

Postal Patron

Deliver By Monday Vol. 40, No. 13 Monday, July 24, 2023

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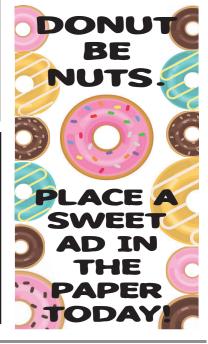
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CALENDAR

SATURDAY, JULY 22

LORD'S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from 2 pm -4 pm. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

GOVERNOR'S CUP, LAKE SAKAKAWEA. Weigh in at Garrison City Park at 3 p.m.

JR. GOVERNOR'S CUP, DeTrobriand Bay Marina, Fort Stevenson State Park, 10 a.m.

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.

COMMUNITY FOOD PANTRY, 181 Ellsworth, Makoti, 10 a.m. to 1 p.m.

GARRISON FRIENDS OF THE LIBRARY book sale, Garrison Library, 8 a.m. to 12 p.m.

SUNDAY, JULY 23

GOVERNOR'S CUP makeup day for inclement weather

MONDAY, JULY 24

YOGA, First Congregational Church, Garrison, 8 a.m.

BONE BUILDERS, Garrison Senior Center, 10 a.m.

WEDNESDAY, JULY 26

YOGA, First Congregational Church, Garrison, 8 a.m.

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 4 p.m.

THURSDAY, AUGUST 3

COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 4 p.m. to 6 p.m. McLean County Residents in need are welcome to food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

COMMUNITY CLOTHING SHARE-EXCHANGE at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

SATURDAY, AUGUST 10
LORD'S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from 2 pm -4 pm. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

Library Hours:

Washburn Public Library - Monday-Thursday 10 a.m. to 6 p.m., Saturday 10 a.m. to 1 p.m. Underwood Public Library - Monday, Wednesday and Friday 10 a.m. to 2 p.m. -Tuesday and Thursday 2 p.m. to 6 p.m.

Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m. McLean-Mercer Regional Library - Riverdale Open Mon-Fri 8:00 – 12:00 & 1:00 – 5:00 Garrison Library is open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.

PRAIRIE FARE

By Julie Garden-Robinson, Ph.D., R.D., L.R.D.

Exploring nature while mowing can promote health

"You're doing a good job," my husband commented.

I needed the positive reinforcement.

I was mowing the lawn with a push mower, which typically is on my husband's task list. I usually weed and tend the flowers and vegetables.

Unfortunately, he has an injured shoulder. He is sidelined from physical labor for several months. Lucky me.

Despite his compliment, I knew my mowing was not living up to my husband's standards of perfect diagonal cuts. I was mowing like a mouse running around a maze, going round and round the yard. I was trying to avoid leaving fringes of grass, anyway.

As I pushed the batteryoperated mower, people walking nearby commented on how quiet it was. I guess I can mow at night and not disturb anyone. I'd need a hat with lights, though.

On the positive side, mowing and other yardwork count as physical activity and can give your heart a workout.

When using a push mower with an engine, a 125-pound person will burn about 270 calories an hour. A 185-pound person will burn about 400 calories an hour.

If those same people used an "old-fashioned" hand mower without an engine, the lighterweight person will burn about 400 calories an hour, while the heavier person will burn about 500 calories an hour.

I was getting a free workout while beautifying our yard.

I began observing nature a bit. As an undergraduate, I helped the weed science graduate students with their projects.

Weeds sometimes are called "misplaced plants" by those in plant sciences. Many weeds actually are edible. Foraging has become popular, and some people call weeds "wild greens" and use them in salads or as sauteed side items with meals or on sandwiches.

Dandelion greens, lambs quarters and amaranth are among the many edible weeds. However, you want to be sure you know what you are eating before consuming wild greens. Before you eat plants, use a reliable source to identify them.

Also, be sure that the weeds have not been sprayed with herbicides.

I noted purslane near the sidewalk. This weed has thick. succulent stems that are reddish in color, and the weed grows to form large mats. Purslane is native to North Africa and the Middle East but found its way to North America long ago.

Although we think of purslane as a weed, it is edible and its flavor varies based on growing conditions. Mustard greens and wood sorrel are other weeds that might be growing alongside your vegetable crops.

