

Speeding Slows You Down Results In 4,569 Speed Citations

Law enforcement agencies across the state participated in the Speeding Slows You Down enforcement campaign from July 1 through August 4, 2025, to reinforce the importance of driving the speed limit.

A total of 5,065 citations were made throughout the enforcement patrols. Of those citations, 4,569 were tickets for speeding. Traffic stops also resulted in 166 other traffic citations (i.e. disobeying traffic signals, equipment violations), 52 suspended/revoked license violations, 76 seat belt citations, 67 uninsured motorists, seven distracted

driving citations, five drug arrests and five DUIs.

Data shows that speed was a factor in 23 percent of fatal crashes in 2024. High-visibility enforcement for traffic safety is one element of a collaborative effort to help meet the state's goal of zero motor vehicle fatalities and serious injuries on North Dakota roads.

Learn more about traffic safety initiatives at VisionZero.ND.gov or join the conversation on the Vision Zero ND Facebook page. View memorials of individuals who lost their life due to an impaired driver on the North Dakota Crash Memorial Wall.

Prairie Fare: Snacking Tips For Sports Fans

By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension

Imagine yourself watching your favorite sport, whether at home in your favorite chair or at the game in the stands.

What snack might you be enjoying? How about a beverage choice?

As the game proceeds, you may have discovered your bag is empty. You might not remember tasting the food beyond the first bite or two.

When we are distracted, we might not recognize when we have had enough to eat.

The players on the field or court, of course, are burning lots of calories. We spectators are not.

Cheering doesn't burn a lot of calories unless you are jumping up and down continuously. That practice might not earn you fans.

Many snacks are high in salt, saturated fat, added sugar and calories, which we all know we need to limit. Beverages such as pop and beer may be refreshing, but they can contribute about 150 calories per 12-ounce can. The calories add up after two or three.

Many snack foods fall in the ultra-processed food category, which has limited nutritional value despite having multiple ingredients such as preservatives and other additives. These foods are designed to tempt our taste buds.

Unfortunately, mindless eating can result in consuming more calories than we need. Too many calories can lead to gaining weight, which may not be your goal.

Sometimes, we may feel like we are hungry, but we are actually thirsty. Before indulging in snacks, have a glass of ice water. If you like the crunchy sensation, opt for lower-calorie foods, such as apple slices, carrot sticks and popcorn.

Here's the good news. You can slim down a lot of recipes with your ingredient choices.

- If you like spinach and artichoke dip, use light sour cream or plain yogurt in the dip and whole-grain bread for dipping.
- If you love meatballs, start with extra lean beef or pork. Drain the excess fat after cooking.
- Try making baked skinless chicken nuggets instead of wings.
- Make your own snack mix with dried fruit, whole-grain cereal and unsalted or lightly salted nuts.

Occasional treats are certainly enjoyable. Just as athletes need a playbook, sports fans can use a

snacking playbook. Here are some winning tips:

- Serve yourself the amount of food equal to one serving from the Nutrition Facts label.
- Eat from a smaller plate instead of directly from the bag or container.
- When your plate is empty, stop. Drink water.
- Eat slowly. Remember, your brain needs about 20 minutes to get the message that your stomach is full.
- At a buffet, take control of the amount of high-fat and high-calorie items you consume. Have seconds of vegetables.
- Practice mindful eating. Pay attention to what you are eating, and enjoy its taste and aroma.
- As the host, downsize serving utensils and containers to invite your guests to smaller portions.
- Keep a check on how much you have eaten. Keep the glasses or cans in front of you. If you like chicken wings, keep the bones on your plate so you know what you have eaten.
- Take a movement break (like walking around or stretching) during breaks in the game.

Try this tasty dip as a way to enjoy more veggies as snacks. Visit www.ag.ndsu.edu/food for more ideas.

