

Harvey TC/01

Public Notices

Because it is Your Right to Know

Advertisement for Bids

ADVERTISEMENT FOR BIDS FOR FARM- LAND NEAR DEVILS LAKE, ND
The Personal Representative for the Estate of James S. Elstad is accepting bids for farmland owned by the Estate of James S. Elstad to the highest bidder on, and before November 9, 2009, under the following terms:
LAND OFFERED FOR BIDS farmland will be offered for bids in six (6) individual parcels. The six (6) parcels are generally described as follows:
PARCEL #1 That part of the SE1/4-23-153-68 described as follows: Beginning at the common corners of Section 23, 24, 26 & 25, thence north on section line 1,940 ft., thence westerly at 88°15', 1,610 ft., thence northerly at 84°, 330 ft., thence westerly at 90°45', 1,045 ft. to the quarter line, thence south on the quarter line 2,290 ft. to the quarter corner on the section line, thence east on the section line to the section corner, or point of beginning. Containing 124.5 acres more or less.
PARCEL #2 The South Half of the Northeast Quarter (S1/2NE1/4) and the North Half of the Southeast Quarter (N1/2SE1/4) of Section Four (4), Township One Hundred Fifty-two (152), Range Sixty-eight (68).
PARCEL #3 The Northwest Quarter (NW1/4), and the West Half of the Northeast Quarter (W1/2NE1/4), Section Nine (9), Township One Hundred Fifty One (151), Range Sixty Eight (68).
PARCEL #4 The West Half of the Southeast Quarter (W1/2SE1/4), Section Four (4), and the West Half of the Southeast Quarter (W1/2SE1/4),

Section Nine (9), Township One Hundred Fifty One (151), Range Sixty Eight (68).
PARCEL #5 The Southeast Quarter (SE1/4), and the Southeast Quarter of the Southwest Quarter (SE1/4SW1/4), Section Thirty Three (33), Township One Hundred Fifty Five (155), Range Seventy (70).
PARCEL #6 The Northeast Quarter (NE1/4) of Section Thirty-three (33), Township One Hundred Fifty-five (155), Range Seventy (70) and running East along the section line 50 rods, thence south at right angles 80 rods, thence west along the south line of said quarter section 50 rods, thence North along the section line 80 rods to point of beginning.
Any successful bidder will be expected to sign an earnest money contract on November 10, 2009, at which time the successful bidder will also be provided a recently updated Abstract of Title.
The Personal Representative of the Estate of James S. Elstad, Scott Elstad reserves the right to reject all bids. Bids can be submitted and/or a request for further information, including a copy of the proposed earnest money agreement, can be obtained by contacting Christopher Kennelly, attorney for the Personal Representative of the Estate of James S. Elstad at the following address: Christopher Kennelly 313 N.P. Ave., P.O. Box 2105, Fargo, North Dakota 58107-2105 (701) 235-8000.
(10-24, 31, 11-7, 2009)

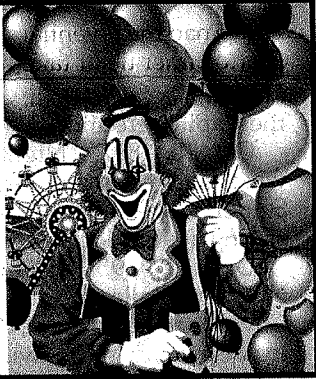
Review of Private Railroad Crossings

STATE OF NORTH DAKOTA
PUBLIC SERVICE COMMISSION
BNSF Railway Company
Review of Private Railroad Crossings
Application
Case No. RR-09-651
NOTICE OF HEARING
October 14, 2009