As I pushed the mower around trees, I came upon a patch of mushrooms growing on the woody mulch. I mowed them down.

I am definitely not a mushroom expert, or "mycologist." Mycologists have expertise in the study of various fungi.

I would be more confident in tasting weeds instead of mushrooms. Mushrooms can be delicious, but they also can be dangerous if poisonous or hallucinogenic mushrooms are consumed.

Although I can identify the spongy black-topped morels from a crowd of mushrooms, I am content buying mushrooms at the grocery store. Work with

an expert mycologist if you decide to hunt for mushrooms.

I paused to replace the rechargeable battery in the mower to finish one section of the yard. I felt a sense of accomplishment as I surveyed our natural green shag carpet. I drank a lot of ice water after I parked the mower.

When you have completed an outdoor activity, you might be more inclined to fuel your body with a healthful snack such as these homemade snack bars.

Cranberry Granola Bars S cup honey

2 tablespoons plus 2 teaspoons brown sugar, packed

1 tablespoon plus 1 teaspoon vegetable oil (soybean oil)

1S cups oatmeal oats, quick (uncooked)

1j cups toasted rice cereal 1j cups dried cranberries

Preheat oven to 350 F. Combine honey, brown sugar and oil in a small saucepan. Heat over low heat until well mixed. Mix oats, rice cereal and cranberries. Add honey mixture and stir until thoroughly combined. Pat firmly into an 8-by-8inch baking pan. Bake for 15 minutes; press firmly into the bottom of the pan once more. Bake for five more minutes. Cool completely. Refrigerate at least one hour for easier cutting. For easy serving, wrap each piece in plastic wrap.

Makes 16 servings. Each serving has 120 calories, 2 grams (g) fat, 1 g protein, 25 g carbohydrate, 1 g fiber and 15 milligrams sodium.

(Julie Garden-Robinson. Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Followher on Twitter @jgardenrobinson)

DAKOTA GARDENER

BY CARRIE KNUTSON, HORTICULTURE AGENT In knots about prostrate knotweed

Recently, I was asked how my lawn looks. I think in my line of work most people expect my lawn to be perfect, not a blade of grass out of place or a weed to be found. However, my lawn has quite a few issues much to the dismay of my neighbor.

Issue number one, there is a large patch of prostrate knotweed in my front yard. Every year it grows a little bigger and bigger.

Prostrate knotweed thrives in nutrient poor and compacted soil conditions and during hot and dry weather. In lawns, prostrate knotweed grows close to the soil surface and often forms dense mats. The stems have bumps or enlarged nodes where the dark green leaves are attached. The nodes often have an "ochera" or paper-like covering.

Prostrate knotweed is an annual weed that spreads via seeds that germinate early in the spring. Seeds can germinate even earlier than crabgrass. Soil temperatures are around 40 degrees Fahrenheit for prostrate knotweed as opposed to 50 degrees Fahrenheit for crabgrass. Because of this, prostrate knotweed is often mistaken for crabgrass in its seedling stage.

Using a pre-emergence

herbicide (one that prevents seeds from germinating) early in the spring is an option to control this weed. Do you remember our spring? I sure don't. By the time I was able to apply a pre-emergence herbicide down, the weed seeds had already germinated in my lawn.

After the weed seeds have germinated, another option is to remove the weeds. When the weeds are small, they can easily be removed by hand, especially if the soil is moist. When the weeds are small, they can also be controlled by post-emergent broadleaf lawn herbicides.

Core aeration of the lawn and getting your soil tested for nutrients are additional steps you can take to control prostrate knotweed.

Once the weeds are controlled, it is important to get a nice stand of grass up and growing so the lawn can outcompete the weed seeds next spring. Hopefully, the result is a prostrate knotweed free lawn.