Spinach Dip
1 (10-ounce) pkg. frozen, chopped spinach
1 (1.5-ounce) pkg. dry vegetable soup mix
1 carton (8-ounce) fat-free sour cream
1 cup mayonnaise, canola- or olive oil-based
1 (8-ounce) can water chestnuts, drained, rinsed and chopped
¾ cup sliced green onions, including tops
2 round loaves sourdough bread, unsliced

Thaw spinach overnight in the refrigerator; drain and squeeze until fairly dry. Combine spinach, sour cream, mayonnaise, water chestnuts, soup mix and onions. Refrigerate. Best eaten the same day. Slice off the top third of one loaf of bread; hollow out the inside. Cut the removed bread and second loaf into 1½-inch cubes. Fill hollowed-out round bread loaf with spinach mixture. Place the cubed bread cut from the loaf around the outside for dipping.

Serves 16. Each serving has 290 calories, 35 grams (g) carbohydrate, 13 g fat, 7 g protein, 3 g fiber and 600 milligrams sodium.

Applicants Sought For Modern Agriculture STEM Kits

Middle- and high-school educators in the state are invited to apply for modern agriculture STEM kits, provided by the North Dakota Department of Agriculture and the North Dakota Ag in the Classroom Program. The kits will allow students to be innovative with technology, learn about sustainable practices in agriculture all while providing a comprehensive understanding of today's agriculture industry.

"I encourage educators to take advantage of this opportunity to embed agriculture into their classrooms," Agriculture Commissioner Doug Goehring said. "Students will have the opportunity to explore a different part of agriculture that they might not have related to the industry."

Kits will include lesson plans from the National Ag in the Classroom Matrix, and robotic kits. Educators have until March 2026 to incorporate the kit and lesson plans into their curriculum. Follow-up surveys will be sent mid-March 2026.

There are a limited number of kits available on a first-come, first-served basis. Applications close Oct. 31, 2025, and are available at <https://www.ndda.nd.gov/AITCresources>.

For additional questions concerning the application, please contact Agriculture Business Development Coordinator Heather Lang at hlang@nd.gov, 701-328-2308 or 701-595-9120.

Blue-Green Algae: End Of HABs Monitoring Season

As summer winds down, the North Dakota Department of Environmental Quality (NDEQ) thanks residents, landowners, and lake users for helping monitor and report Harmful Algal Blooms (HABs) this season. NDEQ has concluded the HABs monitoring program for the recreational season (May 1 through September 30). We urge the public to be cautious and avoid waters that look discolored, scummy, or have a foul odor. Even though temperatures are decreasing, HABs may still be present.

Blue-green algae can produce cyanotoxins which, if ingested, can cause severe health effects in both humans and dogs. Common side effects for humans exposed to water containing cyanotoxins include diarrhea, vomiting, numb lips, tingling fingers and toes, dizziness, rashes, hives, and skin blisters (CDC). Canine deaths, seizures, vomiting, and skin irritation have all

been linked to these blooms. There are no known antidotes for cyanotoxins.

Know it. Blue-green algae can take many different forms. Watch for water that looks like grass clippings floating on the surface, clumps, puffballs, or green cottage cheese. Affected water may also resemble spilled green paint or pea soup and is often bright green or turquoise in color.

Avoid it.
• Water body statuses are posted on our HABs Story Map from May 1 through December 31 at tinyurl.com/WMP-HABS.

• Do not let pets swim in or drink from waters suspected of containing algal blooms.
• If you or your pet accidentally swim in water that might have an algal bloom, rinse off with fresh water as soon as possible.
When in doubt, stay out!

Palmer Amaranth Found In Adams County

Palmer amaranth (*Amaranthus palmeri*) has been confirmed in Adams County. A producer noticed suspect plants while mowing along the edge of a field and reported them to an NDSU weed science research specialist. Samples were taken and submitted for DNA analysis to the National Agricultural Genotyping Center, where it was confirmed as Palmer amaranth.

