that can accommodate family members. A dedicated ramp guides ground ambulances and private vehicles to the 2nd floor canopy-covered Emergency entrance, while at the ground level, plenty of parking awaits visitors.

The D.B. Flickinger Surgical Center, located in the hospital tower, houses same-day surgery and in-patient surgery services for a more efficient and comfortable patient experience. The surgical center is equipped with private consultation rooms that facilitate and enhance conversations between families and surgical staff. A da Vinci Si HD Surgical System serves as an advanced option for minimally invasive surgery. The surgical center also features a Zimmer Biomet ROSA Knee System that allows for more precise total knee replacements. Other features include a core sterile area, a dedicated sterile elevator and abundant natural light.

An advanced interventional platform combines imaging, surgical and in-

terventional services and is strategically designed to accommodate the most innovative treatment methodologies. Interventions for strokes, arrhythmias and heart attacks are delivered in minutes, allowing Trinity Health to exceed national benchmarks for critical door-to-balloon and stroke treatment times.

Patient centered care creates guest and patient amenities found nowhere else in the region.

A noteworthy design element is the front-of-house and back-of-house concept. This concept grants more patient privacy and increased workflow efficiency for staff. Patients are seen in exam rooms and areas in the back-of-house that are restricted via key cards to maximize privacy and efficiency. Increasing patient privacy and facilitating improved care is paramount to Trinity Health's vision and mission. With this priority in mind, all 147 patient rooms are private to enhance patient care and recovery.

The third floor of the new hospital is devoted to healthy family dynamics with the Family Birth Center, Neonatal Intensive Care Unit and Pediatrics all situated in close range. The Birth Center has large rooms furnished with comfortable seating and pull-out beds for overnight guests. The new, advanced NICU has 22 bassinets and special rooms for twins and triplets. It also includes a room where

families can "overnight" with their newborn before being discharged from the NICU.

Current patient and guest amenities include the Trinity Health Cafeteria, The Station coffee shop, Town & Country Credit Union financial services (opening soon), an outpatient pharmacy for prescription medications, a durable medical equipment store, a community resource center, conference space and a gift shop.

Future developments that will happen in 2024 which further enhance patient and guest experience include a veteran's flag display to be constructed near the MOB en-

trance and a brick patio to the north of the hospital entrance for visitors and staff to enjoy outdoor seating. In addition, Trinity Health Foundation, community organizations and businesses are supporting the construction of a park that will include a walking path, benches and playground.

Trinity Health has been a staple for care in the North Dakota region for over 100 years and continues to invest in innovative state-of-the-art care and equipment - as well as investing in the region. To learn more about our investment into our region, visit trinityhealth.org today!



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What people can do to prevent stroke

Stroke has been described as a "brain attack." Stroke occurs when blood flow to a part of the brain becomes blocked or when a blood vessel in the brain breaks, which can damage or kill brain cells. The Office of Disease Prevention and Health Promotion says stroke is a leading cause of death and long-term disability in adults. It also can cause irreversible damage to the brain.

Individuals who experience stroke may end up with memory problems or experience difficulty thinking or forming words. Mobility issues like difficulty walking or paralysis and weakness may occur. Some individuals also may experience incontinence and other issues resulting from neurological damage.

Although stroke can come out of the blue and is not always preventable, there are several steps people can take to help reduce their risk for stroke.

- Reduce blood pressure numbers. High blood pressure, also known as hypertension, is a significant risk factor for stroke, says Harvard Health. Doctors may advise patients to work to lower blood pressure to between 140/90 to 120/80.

- Work to lower BMI. Over-



There are several steps people can take to help reduce their risk for stroke.

weight or obesity increases risk for stroke, says the Centers for Disease Control and Prevention. Losing weight and maintaining a healthy body mass index can help lower stroke risk.

- Exercise more often. Routine physical activity can not only help a person lose weight, but also lower cholesterol and blood pressure levels - all of which are risk factors for stroke. The U.S. Surgeon General recommends individuals get a minimum of two hours and 20 minutes of moderate-intensity aerobic activity each

week.

- Get a cholesterol check. High cholesterol can increase risk of stroke, which makes routine cholesterol checks important. The Office for the Assistant Secretary of Health says people should get their cholesterol checked at least every four to six years, with some needing to get it checked more frequently.

- Drink only in moderation. Alcohol can increase risk of high blood pressure. Individuals should reduce their alcohol intake, with one drink or less for women and two drinks or less for men per day.