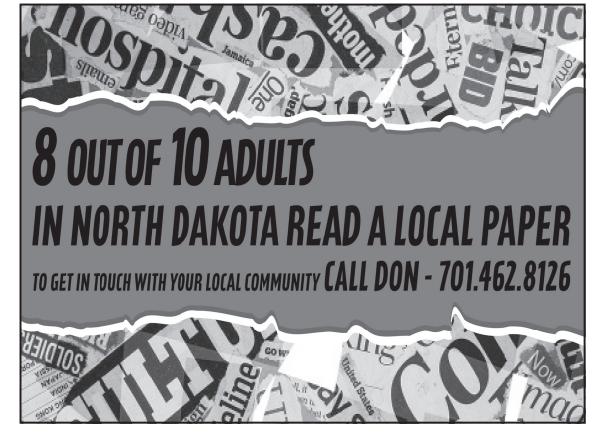
Late summer or early fall is a great time to start grass seed. There is less weed pressure and hopefully cooler weather. Well, you know what is on my list for this summer and fall. Happy gardening!



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WE THE PEOPLE

BY DAVID ADLER

Constitution Does Not Shield Presidents from Defamation Suits

The Justice Department's announcement this week that the Constitution does not shield presidents from civil lawsuits stemming from a president's defamatory remarks represents two important victories--one for constitutionally limited government and the other for individuals who could be destroyed by the words of the nation's chief executive.

The DOJ's declaration clarified its position on the broad question of immunity for former President Donald Trump against a lawsuit filed by the writer, E. Jean Carroll, who says that Trump raped her in a Manhattan department store dressing room decades ago.

For three years, the DOJ, under both Republican and Democratic leadership, had contended that Trump was acting within the scope of his presidential duties when he denied sexually assaulting Ms. Carroll. That position protected Trump, as it would other federal employees, from civil lawsuits when acting in their official capacity

In this week's court filing, however, the DOJ declared that new evidence had surfaced since Trump left office, including the fact that the jury in a recent civil trial in New York found the former president liable for sexually assaulting Ms. Carroll 20 years ago

30 years ago.

The new facts indicated that Trump, in his derogatory comments against Ms. Carroll in 2019, was motivated by a "personal grievance," stemming from events that occurred many years before his presidency. His comments were, indeed, made through official channels often used by presidents in communicating with the media, and thus within the category

of "work context." However, the DOJ emphasized that the allegations of Ms. Carroll that prompted Trump's response related to a "purely personal incident"—the alleged sexual assault in a department store. Trump's remarks did not reflect a desire to "serve the United States Government."

The question of whether former President Trump was engaged in "official acts" when responding to Ms. Carroll's allegations of sexual abuse is critical to the character and disposition of the case. After Ms. Carroll filed suit, the DOJ, under the leadership of Attorney General William Barr, invoked a federal law that substitutes the government as the defendant when a federal official is sued for official acts, which leads to the dismissal of the case.

But the presiding federal district court judge, Lewis Kaplan, rejected the DOJ's invocation of the federal statute on grounds that Trump's remarks bore "no relationship to the official business of the United States." That seemed clear, of course, but Trump's legal team filed a round of appeals with the result that the case ultimately returned to Judge Kaplan.

Judge Kaplan asked the DOJ to weigh in a second time on the question of whether Trump's comments were related to official business, or merely an exercise in "personal grievance." The department's filing declared on the face of the new evidence that Trump was not covered by the federal statute.

The DOJ rightly cited two factors for its reversal. It invoked a D.C. Court of Appeal's clarification of the statute about what qualifies as "public

work." The court held that it is determined in part by "the subjective state of mind of the employee," that official responses to press questions don't always qualify and that the professional purpose can be so "insignificant" as to be irrelevant. It also cited the recent verdict of a New York jury that found Trump sexually abused and defamed Ms. Carroll, and the fact that he has since been accused of defaming her again in response to the verdict.

It was relatively easy for the DOJ to conclude that there was little, if any official conduct in Trump's derogatory comments about Ms. Carroll. That conclusion represents a victory for constitutionally limited government and the rights and reputations of American citizens.

Imagine a different outcome, one that would permit the federal government to intervene and substitute itself in a civil lawsuit against a president who has defamed a citizen. In such a world, a president, acting with total immunity from liability, might destroy the reputations of men and women with impunity. In such a world, there would be little, if any, protection for critics of the president. Imagine the chilling effect on dissident speech and then imagine the effect on our democracy.

The Framers of the Constitution created a limited presidency that was subject to the rule of law, one devoid, as James Wilson declared, of "privileges not annexed to the character of any other citizen." This principle includes the denial to the president of authority to defame citizens of the United States.