"While the Adams County finding is now being managed and monitored, the public is urged to contact and work with their local weed officers and other experts to identify and report any suspect plants," Agriculture Commissioner Doug Goehring said. "Palmer amaranth may spread through multiple channels, including contaminated seed

mixes; equipment and machinery; animal feed, bedding and manure; and wildlife."

Information on noxious and invasive weeds is available at www.ndda.nd.gov/divisions/plant-industries/noxious-weeds.

To report a suspect plant, go to www.ndda.nd.gov/pa or contact your local county weed officer.

Minutes Of White Earth City Council

CITY OF WHITE EARTH MEETING MINUTES SEPTEMBER 2, 2025

Call to Order:
The regular meeting of the City of White Earth Council was called to order at 7:04 p.m. by Mayor Greg Gunderson.

Pledge of Allegiance:
The Pledge of Allegiance was recited immediately following the call to order.

Roll Call: Council Members present: Mayor Greg Gunderson; Alderman Justin LaBar; Alderman Jerold Ogden; Alderman Jaxson Weary; Alderman Van Rice; Deputy Auditor Tami LaBar was also present.
Visitors Present: Gary Krieger, Rhonda Sagnilla, Dorothy Feiring, Brenda Twinn, Monica Neether, and Niles Thilen.

Consent Agenda:
Motion by Rice to handle bills separately, seconded by LaBar. Motion carried.
Motion by LaBar, seconded by Ogden, to approve the Consent Agenda with the exception of the bills. Motion carried.

After discussion by Rice on bills and explanations being given, LaBar motioned to approve the Treasurer's Report, seconded by Ogden. Motion carried.

Ordinance on Load Restrictions:
Motion by Rice to approve changes to the ordinance, died for lack of a second.

Motion by Weary to table the ordinance, died for lack of a second.
Motion by LaBar to post a 15 MPH speed limit before the LaBar Property until the Sagnilla Cabin, seconded by Rice. Motion carried.

Motion by LaBar to allow a 10-minute comment period before reading of the ordinance, seconded by Rice. Motion carried.
Motion by LaBar, to table the ordinance until the September meeting, seconded by Ogden. Motion carried.

Resolution:
Motion by LaBar to adopt the resolution, seconded by Weary. Motion carried.
Discussion on debate time ensued. Motion by Weary to allow five-minute debate time, seconded by LaBar. Motion carried.

Motion by LaBar to change 2/3 to 3/4 vote, seconded by Weary. Motion carried.
Motion by Weary to increase rebuttal from 2 to 3 minutes, seconded by LaBar. Motion carried.

Motion by LaBar to have the resolution take effect immediately through the next scheduled meeting, seconded by Weary. Motion carried.

Deputy Auditor gave an update on the Auditor Search.
New Business:
Motion by Rice to ask the Maintenance Supervisor for resignation, died for lack of a second.

Rice ended discussion on the next three agenda items and left the meeting.
Motion by Weary to get two roll-off dumpsters at the dump, died for lack of a second.

Deputy Auditor requested a change of meeting day to the second Monday of the month to allow for all bills and bank information to arrive. Ryan Sandberg will prepare this ordinance change for reading at the next meeting.

Motion by Ogden to do the paperwork needed to change the payroll schedule to the 5th and 20th, seconded by Weary. Motion carried.

Adjournment:
Motion by Ogden to adjourn, seconded by Weary. Motion carried.
Meeting ended at 9:50 p.m.
Respectfully submitted,
Tami LaBar, Deputy Auditor

HHS Assures North Dakotans Mandatory Entitlement Programs Will Continue During Federal Government Shutdown

In response to the federal government shutdown, North Dakota Health and Human Services issued a statement last Wednesday in regards to the status of mandatory entitlement programs it administers.

"We'd like to let North Dakotans know that the federal government shutdown does not close state government. Mandatory entitlement programs administered by North

Dakota Health and Human Services, including Medicaid, SNAP, TANF, WIC, and the Child Care Development Fund, are expected to continue without interruption," said HHS Commissioner Pat Traynor. "We will provide updates as more information becomes available, and we remain committed to our mission of helping North Dakotans live safe and healthy lives."