- Know your family health history. Knowing one's family health history may illustrate a risk for genetic health conditions that can make a person more likely to experience stroke.

- Treat heart disease. Do not delay medical treatment for heart disease. Heart conditions like coronary artery disease or atrial fibrillation should be addressed promptly to prevent stroke.

Stroke is a serious medical condition that can leave a person debilitated. That is why it is key to reduce risk of stroke throughout one's life.

Turn your bedroom into a relaxing retreat

Bedrooms are more than places to lay our heads at the end of the day. Bedrooms serve different functions, and not all are conducive to relaxation.

- Remove blue-light emitting devices. Computers, tablets, smartphones, and other electronic devices emit blue light, which can compromise natural melatonin production in the body that contributes to sleep. Such devices should not be used at night in the bedroom.

- Use a neutral color palette. Neutral color palettes evoke a spa feeling. Walls can be painted white, beige or a light shade of gray. This can help the room feel calming and welcoming.

- Declutter the room. A

sense of calm can be achieved simply by removing excess clutter. There is some evidence that the brain is more calm near an empty dresser, desk or clothes hamper. Therefore, removing excessive items from the room is a first step to making a nice retreat.

- Add soft lighting. Adjust the intensity and the color of the lighting in the bedroom. It should be subtle and warming. Dimmers enable homeowners to adjust lighting as needed.

- Install an electric fireplace. There is something to be said for the relaxing effects of gazing into the flames of a fire. A crackling (faux-wood) fire is an added layer of indulgence in a bedroom.

- Add an area rug. Even in

rooms with carpeting, an area rug under the bed can further define the perimeter of the bed and add extra plushness underfoot.

- Invest in aromatherapy diffusers. Certain smells can create a relaxing mood. These may be sandalwood, lavender or jasmine. Utilizing their preferred scents, homeowners can employ reed diffusers in their bedrooms to enjoy the aromas of natural oils.

- Used closed storage. Open shelves and visible closet interiors may not hide a mess. Exposure to clutter can contribute to feelings of anxiety. Store items that shouldn't be on display behind closed doors or drawers.



Gardening sparks a level of creativity among enthusiasts, and that can help to alleviate stress by lowering levels of the hormone cortisol.

Gardening offers more than a day in the sun

Millions of people embrace opportunities to get back in their gardens each spring, and they might be reaping more rewards from that activity than they realize. According to the American Institute of Stress, gardening sparks a level of creativity among enthusiasts, and that can help to alleviate stress

by lowering levels of the hormone cortisol. In addition, authors of a 2022 study published in the journal Urban Forestry & Urban Greening concluded that gardening during the COVID-19 pandemic helped people cope with coronavirus-related stress through outdoor activity.

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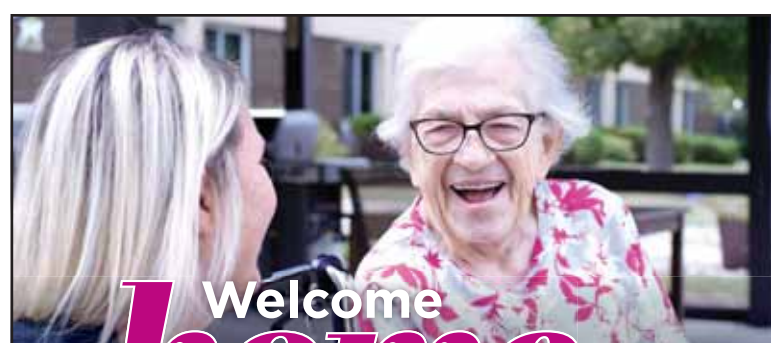
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Randy Hanson speaking in Washburn School on Mr. Hanson Day. (Photo by Don Winter)

“The Joy is in the Journey”

Washburn’s Randy Hanson offers insight on travelling the road to retirement

BY: DON WINTER

The decision to retire is a big one, one of the largest and most important that an individual will make. When to retire? How to retire? It’s a situation where the road ahead feels fraught with peril, and can feel difficult or impossible to traverse. That was the process facing Washburn’s Randy Hanson not that long ago. Hanson, who had spent 41 years as a public-school teacher with 31 of those years in the coaching profession as well, is a revered and iconic figure in the Washburn community. But even though he still loved the day-to-day interactions with his students and co-workers at Washburn Public School, he felt a calling that it was perhaps time to take a new direction in life.