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- CONTACT INFORMATION: Phone: 462-8126 Fax: 462-8128 Email: leadernews@nordaknorth.com • Website: www.nordaknorth.com Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800 658-3485 when you want to report problems.

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36-TFNNCI

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AUCTIONS

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The position may be underfilled at the Equipment Operator II (EO II) level. Applications will be accepted until 4:00 P.M. on Friday, July 28, 2023.

The new team member must **reside within 60 minutes travel** time of the McLean County Highway Shop in Butte. Under limited supervision, you will perform a variety of skilled and semi-skilled work in the operation of heavy equipment (primarily motor graders) utilized in road construction, snow removal, bridge projects, maintenance and other repair projects. To view the complete job description or to apply, visit our website, www. mcleancountynd.gov/employment.

If filled at the EO III level the starting salary is \$55,547.56 or \$26.70 per hour; if filled at the EO II level the starting salary is \$49,020.98 or \$23.57 per hour. The county offers 100% employer-paid participation in ND Public Employees Retirement System defined benefit (pension) retirement program and 100% employer-paid low deductible, health insurance.

Preference will be given to applicants with prior experience in operation and routine maintenance of construction equipment. High school diploma and class A North Dakota Driver's License with tanker and air brake endorsement is REQUIRED on the first day of work.

For further information, contact Lori Foss by phone at (701) 462-8541; via email at lfoss@nd.gov; or visit www. mcleancountynd.gov/employment. Résumés may be included with the application but will not be accepted in place of an official application.

McLean County is an Equal Opportunity Employer.

WANTED: EQUIPMENT OPERATOR II-Garrison

Check out our higher pay level and revised residence requirement!

The McLean County Highway Department is filling one or more full-time

EQUIPMENT OPERATOR II (EO II) **POSITIONS IN GARRISON**

Dependent on the applicant pool, the position(s) may be underfilled at the Equipment Operator I (EO I) level which does **not** require a CDL license to start work **OR** the position(s) may be filled at the higher classification of Equipment Operator III (EO III) dependent on experience. If filled at the EO I level, the successful candidate will be required to obtain their CDL license within the first year of employment. The county will provide training and assistance to the candidate with the CDL licensing process. Applications will be accepted until 4:00 P.M. on Friday, July 28, 2023.

The new team member must reside within 60 minutes travel time of the Garrison Highway Shop. To view the complete job descriptions or to apply, visit www.mcleancountynd.gov/ employment.

If filled at the EO II level the new starting salary is \$49,020.98 or \$23.57 per hour; if filled at the EO I level the new starting salary \$46,125.16 or \$22.18 per hour; or if filled at the EO III level the new starting salary is \$55,547.56 or \$26.70 per hour. The county offers 100% employer-paid participation in ND Public Employees Retirement System defined benefit (pension) retirement program and 100% employer-paid low deductible, health insurance.

Preference will be given to applicants with prior experience in operation and routine maintenance of construction equipment. High school diploma is **REQUIRED** on first day of work.

For further information, contact Lori by phone at (701) 462-8541; via email at lfoss@nd.gov; or visit www.mcleancountynd.gov/ employment. Résumés may be included with the application but will not be accepted in place of an official application.

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Any questions please contact the business office at 701-743-2201.

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STATEWIDES

HELP WANTED MARKETING DIRECTOR:

The North Dakota Newspaper Association has a full time position for a key player in our Bismarck headquarters. The marketing director carries out programs serving our member newspapers and clients, helps to organize the annual convention, and assists the executive director with administrative matters as needed. The marketing director will also use social media to promote the association, its programs and member newspapers. Familiarity with the InDesign suite of software or past graphic design experience helpful or we can train. Salary commensurate with experience. Excellent benefits. Send resume and cover letter to director@ndna. com < mailto:director@ndna.com >

Allied Health Outreach Specialist: NDSCS has a FT, 12-month, position available in Wahpeton. Responsibilities include assisting Allied Health program directors and program coordinators with enhanced student recruitment, outreach, and retention efforts. Benefits include: Fully paid single or family health insurance premium, life insurance, annual & sick leave, tuition waiver, spouse/dependent tuition discount, retirement, etc. Optional dental, vision, and additional life insurance. Interested candidates must submit the online application. For more information go to: www. ndscs.edu/join-our-team EOE