North Dakota Rural Water Association Receives National Award

The National Rural Water Association (NRWA) presented State Rural Water Association Awards of Excellence on September 16, 2025, to deserving organizations across the United States at the 2025 WaterPro Conference, hosted in New Orleans, LA.

"The National Rural Water Association is stronger than ever because of our incredible state associations and the roles they play in providing high quality water and wastewater services to rural Americans," said NRWA CEO, Matt Homes. "We are proud to recognize the organizations who went above and beyond the call of duty."

NRWA is proud to recognize the North Dakota Rural Water Systems Association (NDRWSA) with the Outstanding Achievement in Legislation Initiatives. As stated in the award nomination letter, "The Association continues to be the leading voice for the state's small and rural water/wastewater systems, successfully advocating for common-sense legislative policy and securing critical funding."

Established in July of 1974, NDRWSA is a non-profit organization dedicated to improving the technical, managerial, and financial capacities of rural and small water/wastewater systems across the state.

Minutes Of The Plaza City Council

PLAZA CITY COUNCIL MEETING MINUTES JULY 14, 2025

PRESENT: Mayor Terry Reese; Council members, Phil Westgard, Bob Blunck, Ethan Stein and Darrell Salter
OTHERS PRESENT: City Engineer Jason Strand; Wayne Olson, Plaza Community Club; City Attorney Bill Woods.
The agenda was called to order at 8:00 p.m.

APPROVAL OF AGENDA
Phil moved, seconded by Bob, to approve the agenda. The voice was all in favor, motion carried.

APPROVAL OF MINUTES
Darrell moved, seconded by Ethan, to approve the minutes. The vote was all in favor, motion carried.

APPROVAL OF BILLS
Phil moved, seconded by Ethan, to approve the bills for July 2025. Voting in favor were Phil, Bob, Ethan and Darrell, with none opposing or abstaining, the motion was passed.

ATTORNEY REPORT
Bill drafted a resolution to fulfill the new state law which requires cities to include a public comment period during regular Council meetings. He also developed a form for anyone to fill out by the Wednesday before each City Council meeting, requiring contact information, topic of public comment (which must be based on discussions held at the meeting the previous month or on the current meeting), and the name and topic must be listed on the agenda for each meeting. The Auditor will maintain a file of all the requests and dates of the meeting they are scheduled for. Bill said the Council can set a 3-minute period for each commenter, and may extend it if necessary.

Phil moved, seconded by Bob, to approve the Public Comment Period resolution. The vote was all in favor, motion carried.

PUBLIC HEARING ON POULTRY RESOLUTION
Darrell moved, seconded by Ethan, to adjourn the Regular Meeting at 8:10 p.m. to accept public comments on the Poultry Resolution. The vote was all in favor, motion carried.

No one was present to submit public comment on the resolution.

Bob moved, seconded by Phil, to close the public hearing on the Poultry Resolution. The vote was all in favor, motion carried.

Terry reconvened the meeting at 8:12 p.m.

Darrell moved, seconded by Phil, to approve the Poultry Resolution. The vote was all in favor, motion carried.

The City will now allow a resident to keep up to six hens (no roosters) by filling out an application and paying a small fee of \$5 per chicken. Bill will finalize and send for one week's publication.

LIQUOR LICENSE
Darrell moved, seconded by Bob, to approve a liquor license for the Backroads Bar & Grill for Plaza Days at a fee of \$25.00. The vote was all in favor, motion carried.

ENGINEER REPORT
Jason handed out copies of a map about the planned sidewalk improvement project. The Council reviewed the map and discussed various options.

Bob moved, seconded by Ethan, to accept the sidewalk improvement project as planned. The vote was all in favor, motion carried.

Phil asked if a culvert would have to be installed and Terry said yes and that the City had some that will work. Phil asked about landscaping and the Council discussed what would be needed.

HALL CONSTRUCTION
Jason, Bill and the Council discussed the completion of the second grant application to the County. The Council discussed with Wayne what is still needed in the kitchen area. Costs and quotes for remaining work and materials were discussed.

SEWER LINING PROJECT
Jason said that USDA requires a resolution stipulating the Council's agreement to cover costs for the sewer lining project over the \$91,215.53 remaining the USDA account from the Water Tower project. Jason said that Municipal Pipe Tool had submitted the winning bid of \$1,152,332.00 to complete the project. Bill said he will write up the resolution for consideration at the next meeting. The Council discussed applying for funds to support the sewer lining project.

AE2S NEXUS, BUDGET ASSISTANCE LETTER AGREEMENT
Phil moved, seconded by Ethan, to approve the Letter Agreement to have Karla Harmel develop the 2026 Budgets for the City and the Park Board. Voting in favor were Phil, Bob, Ethan and Darrell, with none opposing or abstaining, the motion was passed.

FIREWORKS
Wayne said that Plaza Elevator will not allow fireworks to be set off near them due to insurance issues, so a new location has to be found in time for Plaza Days. Wayne

and the Council discussed options for relocating the fireworks display and Terry said he would look into it.

Bob moved, seconded by Ethan, to require that the fireworks display be moved to Gesselman's lot, subject to being out of town. The vote was all in favor, motion carried.

The Council set August 4, 6:30 p.m. as a Special Meeting to review the City's 2026 Preliminary Budget with Karla Harmel from AE2S. The Council will decide the date of the final Budget Hearing at the August meeting.

The next meeting of the City Council will be at 8:00 p.m., August 11, 2025.

Phil moved to adjourn the meeting at 9:01 p.m.
Pemina Yellow Bird, Auditor

Terry Reese, Mayor
PLAZA CITY COUNCIL MEETING MINUTES AUGUST 11, 2025

PRESENT: Mayor Terry Reese; Phil Westgard, Bob Blunck, Ethan Stein
ABSENT: Darrell Salter
OTHERS: City Attorney, Bill Woods; City Engineer Jason Strand, AE2S; Reese Ydrzal, Cal Luke and Taylor Wayne, AE2S; Wayne Olson, County Commission.

The meeting was called to order at 8:00 p.m.

APPROVAL OF AGENDA
Ethan moved, seconded by Bob, to approve the agenda as amended. The vote was all in favor, motion carried.

APPROVAL OF MINUTES
Phil moved, seconded by Bob, to approve the minutes of the July 14, 2025, meeting as amended. The vote was all in favor, motion carried.

APPROVAL OF BILLS
Phil moved, seconded by Bob, to approve the August 2025 bills. Voting in favor were Phil, Bob and Ethan, with none opposing or abstaining, the motion carried.

ATTORNEY REPORT
Bill reported that the City had received support in the amount of \$784,783.00 from Mountrail County for its second grant application to complete the construction of the new City Hall.

He also said that a resolution from the Council will be needed to confirm their intention to cover all project costs not covered in grant funding for the sewer lining project. Jason stated that the costs for engineering on this project need to be increased to \$124,500.00, leaving a new total project cost of \$1,276,832.00.

Ethan moved, seconded by Bob, to increase the amount necessary to cover engineering costs on the sewer lining project and to approve the resolution that the City will be responsible for all costs for the project over the grant funds provided by USDA. Voting in favor were Phil, Bob and Ethan, with none opposing or abstaining, the motion carried.

Bill stated that he will be gone for the month of September, with the only exception being September 5, 2025.

ENGINEER REPORT
Jason introduced his colleagues from AE2S, Cal, Reese, Luke and Taylor, to conduct the closeout for the City's Lead & Copper Survey.

They covered all of their activities in conducting the survey, noted the homes that they were not able to check and discussed their plans for contacting those residents again to conduct the testing. They also reviewed the City's reporting requirements, and went over this year's report, which they have already completed on the City's behalf. The next report is due in October of 2026. They also discussed the data they gathered in the survey and how they will make that data available to the City in a zip file. Of the 24 residences that were missed, they discussed with the City how many of them had meter pits and how many just had meters.

Jason and the Council discussed possible funding sources for the sewer project. They also discussed final plans for the sidewalk project and Jason stated that it will be completed by winter.

Jason presented Pay Application #1 for Municipal Pipe Tool Co. for the sewer lining project in the amount of \$46,116.86.

The next meeting will begin at 6:30 p.m. with the 2026 Budget Hearing and the Regular meeting will follow at 7:00 p.m. on September 15, 2025.

WAYNE OLSON, COUNTY COMMISSIONER

Wayne stated that Mountrail County had sent a letter asking for nominations to the JDA Board and asked the Council to nominate someone. Ethan Stein was nominated to join the JDA Board.

Wayne also stated he has a bill from Overhead Door for the fire window in the new City Hall.

ADJOURNMENT
Phil moved to adjourn the meeting at 9:10 p.m.

Pemina Yellow Bird, Auditor
Terry Reese, Mayor



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, October 20th, 2025 at 8:35 A.M.** over via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of discussing a Variance request filed by Kyle & Peggy Bauer-lot holders in concurrence with Mountrail County Park Commission-landowner, for a 6 ½' setback on the North property line rather than the required 7 ½' setback, due to shop not lining up with the existing house on Lot 5, Block 2 of Traynor Park, located in the S1/2SW1/4 of Section 29 & N1/2N1/2 of Section 32, Township 152 North, Range 91 West (**Van Hook Township**).

The provision regarding a variance to zoning is contained within the Mountrail County Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.

If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until **Noon** on Friday, October 10th, 2025. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us.

Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, Randi Schumauer, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: rschumauer@co.mountrail.nd.us.

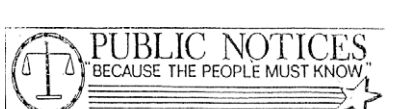
October 20th, 2025 P&Z meeting
Monday, October 20th, 2025 8:30 AM - 12:00 PM (CDT)

Please join my meeting from your computer, tablet or smartphone.
<https://meet.goto.com/765219525>
You can also dial in using your phone.
United States: +1 (312) 757-3121
Access Code: 765-219-525

Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>

Dated at Stanley, North Dakota this 26th day of September, 2025.
Charlie Sorenson, Chairman
Planning & Zoning Commission

ATTEST:
Melissa Vachal
Planning & Zoning Administrator
Oct. 1, 8, 2025



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, October 20th, 2025 at 8:44 A.M.** over via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of receiving comments on a subdivision plan filed by WSB LLC-Applciant in concurrence with Three Affiliated Tribes of Ft Berthold Reservation-Landowner, for the future sale of residential lots. Legal Description: A tract of land 18.44 acres, more or less, to be known as Parshall Bay Subdivision 2nd Addition consisting of lots 1-7 Block 1, located in part of the S1/2SE1/4 Section 1, Township 151 North, Range 91 West (**Liberty Township**).

The provision regarding a subdivision is contained within the Mountrail County Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.

If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until **Noon** on Friday, October 10th, 2025. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us.

Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, Randi Schumauer, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: rschumauer@co.mountrail.nd.us.

October 20th, 2025 P&Z meeting
Monday, October 20th, 2025 8:30 AM - 12:00 PM (CDT)

Please join my meeting from your computer, tablet or smartphone.
<https://meet.goto.com/765219525>
You can also dial in using your phone.
United States: +1 (312) 757-3121
Access Code: 765-219-525

Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>

Dated at Stanley, North Dakota this 26th day of September, 2025.
Charlie Sorenson, Chairman
Planning & Zoning Commission</