“It was just time” Hanson stated, when asked why he chose to retire, Hanson noted how writing his resignation letter was one of the most difficult things that he has been through. “I sat and looked at it on the screen for a long time” he noted. When asked what advice he could offer to others on the process, Hanson stated, “There are so many changes, if you enjoy what you do and are healthy, by all means keep doing it, if that is what your desire is.”

Hanson suggested though that people should not lose sight of the opportunities that are to be gained by making the decision. In his case, those opportunities were a chance to travel, spend time with family and see new things that he didn’t have time to do before. Those new opportunities, Hanson suggested, are what can make the decision easier to cope with once made.

After the decision has been made, and followed through upon, it is important to keep a vestige of what brought you comfort previously to help smooth the transition. “I need routine” Hanson said. “In school, I was ruled by the clock and I still need that” he added. So he has developed that by volunteering and remaining active in the commu-



Randy Hanson

nity. “I was missing the kids... the people” Hanson said, so to fill that void he has taken to attending as many of the activities and events at Washburn school that he can, while also taking on an increased volunteer role at his church. “I get a chance to still work with the kids at confirmation class, and still support them by going to their activities at the school” Hanson said.

Once the retirement journey has progressed further along, Hanson suggested that what has helped him



Randy Hanson receives the retired flag that had flown over Washburn School on Mr. Hanson Day from Washburn American Legion Post 12 member Rick Richards. (Photo by Don Winter)

was “staying active, having goals... something to work for and look forward to, and to exercise.” Hanson noted how he really enjoys walking, and how taking daily walks now with his wife Janet just seems to help the time pass enjoyably. When asked what his recommendations would be,

Hanson said “I think that it is important to keep the people in your life that have been, and to keep in contact with them. Try to figure out what to do with your time and what is important to you. Have interests, set goals, have things that you want to accomplish and pursue them.”

In the end, Hanson said that the best advice he could give is the same advice that he gave to his students when he taught, “The joy is in the journey, enjoy these things as you go along!” Hanson said. “Try to do something, learn something, accomplish something each day” he concluded.

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How seniors can get their balance back

Balance issues can pose a serious threat to individual health. When a person experiences issues with their balance, they may experience dizziness, lightheadedness and feel as if a room is spinning. Each of those factors can increase the risk for potentially harmful falls.

Seniors may not have the market cornered on balance issues, but the National Institute on Aging notes that many older adults experience such problems. The NIA also notes that people are more likely to have balance problems as they grow older. A number of variables can contribute to balance problems, including medications, health conditions like heart disease and vision problems, and alcohol consumption. The NIA notes that the remedy to balance issues may depend on what's causing them, though some exercises that require individuals to move their heads and bodies in a certain way can help treat some balance disorders. A physical therapist or another professional with an understanding of the relationship between balance and various systems in the body also may be able to help.

When a specific cause, such as hypertension or low blood pressure, is identified,

health care teams may be able to recommend various approaches to help seniors get their balance back.

Hypertension

A 2015 study published in *The Journal of Physical Therapy Science* found that hypertension, also known as high blood pressure, can negatively affect balance. The study found that this occurs because hypertension damages the large arteries and decreases microcirculation in specific functional areas, ultimately resulting in impairment that reduces a person's ability to maintain a stable posture. Taking steps to address hypertension, such as eating less sodium, maintaining a healthy weight and exercising regularly, may also lead to a reduction in balance problems related to the condition.

Low blood pressure

Low blood pressure also can contribute to balance problems. According to the American Geriatrics Society, sudden low blood pressure, which is also referred to as orthostatic hypotension, can manifest when sitting up and standing up. When it does, a person may experience dizziness or lightheadedness, which may last just a few



Health care teams may be able to recommend various approaches to help seniors get their balance back.

seconds or several minutes. The AGS notes that dizziness related to low blood pressure also may appear within one to three minutes of sitting up or standing up, which means individuals may be vulnerable to falls even when they initially feel fine after sitting up or standing up. The NIA reports that individuals

with low blood pressure can manage the issue by drinking plenty of fluids, including water, and avoiding alcohol. In addition, pay careful attention to posture and movements and make a concerted effort to stand up slowly.