On September 16, 2009, BNSF Railway Company filed an application requesting the Commission review seven private railroad crossings in North Dakota and asked the Commission to issue an order determining whether audible devices warning of a train's approach will be sounded at these crossings under North Dakota Century Code section 49-11-21, effective after December 31, 2009.
A Public Hearing on the application is scheduled to begin December 1, 2009 at 10:00 a.m. in the Commission Hearing Room, State Capitol, 12th Floor, 600 E Boulevard Ave, Bismarck, North Dakota. The issues to be considered are:
1. Whether the railroad should sound a warning device at private crossing, DOT # 086644R at Crary based on the safety concerns of the public.
2. Whether the railroad should sound a warning device at private crossing, DOT # 093009S at Erie based on the safety concerns of the public.
3. Whether the railroad should sound a warning device at private crossing, DOT # 093032L

at Page based on the safety concerns of the public.
4. Whether the railroad should sound a warning device at private crossing, DOT # 093533R at Heimdahl based on the safety concerns of the public.
5. Whether the railroad should sound a warning device at private crossing, DOT # 081545B at Williston based on the safety concerns of the public.
6. Whether the railroad should sound a warning device at private crossing, DOT # 087697T at Mandan based on the safety concerns of the public.
7. Whether the railroad should sound a warning device at private crossing, DOT # 087513R at Hebron based on the safety concerns of the public.
For more information contact the Public Service Commission, State Capitol, Bismarck, North Dakota 58505, 701-328-2400; or Relay North Dakota, 1-800-366-6888 TTY. If you require any auxiliary aids or services, such as readers, signers, or Braille materials, please notify the Commission at least 24 hours in advance.
PUBLIC SERVICE COMMISSION
Tony Clark, Commissioner
Kevin Cramer, Chairman
Brian P. Kalk, Commissioner
(10-24-09)

Wells County Fair Association
Annual Meeting
Monday, Nov. 2
7 p.m. at the
KTL Building, Fessenden.
Meeting open to the public.
Secretary, Mary Hartl



Drake City Council Minutes

PROCEEDINGS OF THE DRAKE CITY COUNCIL
October 5, 2009

Mayor Rosel called the meeting to order at 7:30 p.m. Council members present were Ziegler and Nickelson. Bruner was absent. Also in attendance were three visitors.
Ziegler made a motion to approve minutes as written, second by Nickelson. M/C.
Deputy Jeremy Tofteland introduced the new McHenry County deputy that is living in Drake. The break-ins around Drake in the last two weeks were discussed.
We received a contract from H & H Coating to remove and replace top insulation and jacketing on the riser pipe on the tower for \$5,200.00. Nickelson made a motion to accept this contract, second to motion by Ziegler. M/C.
Over the last several weeks the city has been removing diseased Elm trees. A request was made to reimburse the tree trimmers for some time and use of their equipment. It was suggested by the council to send a letter to property owners to pay \$100.00 a tree or have it assessed on their property taxes. Mayor Rosel will do a letter and a list of trees removed.
Getting a Hazard Warning Siren was discussed. The cost of siren, pole and set up would come to around \$10,000.00. A grant for 55% of the cost is available to apply for. After discussion it was the consensus of the council not to proceed

Wells County Commissioners

PROCEEDINGS OF THE BOARD OF COUNTY COMMISSIONERS OF WELLS COUNTY, NORTH DAKOTA
OCTOBER 15, 2009

On October 15, 2009, the Board of County Commissioners met with the following members present: Randi Suckut, Chairman; Mary B. Hager; Richard Leintz; Mark Schmitz; and Ray Schmitz.
Chairman Suckut called the meeting to order.
At 8:30 am the order for business was to hear objections to the minimum sale price of various parcels of real estate acquired by tax deed as set forth at the October 6, 2009, meeting of the Board of County Commissioners. No one appeared with any requests.
On motion the meeting was adjourned.
ATTEST:
Janell Rudel, Wells County Auditor

AMENDED NOTICE OF INTENT TO ADOPT ADMINISTRATIVE RULE
relating to Water Quality Standards.

Please take notice that the
North Dakota

Prairie Fare

Does comfort food reduce your stress?

by Julie Garden-Robinson
Food and Nutrition Specialist
NDSU Extension Service
"I hadn't heard of 'hot dish' until I moved here! We called it caserole," one of the college students remarked.
Some people label hot dish a "comfort food." Hot dish is warm and often positively flavored with nostalgia.