COOK: This position provides is responsible for planning, preparing, and cooking food items while following proper food handling, sanitation, and food storage procedures. Benefits include fully paid single or family health insurance, annual/sick leave, life insurance, retirement, tuition waiver, etc. Screening begins immediately. Interested candidates must submit the NDSCS employment application at: www.ndscs.edu/join-our-team EOE

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ASSISTANT: This position
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planning, preparing, cooking, and
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proper food handling, sanitation,
and food storage procedures
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or family health insurance,
annual/sick leave, life insurance,
retirement, tuition waiver, etc.
Screening begins immediately.
Interested candidates must
submit the NDSCS employment
application at: www.ndscs.edu/
join-our-team EOE

CITY OF HARVEY Public Works Director. Full time, excellent benefits. Experience or education preferred. Resume to: 120 West 8th St., Harvey ND 58341.

MCLEAN COUNTY IS HIRING one or more full-time Equipment Operator II(s) IN GARRISON – better pay, flexible schedule, room for advancement! For more information, visit https://www.mcleancountynd.gov/employment/ https://www.mcleancountynd.gov/employment/.

MCLEAN COUNTY IS HIRING one full-time Equipment Operator III IN BUTTE – great pay, flexible schedule, great work/life balance! For more information, visit https://www.mcleancountynd.gov/employment/ https://www.mcleancountynd.gov/employment/.

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MISCELLANEOUS

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Apply at <u>www.blcgarrison.com</u>

Call Jill Borth at (701)463-2226 "EQUAL OPPORTUNITY EMPLOYER"

Coaching Positions Available at GHS

We are currently seeking applicants for the following coaching positions:

VARSITY VOLLEYBALL JH FOOTBALL

for the 2023 Fall Season

Contact Dr. Klemisch or Malynda Iglehart at Garrison High School at 701-463-2818 for more info.

HELP WANTED

CORPS OF ENGINEERS

is seeking one
Full-Time - Permanent

ENVIRONMENTAL ENGINEER

at Riverdale, ND.
Vacancy Announcement closes on July 26, 2023.
If interested, apply online https://www.usajobs.gov/job/736239000.
For additional information

For additional information please contact David Beck at (701)654-7754.

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Neighbor Assistant/CNA

Full time with great benefits.

If you enjoy working with people we have a great team. If you are not certified we will help you get certified!

Apply online at www.blcgarrison.com

Call Tasha Jerome for more information.

(701)463-2226

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LIVING COMMUNITY | GARRISON

HELP WANTED

RESTORATIVE SERVICES CNA

Full-time Days/ M-F

The Benedictine Living Community | Garrison is seeking a Restorative Services CNA. This person serves as the liaison between Therapy Services and Nursing, and is responsible for implementing and maintaining resident restorative programs while assuring resident safety and care. We are willing to train & pay for CNA certification.

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Hwy 37 • Garrison, ND

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DAKOTA RECREATION REPORT

BY PATRICIA STOCKDILL

Outdoor Notes:

*N.D. Dept. of Environmental Quality blue-green algae reports: Low toxin levels – Coal Lake, McLean Co.; Crown Butte Dam, Morton Co.; Harmon Lake, Morton Co.; Hecker's Lake, Sheridan Co.; New Johns Lake, Burleigh Co. Go to the agency website, (deq.nd.gov) for more information and safety precautions.

*Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.

*July 21: Pre-registration deadline for Garrison Dam Nat'l. Fish Hatchery free Kids Fish Camp.

*July 21 – 29: N.D. State Fair,

*July 22: Star Party, Fort Abraham Lincoln State Park, Mandan, 10 p.m.

*July 22: Cardio & Coffee Trail Running Series, Fort Abraham Lincoln State Park, Mandan, 7:30 a.m.

*July 25: Women's Shooting Clinic, Capital City Sporting Clays, Bismarck. 8:30 p.m.

*July 29: Club de Skinautique & Lighted Boat Parade, Fort Stevenson State Park, Garrison, beginning at 5 p.m.

*July 31 - Aug. 4: Free Garrison Dam Nat'l. Fish Hatchery Kids Fish Camp, 10 a.m. to noon.

Tournaments:

*July 21 & 22: Lake Sakakawea, Fort Stevenson State Park.

*July 22: Lake Sakakawea, Wolf Creek.

*July 28 & 29: Lake Sakakawea, Beulah Bay Fishing:

Lake Sakakawea elevation, July 17: 1,842 feet above mean sea level; 22,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 8.69 feet.

Missouri River gauge height, Washburn: River stage, 9.98

*N.D. Game & Fish Dept. game wardens: Lake Sakakawea becoming somewhat inconsistent for walleye. Work a variety of depths.

*Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Work deeper water along the north shore on the east end of Lake Sakakawea with walleye generally going into deeper water. No reports from Lake Audubon.

*Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Work deep on the east end of Lake Sakakawea for walleye, as far down as 45 feet. Deepwater Bay area slowed. No Lake Audubon

reports.
*Lake Sakakawea, Dakota Waters Resort, Beulah: Anglers working deep in 30 to 35 feet for walleye with better success along the north shore. Try Lindy rigs and bottom bouncers with nightcrawlers or leeches. A few anglers having success with minnows.

*Lake Sakakawea, Indian Hills Resort, Garrison; Inconsistent walleye success with most anglers working 21 to 26 feet using a mix of nightcrawlers or leeches

Lake Sakakawea, New Town: The Van Hook Arm slowed somewhat with walleye generally moving deeper.

*Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye starting to move farther south towards the Slides or 8-Pound Flats but some success continues in the north end of the Van Hook Arm. Try heavy bottom bouncers and nightcrawlers or leeches.

*Missouri River, Dakota Tackle, Bismarck: No new reports.

*Missouri River, Enerbase of Washburn: Continued walleye activity on Lake Sakakawea. Limited reports from the Missouri River.

*Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from boats during the day using live bait or plastics. Try the spillway channel or the spillway hole entering the river. Generally most fish are eater-sized. Limited catfish and trout success from boats. Try Spillway Pond for catfish from shore and the rocks in dark hours for walleve. Lake Sakakawea producing scattered walleye success. Try 25 feet and deeper. Also try shallow, however. Try working main lake flats more so than inside bays with live bait. Move around, though. Some salmon success but limited salmon anglers yet. Most fish are 6 pounds or less. Most are being taken by walleye anglers.

*McLean Co. area lakes, Cenex of Wilton: Fair walleye success using nightcrawlers or minnows on Lake Sakakawea. Lake Audubon, and New Johns

N.D. river flows:

*Heart River, Mandan: River stage, 10.22 feet; streamflow, 152 CFS.

*Knife River, Stanton, River stage, 8.49 feet; streamflow, 30.3 CFS.

*Little Missouri River, Long X Bridge: River stage, 8.18 feet; streamflow, 334 CFS.

*Missouri River, Williston: River stage, 19.88 feet.

Numbers to know:

*N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd.gov). *N.D. Game and Fish Dept.,

Riverdale office: (701) 654-7475. *Report All Poachers: (800) 472-2121 or (701) 328-9921.

*Friends of Lake Sakakawea, the region's only organization working for quality lake access, weed control and effective partnerships, (www. lakesakakawea.com).



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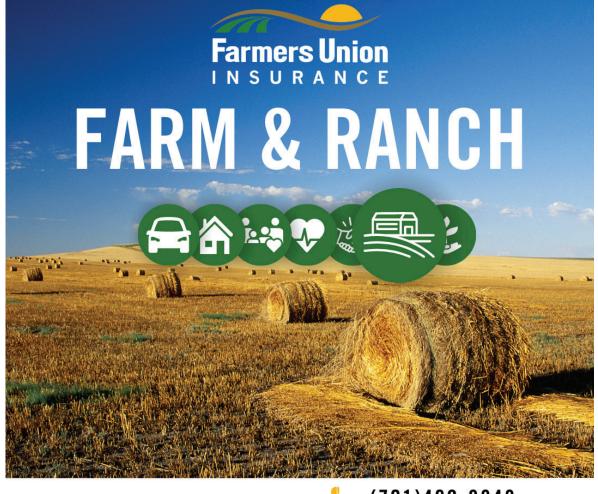




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McLean County Highway Department will begin mowing county roads and unorganized township roads August 21, 2023.

Persons who plan to mow county or unorganized township ditches for hay should have this done prior to August 21, 2023.



MIKE NELSON



(701)462 - 3848