Balance issues are often linked to aging, but that does not mean seniors are helpless

against symptoms like dizziness and lightheadedness that are linked to problems with balance. Working with a health care team and identifying potential causes of balance issues can help seniors improve their health outcomes. FP242674



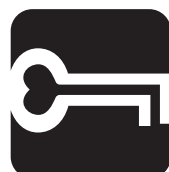
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Self-care strategies to protect long-term mental health

Mental health has always been important, but the need for people to prioritize their emotional, psychological and social well-being gained greater attention during the COVID-19 pandemic. Social distancing restrictions designed to reduce cases of COVID-19 contributed to feelings of isolation, depression and anxiety in millions of individuals across the globe, sparking a heightened sense of curiosity about what people can do to safeguard their mental health in the short-term but also over the course of their lives.

Pandemic-related restrictions have long since been lifted throughout much of the world. But the need to prioritize mental health remains. The National Institute of Mental Health notes that self-care can play a vital role in maintaining mental health. With that in mind, individuals can consider these strategies as they look to safeguard their mental health over the long haul.

- **Exercise regularly.** Exercise benefits the body in myriad ways, and those benefits extend to mental health. The NIMH reports that a 30-minute daily walk can boost mood. In addition, the United Kingdom-based Mental Health Foundation reports that regular physical activity positively affects self-esteem and can even lead to a reduction in stress and anxiety. That's important to note, as the online medical resource Healthline reports that chronic anxiety can adversely affect the body's nervous, cardiovascular, digestive, immune, and respiratory systems.

- **Maintain social connections.** The NIMH also touts the benefits of maintaining social connections, including relying on friends and family for emotional support and



Individuals can consider these strategies as they look to safeguard their mental health over the long haul.

practical help. The Centers for Disease Control and Prevention notes that people who are socially connected and maintain stable and supportive relationships are more likely to have better mental health outcomes than those who don't.

- **Eat a nutritious, balanced diet.** The American Society for Nutrition notes that diet can be an important ally for people looking to improve and preserve their mental health. Numerous studies have examined the relationship between diet and mental health, and the ASN notes a growing body of research suggests a strong connection between a healthy diet and mental health. A 2019 review published in The American Journal of Clinical Nutrition found that increased consumption of fruits and vegetables positively affects psychological health. That same review also indicated daily vegetable consumption provides a therapeutic effect that can help to reduce

symptoms among people with clinical depression.

- **Resolve to read more.** Much like exercise, reading has been linked to a host of positive health outcomes, including mental health benefits. A 2009 study from researchers at the University of Sussex found that reading can reduce stress by as much as 68 percent. Escapism is another potentially potent benefit of reading, as a recent report in Psychology Today noted that researchers believe narrative absorption, which refers to the experience of being immersed or engaged while reading a story, provides an escape or opportunity for mental reflection.

Self-care can go a long way toward promoting long-term mental health. Various strategies and activities fall under the umbrella of self-care, and each can have a profound and lasting effect on mental health.



A balanced diet should include certain foods that are natural energy boosters.

Boost energy with the right foods

A nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish.

Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.

- **Whole grains:** Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.

- **Lean protein sources:** While protein does not give the same quick boost of energy as a high carbohydrate meal, it will help fuel the body and

keep a person feeling full longer. According to Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

- **Nuts:** Most nuts are a complete package that provide healthy fats, proteins and amino acids that are good for the body. The fiber and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts, or sprinkle some nuts on oatmeal at breakfast.

- **Fruits and vegetables:** Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

The right foods can help seniors restore energy levels and promote overall health.




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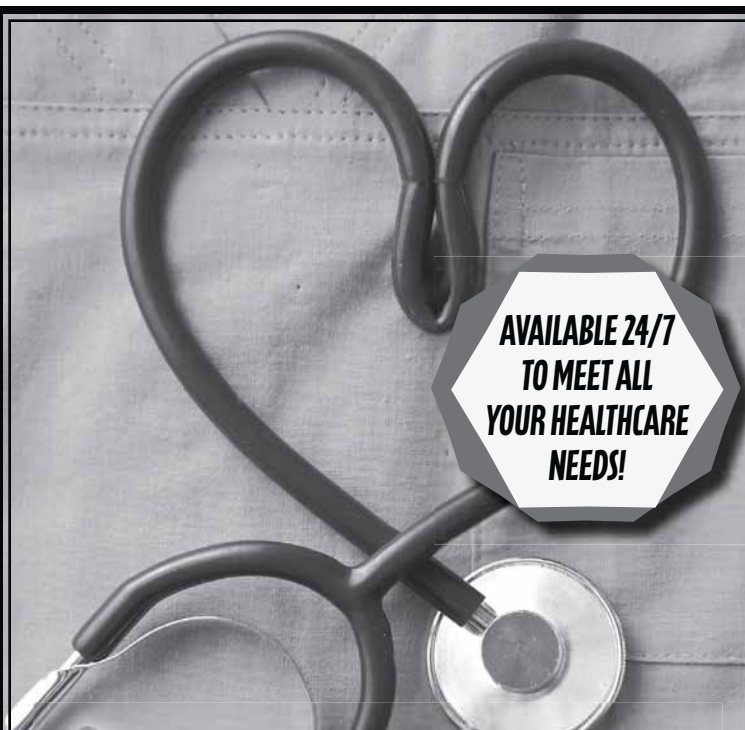