Brian Wansink and associates at Cornell University have defined comfort foods as those foods "whose consumption evokes a psychologically comfortable and pleasurable state for a person."

Some may seek comfort in the familiarity of their favorite childhood hot dish. Others may seek out cake, ice cream or potato chips when they're stressed.

A South Carolina University study tested the theory of whether people choose familiar comforting products during times of change.

In one part of the study, researchers assembled groups of eight to 15 college students and provided a scenario about two fictional students. One of the fictional students was in the middle of major life changes and the other was in a stable situation.

Participants had to predict what type of snack the "stressed" fictional student would most likely pick given the choice of an unfamiliar, unusually flavored British "crisp" or a typical American chip.

Surprisingly, the students thought the student in the midst of a lot of change would choose the unusual food, not the familiar comfort food.

Dealing with stress by stuffing ourselves with chips or cookies isn't the best stress management technique, nor is it the best for your overall nutrition. Try some of these techniques instead:

- *Go for a walk.
- *Munch a crunchy apple or another nutritious snack.

- *Get sufficient rest.
- *Talk with a trusted friend, relative or a counselor.

*Participate in something that you find enjoyable, whether that is listening to music, watching your favorite sport or doing your favorite craft.

*Set realistic goals.
Since I have a deadline for this column, I'm feeling a little stressed. All this talk about comfort food, whether it's really comforting or not, has made me hungry for a good hot dish to enjoy in moderation.

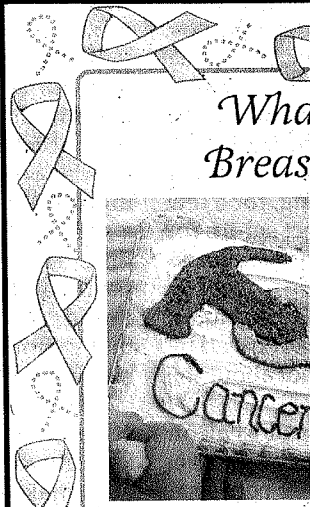
Layered Penne Hot Dish
1 Tbsp. butter
2 medium onions, chopped
1 green bell pepper, chopped
1 pound lean ground beef
28 oz. can of tomatoes, diced
4 oz. can mushrooms, drained
2 tsp. Italian seasoning (or substitute half oregano and basil)
12 oz. penne pasta, cooked according to package directions
2 c. shredded cheddar cheese
10 oz. can reduced-sodium cream of mushroom soup, mixed with
1/4 cup water.
1/4 c. Parmesan cheese
Cook pasta as directed on package; drain. In a large pan, melt the butter. Add onions and peppers and saute until soft. Add ground beef and brown. Drain fat. Add tomatoes, mushrooms and spice. Simmer uncovered 10 minutes. Place half the cooked pasta in 13x9-inch baking pan. Top with half of meat mixture. Sprinkle with 3/4 cup of cheese. Repeat layers. Spread mushroom soup and water mixture and sprinkle with Parmesan. Bake uncovered for 35 minutes.
Makes 10 servings. Each serving has 370 calories, 17 grams (g) of fat, 34 g of carbohydrate and 420 milligrams of sodium.

Bowdon/Cha

Birthday Club met last day with June Jesse as hostess. Brenda Helmrich, Teq Lake, Minn., spent the week with her mom, Ella Knodel. Ella's daughters were happy to visit her at times during summer.

Alette Suckut attended a meeting Sunday afternoon at Chaseley Methodist Church.

Valerie Tripp, Pettibone, Saturday afternoon visitor at home of Richard and Mar Otto.



Special thanks to Heinrichs, also to Super Valu for your Project Pink Cakes. Cancer Awareness Lifesaver team for breads, NAGerald Bender for make it a great fit.

Thank You to the following: Wayne Fahy, K Linda Hager, