

North Dakota Game And Fish News

Spring Light Goose Conservation Order

North Dakota's spring light goose conservation order opens February 21 and continues through May 10.

Residents must have a 2025-26 (valid through March 31) or 2026-27 (required April 1) combination license; or a small game, and general game and habitat license. Resident youth under age 16 only need the general game and habitat license. The 2026-27 license is available for purchase beginning March 15. In addition, all hunters need an electronic waterfowl restoration stamp.

Nonresidents need a 2026 spring light goose conservation order license. The cost is \$50 and valid statewide. Nonresidents who hunt in spring remain eligible to buy a fall season license. The spring license does not count against the fourteen-day fall waterfowl hunting season regulation.

Nonresident youth under sixteen can purchase a license at the resident fee. A federal duck stamp is not required for either residents or nonresidents. Yet, like resident hunters, nonresidents also need an electronic waterfowl restoration stamp.

Resident and nonresident licenses are available online at the North Dakota Game and Fish Department website, g.nd.gov.

Hunters must register annually with the Harvest Information Program prior to hunting in each state. The HIP number obtained for North Dakota's spring conservation order is also valid for North Dakota's fall hunting season. The number can be obtained online on the Game and Fish website.

The spring conservation order is only open to light geese - snows, blues and Ross's. Species identification is important because white-fronted and Canada geese travel with light geese. The conservation order is closed to whitefronts, Canada geese, swans and all other migratory birds.

Spring Turkey Drawing Held, Licenses Remain

The 2026 spring wild turkey lot-

tery and more than 1,600 licenses remain in twelve units. Remaining licenses are issued on a first-come, first-served basis beginning February 25 at 8 a.m. Central time.

Hunters are allowed two licenses for the spring season.

Licenses remain in unit 04, portions of Billings and Golden Valley counties south of Interstate 94; unit 06, Adams and Bowman counties; unit 13, Dunn County; unit 17, portions of Billings and Golden Valley counties north of Interstate 94; unit 19, Grant and Sioux counties and portions of Morton County; unit 25, McHenry County and portions of Pierce and Ward counties; unit 27, McKenzie County; unit 30, portions of Morton County; unit 31, Mountrail County; unit 44, Hettinger and Slope counties; unit 45, Stark County; and unit 51, Burke County and portions of Renville, Bottineau and Ward counties.

Applications must be submitted online at the North Dakota Game and Fish Department website. Only North Dakota residents are eligible to apply.

Guide and Outfitter Exam Scheduled

The next guide and outfitter written examination is March 28, 2026 at 1 p.m. at the North Dakota Game and Fish Department office in Bismarck. Preregistration is required no later than March 20 by calling the Department's enforcement office at 701-328-6604.

In addition to passing a written exam, qualifications for becoming a guide include a background check for criminal and game and fish violations; certification in cardiopulmonary resuscitation and standard first aid; and employment by or contract with a licensed hunting outfitter.

Hunting outfitter eligibility requirements include the guide qualifications, as well as an individual must have held a hunting guide license for two years; and must have proof of liability insurance.

The test is given periodically to anyone interested in becoming a guide or outfitter in the state. To register, call 701-328-6604.

Prairie Fare: A Meeting, A Scare And A Reminder About Heart Health

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

I was sitting across from someone at a community meeting when she suddenly put her hand on her chest. Then she lowered her head onto the table.

I looked wide-eyed at the intern attending the meeting with me. We both stared at the person across the table.

Did I remember CPR? I'd better review the steps after today, I thought to myself.

The Bee Gees song "Stayin' Alive" started running through my head. That song, along with several others, has the right number of beats per minute (100-120) to guide chest compressions.

Was there a defibrillator in the building? I had never used one, but I knew they save lives.

My phone was next to me. I was poised to call 911.

Then she lifted her head and resumed participating in the meeting, which had become fairly contentious. I'm sure I was still staring at her.

We asked if she was okay. She said she was.

A day or two later, we received an email. We had witnessed a mild heart attack. Fortunately, she was on the mend.

February is American Heart Month, but any month is a good time to take care of your hardworking heart, which beats about 100,000 times each day. Yes, seriously.

This fist-sized organ in the center of our chest beats about 35 million times per year, carrying blood throughout our bodies and sustaining life.

Unfortunately, according to the American Heart Association, a heart attack occurs about every forty seconds in the United States.

Women often have less obvious symptoms than the dramatic signs we might see portrayed on televi-

sion.

Women may experience pain in the chest, arm, jaw, neck, stomach or back. They might feel nauseated, lightheaded or short of breath or may break out in a cold sweat.

If you have symptoms, do not drive yourself to the emergency room or home. Call an ambulance or have someone call for you.

Avoid eating or drinking during a heart episode, as this can increase the risk of choking. Don't exert yourself. Get comfortable, and be sure paramedics can enter the building.

What can we do to care for our hearts and lower our risk for heart disease?

Think of food as medicine. What we eat and drink play major roles in heart health.

Consider these tips:

- Have regular health checkups and take your prescriptions as directed, especially for blood pressure, diabetes or cholesterol. Don't skip doses.

- Maintain a healthy weight. Visit with your health care provider to learn what that means for your body type and age.

- If you smoke, make an effort to quit.

- Aim for at least two hours and thirty minutes of moderate-intensity physical activity per week.

- Eat fiber-rich foods such as fruits, vegetables, legumes (beans) and whole grains. Try to fill at least half your plate with fruits and vegetables.

- Limit saturated and trans fats. Keep saturated fat at ten percent or less of total daily calories. Read Nutrition Facts labels and check the "Percent Daily Value."

- Limit sodium to help reduce or manage blood pressure.

- Cut back on added sugars to lower your risk for diabetes and heart disease.

- If you drink alcohol, consider reducing the amount or leaving it

off your menu.

As the weather warms, set a springtime goal to keep your heart in tiptop shape. This recipe from Iowa State University encourages you to personalize your salad with your favorite vegetables and fruits, along with a delicious homemade dressing.

Fruit and Greens Salad with Orange Dressing

½ cup orange juice
2 tablespoons vinegar
1 ½ teaspoons white sugar
2 tablespoons oil (canola, olive or vegetable)
8 cups greens (romaine, lettuce or spinach)
2 cups vegetables, chopped

Makes four servings. Each serving has 160 calories, 7 grams (g) fat, 3 g protein, 21 g carbohydrate, 5 g fiber and 60 milligrams sodium.

Mile High City Mayor To Address ND Democratic-NPL Convention

Denver Mayor Mike Johnston will address the delegates of the North Dakota Democratic-NPL Convention on March 7. Since the start of his administration, Denver has achieved historic reductions in street homelessness, enhanced public safety, expanded affordable housing, and invested in revitalizing its downtown. Mayor Johnston started his career as a high school English teacher in the Mississippi Delta. He returned to Colorado to become a school principal, leading three different schools in the Denver metro area, and later served as a senior education advisor to President Obama.

DNC Midwest Region President Ron Harris will speak at Friday Evening's Dinner with Democrats. Har-

ris served as Minnesota State Campaign Director for Kamala Harris' 2024 presidential race and as Chief Resilience Officer for the City of Minneapolis.

North Dakota Democratic-NPL Chair Adam Goldwyn said, "We're thrilled to bring Mayor Mike Johnston and DNC Midwest Chair Ron Harris to North Dakota. Under Mayor Johnston, Denver has seen the largest reduction in homelessness and homicides. Ron has been on the front lines of responding to the chaos of heavily armed, masked federal agents in Minnesota and has organized Democrats across the state in local, statewide, and federal elections. Democrats fight for strong and safe communities, and these men exemplify that."

Proceedings Of The Board Of County Commissioners

PROCEEDINGS OF THE MOUNTRAIL COUNTY COMMISSIONERS

1. OPENING & ROLL CALL

The Board met in regular session on Tuesday, February 3, 2026 at 9:00 A.M. in the Emergency/Community Room, Mountrail County Courthouse, Stanley ND with Commissioners Trudy Ruland, Wayne Olson, Joan Hollekim, John DeGroot and Jason Rice present. State's Attorney, Wade Engert was present.

Chairman Ruland called the meeting to order. The Pledge of Allegiance was recited.

2. BUSINESS

A. AGENDA

Moved by Comm. Olson, seconded by Comm. DeGroot, to review and approve the agenda as corrected. Upon roll call, all present voted yes. Motion carried.

B. MINUTES

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the minutes of the January 20, 2026 meeting as corrected. Upon roll call, all present voted yes. Motion carried.

C. PAYROLL

Moved by Comm. Hollekim, seconded by Comm. Olson, to approve the salary increase form for a promotion/banding/grading change for Jacob Roberts as a Correctional Officer II with Corrections from a band of B22 to a B23 to the amount of \$32.53 per hour/\$67,652 per year. Upon roll call, DeGroot, Hollekim, Rice, Olson and Ruland voted yes. Motion carried.

D. AGREEMENT

Moved by Comm. DeGroot, seconded by Comm. Hollekim, to approve the signing the Agreement between Robertson Counseling, Mountrail County and the Mountrail-McKenzie Human Service Zone. Upon roll call, Ruland, Rice, Olson, Hollekim and DeGroot voted yes. Motion carried.

E. BUDGET AMENDMENTS

Moved by Comm. Olson, seconded by Comm. Rice, to approve the 2025 Budget Amendments. Upon roll call, Olson, Rice, Hollekim, Ruland and DeGroot voted yes. Motion carried.

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the 2026 Budget Amendments from the General Fund Oasis into each Departments Oasis fund. Motion withdrawn.

F. BILLS

Moved by Comm. Hollekim, seconded by Comm. Olson, to approve the bills totaling \$1,174,594.55 & January 4 through January 17 payroll, checks #20181-20186 and direct deposits #1-171 totaling \$613,832.13. Upon roll call, DeGroot, Hollekim, Olson, Ruland and Rice voted yes. Motion carried. (A complete list of bills is posted on a regular basis on the Mountrail County website @ www.co.mountrail.nd.us under the County Commissioner heading and/or are available for review in the Auditor's Office during normal business hours).

3. APPOINTMENTS SCHEDULED

9:15 A.M.

Kim Savage, Tax Director met to discuss 5 abatements.

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve an abatement on parcel #61-0013100 for tax year 2025 as the building burnt down as per the recommendation of Tax Director Savage. Upon roll call, Olson, DeGroot, Rice, Ruland and Hollekim voted yes. Motion carried.

Moved by Comm. Hollekim, seconded by Comm. Olson, to approve an abatement on parcel #61-0051113 for tax year 2025 as the property is exempt as per the recommendation of Tax Director Savage. Upon roll call, Ruland, Rice, Olson, Hollekim and DeGroot voted yes. Motion carried.

Moved by Comm. Hollekim, seconded by Comm. DeGroot, to approve an abatement on parcel #61-0051112 for tax year 2025 as the property is exempt as per the recommendation of Tax Director Savage. Upon roll call, Ruland, Rice, DeGroot, Hollekim and Olson voted yes. Motion carried.

Moved by Comm. Rice, seconded by Comm. Olson, to approve an abatement on parcel #61-1105000 for tax year 2025 as approved for Disabled Veterans Credit as per the recommendation of Tax Director Savage. Upon roll call, Olson, DeGroot, Hollekim, Rice and Ruland voted yes. Motion carried.

Moved by Comm. DeGroot, seconded by Comm. Hollekim, to approve an abatement on parcel #61-1105000 for tax year 2026 as approved for Disabled Veterans

Credit as per the recommendation of Tax Director Savage. Upon roll call, Hollekim, Ruland, Olson, DeGroot and Rice voted yes. Motion carried.

Tax Director presented the Assessor Agreement for Plaza and New Town.

Moved by Comm. Hollekim, seconded by Comm. Olson, to approve the signing of the contract between the City of New Town and the County for the 2026 assessment period totaling \$15,000 with payment due by April 30th. Upon roll call, Olson, Ruland, Rice, DeGroot and Hollekim voted yes. Motion carried.

Moved by Comm. Rice, seconded by Comm. DeGroot, to approve the signing of the contract between the City of Plaza and the County for the 2026 assessment period totaling \$5,000 with payment due by April 30th. Upon roll call, DeGroot, Rice, Olson, Hollekim and Ruland voted yes. Motion carried.

9:30 A.M.
Randi Schumaier, Human Resource Generalist presented the percentage change for PERS retirement.

Moved by Comm. Hollekim, seconded by Comm. Olson, to approve increasing the employer share of retirement through PERS from a 13.26% to 13.77% contribution for all qualified employees with the employee picking up the remaining balance effective February 1st. Upon roll call, Hollekim, DeGroot, Ruland, Rice and Olson voted yes. Motion carried.

Human Resource Generalist Schumaier also discussed the recommendations from the Human Resource Advisory Committee (HRAC).

Moved by Comm. DeGroot, seconded by Comm. Olson, to approve the amended Mountrail County Employee Handbook as recommended by the Human Resource Advisory Committee. Upon roll call, all present voted yes. Motion carried.

9:45 A.M.
Jessica Niemitalo, Treasurer discussed the Certificate of Deposit of \$25 million up for renewal. Treasurer Niemitalo will reach out to the banks for a 3-month CD and a transfer will be done closer to when the Road & Bridge needs the money. More discussion will be held at the next meeting. 10:00 A.M.

Laurie Johnson, Correctional Administrator discussed the contract for a traveling nurse. Dalton Daeges and Gigi Grant with Prime Workforce Solutions discussed the contract.

Moved by Comm. Rice, seconded by Comm. DeGroot, to approve signing the traveling nurse contract with Prime Workforce Solutions. Upon roll call, Olson, DeGroot, Rice, Ruland and Hollekim voted yes. Motion carried.

10:10 A.M.
Jana Hennessy, Road & Bridge (R&B) Engineer met to discuss Road & Bridge.

1. CR11 RECONSTRUCTION PROJECT NO 11(67)23

Moved by Comm. Hollekim, seconded by Comm. Olson, to approve the balancing change order #4 for Martin Construction Inc with a decrease totaling \$293,544.43 for CR11 Reconstruction Project No. 11(67)23. Upon roll call, Ruland, Rice, Olson, Hollekim and DeGroot voted yes. Motion carried.

Moved by Comm. Rice, seconded by Comm. DeGroot, to approve the final pay application for Martin Construction Inc. totaling \$379,446.65 for CR11 Reconstruction Project No. 11(67)23. Upon roll call, DeGroot, Rice, Hollekim, Ruland and Olson voted yes. Motion carried.

2. PM2026 - OVERLAY PROJECT 3(74)26, 11(67)26 & 2026-02

Moved by Comm. DeGroot, seconded by Comm. Olson, to approve advertising for bids for PM 2026-Overlay Project 3(74)26, 11(67)26 & 2026-02. Upon roll call, Rice, Olson, DeGroot, Ruland and Hollekim voted yes. Motion carried. Engineer Hennessy mentioned Osborn Township will reimburse the County for the portion of township overlay and Sauber Engineering is billing their township directly for engineering services.

4. PUBLIC COMMENT

No one had any comments.

5. ADJOURN

The Board adjourned at 10:41 A.M. to meet in regular session on Tuesday, February 17, 2026 at 9:00 A.M. Accepted and approved this 17th day of February, 2026. Trudy Ruland, Chairman

Mountrail County Commissioner

Stephanie A. Pappa

Mountrail County Auditor



ADVERTISEMENT FOR BIDS BIG BEND TOWNSHIP MOUNTRAIL COUNTY, NORTH DAKOTA

General Notice
BIG BEND TOWNSHIP (Owner) is requesting Bids for the construction of the following Project:

Reconstruction of 31st St. NW & 94th Ave. NW PROJECT NO. 2025-6

Bids for the construction of the Project will be received at the **New Town City Hall** located at **945 Eagle Dr., New Town, ND** until **Thursday, March 5, 2026 at 3:00 pm** local time. At that time, the Bids received will be publicly opened and read.

The Project includes the following Work:

Grading, culverts, aggregate base, and aggregate surface on 2.0 miles of 31st St. NW & 0.5 miles of 94th Ave NW. The project will include the following approximate quantities: Common Excavation - Type B - 34,000 CY; Borrow-Excavation - 22,000 CY; Aggregate Base Course CL 5 - 15,000 Tons; Gravel Surfacing - 9,000 Tons; Geosynthetic Material Type G - 12,000 SY; Pipe Conduit (multiple sizes) - 1,000 LF.

The project has a date for substantial completion date of **October 24, 2026.**

Obtaining the Bidding Documents

Bidding Documents may be viewed and ordered online at www.questcdn.com utilizing Quest project #10057151. QuestCDN can be contacted at (952)233-1632 or info@questcdn.com for assistance in free membership, downloading, and working with the digital project information. The cost to download the bidding documents will be \$50.00.

The Issuing Office for the Bidding Documents is:

Sauber Engineering Inc.
2401 46th Avenue SE, Suite 110
Mandan, ND

Prospective Bidders may examine the Bidding Documents at the Issuing Office on Monday through Friday, 8:00 am to 5:00 pm. Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including addenda, if any, obtained from sources other than the website listed in this advertisement.

Instructions to Bidders

Bid will be submitted on the basis of cash payment for the work and materials. The owner intends to award a single (1) Contract on the basis of the low bid submitted by a responsible and responsive bidder for the aggregate sum of all bid items for the project.

Each bid must be accompanied by a separate envelope containing the contractor's license and bid security. The bid security must be a sum equal to five (5) percent of the full amount of the bid and must be in the form of a bidder's bond. The bond must be executed by the bidder as principal and a surety, conditioned that if the principal's bid is accepted and the contract awarded to the principal, the principal, within 10 days after the notice of award, shall execute a contract in accordance with the terms of the bid and the bid bond and any condition of Big Bend Township.