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Mayor Heith Pochant and his son Justin were the members of the first party served at Coleharbor's newest business – Wolf Creek Winery – mere minutes after the doors opened in January, further demonstrating their involvement in the community

Century-long roots

The Pochant family's legacy in Coleharbor and McLean County

BY: ETHYN WILLIAMS-CALVERT

ethyn@nordaknorth.com

In the heart of McLean County, nestled within the serene calm of Coleharbor, Mayor Heith Pochant and his family have etched a legacy that intertwines deeply with the soil and soul of the region.

The Pochant family's journey in the area began in 1911 when Heith's grandfather, Harry Pochant, orphaned and seeking a new beginning, made his way to Coleharbor.

Overcoming the adversities of loss at a young age, Harry's resilience and determination saw him working for local farmers before venturing out to start his own farm in 1921.

This year marks a significant milestone as the Pochant family celebrates over a century of life and farming in the region, a testament to their enduring connection to the land and the community.

Reflecting on the expanse of time his family has lived in the area, Heith notes, "My grandfather moved to the area in 1911 following the passing

of his parents. He worked for local farmers for his first decade in the area. He eventually started his own farm in 1921 and went on to have six children who went on to have 20 of their own."

This remarkable journey from a young orphan to a pioneering farmer is a story of resilience and growth, mirroring the development of North Dakota itself.

At one point, the Pochant family's presence in McLean County was over thirty strong, although Heith estimates that "at the moment 15 or so members of the Pochant family live in McLean County."

This enduring presence speaks to the deep roots and the bonds that tie the family to the land and each other.

When asked about what has kept the Pochant family in the area for so long, Heith's response encapsulates the essence of life in McLean County: "Family, friends, farming, and the outdoor recreation. I've lived all over in my life before coming back to McLean County, and I've just never found anywhere else

like McLean County."

His words reflect a profound connection to the community and the unique way of life that the county offers—a blend of agricultural heritage, tight-knit community support, and the joys of the great outdoors.

Heith's favorite aspects of living in Coleharbor and McLean County echo this sentiment, as he shares, "The rural lifestyle and the people out here are just a friendlier breed; ultimately, this is just home."

It's this simple yet profound appreciation for the community and the lifestyle it offers that has anchored the Pochant family in McLean County for generations.

As Coleharbor and McLean County continue to evolve, the legacy of the Pochant family remains a living testament to the enduring bonds of community, family, and a deep-seated love for the land.

Heith Pochant and his family exemplify the spirit of resilience, community, and connection that defines the best of rural America.

Turn to your plate for vitamins and minerals

Health is a multibillion dollar industry. People who may be short on time may look to the most efficient routes for maintaining health and wellness. For some, that could mean turning to supplements to ensure they are consuming the recommended amounts of vitamins and minerals. But is supplementation the best way to fuel the body?

According to MyProtein.com, a supplement and nutrition company, the average American spends close to \$56 per month on supplements, which include protein powders, vitamins and more. Those expenditures are in addition to their other health spending, which may include gym memberships and meal plans. However, leading health experts point healthy individuals in the direction of getting their vitamins and minerals from eating nutrient-rich foods instead of taking supplements. According to VNS Health, a New York-based home and community health care organization, people in good health are better off getting the majority of their daily nutrients from food.

Harvard Health seconds that advice, saying vitamin and mineral supplements cannot match all of the biologically active compounds available through a varied diet. There are 13 vitamins in total, and eight belong to the B group. Together with minerals, these nutrients are essential for bodily functions like wound healing, regulating hormones and fighting infection. Nutrients that are consumed through foods are often easier for the body to absorb. Furthermore, it is much less likely one will experience toxicity from getting too many vitamins and minerals through diet alone, whereas it can be easy to go over the recommended daily values when using supplements.

Although vitamins and minerals consumed via a bal-



Harvard Health notes vitamin and mineral supplements cannot match all of the biologically active compounds available through a varied diet.

anced diet are generally the best bet, there are some instances when supplementation may be necessary. A health care provider can guide people as to when supplementation might be necessary. Individuals with Crohn's disease, Celiac disease or irritable bowel syndrome should know that each condition can make absorbing nutrients challenging. Those with osteoporosis or age-related macular degeneration also may find supplementation or eating fortified foods can be advantageous.

Individuals should keep in mind that many supplements are not regulated by the U.S. Food and Drug Administration or other countries' government regulators. Such products may contain hidden ingredients or vitamins and minerals in levels not deemed safe. Also, some supplements can interact with medications. Again, it is best to consult with a healthcare provider before supplementation to find out if it is necessary.

People concerned about their vitamin and mineral intake should first turn to food to get all of the nutrients they need, and then discuss supplements with their physicians if they still have deficiencies.

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Volunteer opportunities for seniors aplenty in Garrison

BY TYSON MATTHEWS
tyson@nordaknorth.com

Garrison - Even though you've hit your golden years doesn't mean you need to slow down.

Garrison provides many volunteering opportunities for seniors.

"Different organizations in town have lots of volunteering opportunities that vary depending on what is going on," Garrison Convention and Visitors Bureau Director Amber Klingbeil said.

Check out the comprehensive list below to see if anything suits your fancy and call the number provided to help you on your volunteering journey.

"In a nutshell, we love volunteers," Life Enrichment Director at Benedictine Living Center Deb Foss said.

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If people are interested in helping out, they can call the office at (701) 337-2246 or contact Alea at alea@campofthecross.com.

Benedictine Living Community:

Fixing hair, painting nails, reading books or newspapers to neighbors, visiting while having coffee, playing games such as cards, and

scrabble, helping with bingo, arts and crafts, and providing entertainment of any sort.

Reach out to Deb Foss at BLC at (701) 463-2226

Fort Stevenson State Park:

Greeters, hospitality tent, set-up and clean-up at events, timekeepers at Flakes of Fury Bike Race, booth greeters, help in retail tent, traffic assistant, assist with game demonstrations and patch program at Maple Sugaring Days, assist with kiddie boat operations at National Marina Day, assist with youth activities and refreshments at Frontier Military Days, parking lot and traffic assistance at ND Governors Cup, registration and weighing fish at the Junior Governors Cup, concessions tent and traffic and parking lot assistance for Club de Skinautique, and Lighted Boat Parade, and help with the Nature Hike series.

Contact FSSP at (701) 337-5576 or fssp@nd.gov for more information.

Garrison Convention and Visitors Bureau:

Help at the Dickens Store, lighting propane heaters on sidewalks downtown, ticket scanning at entertainment and the play, Piccadilly Square set up, Piccadilly Square take down,

Decorating Wally the Wall-eye at the end of Main Street, the old-time phone booth and penny press set up, shoveling and deicing sidewalks during the festival, helping with the fruitcake toss, helping with top hat decorating, calling



Events would not exist without the support of the dozens of volunteers.

bingo, dressing up as characters, driving a float in the lighted parade, signage set up, playing Santa and Mrs. Clause at the Milk and Cookies event, and parade float set up and take down.

If you are interested in any of these opportunities, please reach out by calling 701-463-2345 or 1-800-799-4242 or by emailing dickens@dickens-festival.com

Garrison Schools:

Volunteer for the Wellness Policy and Procedure Committee or the Bullying Policy and Procedure Committee.

"We also have multiple opportunities to volunteer for committees in our schools, such as for a wellness or bullying policy review this year, as well as looking for input and assistance from our parents and community members for our schoolwide title program every year," Bob Callie Elementary Principal Michelle Fuller said. "This helps us

gather input and perception from a variety of sources rather than only those who are school employees."

To get involved, contact any school administrator; for Bob Callie Elementary Michelle Fuller at michelle.fuller@k12.nd.us or (701) 463- 2213, for Garrison High School- Steve Dangle at steve.dangel@k12.nd.us or (701) 463-2818.

Other volunteering possibilities:

Garrison Chamber of Com-

merce- The Trade Committee is always looking for helpers to volunteer at events that come up, volunteer to be on the board, and help with the events.

The Garrison Parks and Recreation Board of Directors asks for volunteers occasionally but usually advertises for that on its Facebook page and in newspaper ads in the newspaper.

"They (community members) just need to keep an eye out for that," Klingbeil said.

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