The bidder must be licensed for the full amount of the bid as required by sections 43-07-07 and 43-07-12 of the North Dakota Century Code.

No bid will be read or considered that does not fully comply with requirements pertaining to bid security and contractor's license.

The successful bidder will be required to furnish a performance and payment bond in the full amount of the contract.

Big Bend Township reserves the right to reject any and all bids, waive any informality in any bid, rebid the project until a satisfactory bid is received, and accept the bid most favorable to the Township.

For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

This Advertisement is issued by:
Owner: Big Bend Township
By: Jaye Sandstrom
Title: Chairman, Board of Township Supervisors
Date: February 2, 2026
Feb. 11, 18, 25, 2026



ADVERTISEMENT FOR BIDS HOWIE TOWNSHIP MOUNTRAIL COUNTY, NORTH DAKOTA

General Notice
HOWIE TOWNSHIP (Owner) is requesting Bids for the construction of the following Project:

Reconstruction of 34th St. NW PROJECT NO. 2025-7

Bids for the construction of the Project will be received at the **New Town City Hall** located at **945 Eagle Dr., New Town, ND** until **Thursday, March 19, 2026 at 1:00 pm** local time. At that time the Bids received will be publicly opened and read.

The Project includes the following Work:

Grading, culverts, aggregate base and aggregate surface on 2.0 miles of 34th St. NW. The project will include the following approximate quantities: Common Excavation - Type B - 2,000 CY; Borrow-Excavation - 18,000 CY; Aggregate Base Course CL 5 - 12,000 Tons; Gravel Surfacing - 6,000 Tons; Geosynthetic Material Type G - 37,000 SY; Pipe Conduit (multiple sizes) - 1,000 LF.

The project has a date for substantial completion of **October 24, 2026.**

Obtaining the Bidding Documents

Bidding Documents may be viewed and ordered online at www.questcdn.com utilizing Quest project #10079606. QuestCDN can be contacted at (952)233-1632 or info@questcdn.com for assistance in free membership, downloading, and working with the digital project information. The cost to download the bidding documents will be \$50.00.

The Issuing Office for the Bidding Documents is:

Sauber Engineering Inc.
2401 46th Avenue SE, Suite 110
Mandan, ND

Prospective Bidders may examine the Bidding Documents at the Issuing Office on Monday through Friday between the hours of 8:00 am and 5:00 pm. Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including addenda, if any, obtained from sources other than the website listed in this advertisement.

Instructions to Bidders

Bid will be submitted on the basis of cash payment for the work and materials. The owner intends to award a single (1) Contract on the basis of the low bid submitted by a responsible and responsive bidder for the aggregate sum of all bid items for the project.

Each bid must be accompanied by a separate envelope containing the contractor's license and bid security. The bid security must be a sum equal to five (5) percent of the full amount of the bid and must be in the form of a bidder's bond. The bond must be executed by the bidder as principal and a surety, conditioned that if the principal's bid is accepted and the contract awarded to the principal, the principal, within 10 days after the notice of award, shall execute a contract in accordance with the terms of the bid and the bid bond and any condition of Howie Township.

The bidder must be licensed for the full amount of the bid as required by sections 43-07-07 and 43-07-12 of the North Dakota Century Code.

No bid will be read or considered that does not fully comply with requirements pertaining to bid security and contractor's license.

The successful bidder will be required to furnish a performance and payment bond in the full amount of the contract.

Howie Township reserves the right to reject any and all bids, waive any informality in any bid, rebid the project until a satisfactory bid is received and accept the bid most favorable to the Township.

For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

This Advertisement is issued by:
Owner: Howie Township
By: Sheri Danks
Title: Chairman, Board of Township Supervisors
Date: February 17, 2026
Feb. 25, Mar. 4, 11, 2026



ADVERTISEMENT FOR BIDS City of New Town Sand Hill Water Tower Improvements

General Notice
Sealed bids for construction of the **New Town Sand Hill Water Tower Improvements** project for the City of New Town, North Dakota will be received until 10:00 A.M. local time on **March 18, 2026** at **New Town City Hall**, located at **945 Eagle Drive (P.O. Box 309), New Town, ND 58763** at which time they will be publicly opened and read aloud.

Bids can be mailed to:
City of New Town
c/o City Auditor
945 Eagle Drive
Suite 106
P.O. Box 309
New Town, ND 58763
The Project includes the following Work:

Electrical systems and control systems in association with construction of a new 500,000-gallon composite elevated storage tank and appurtenances, connection to existing distribution system, and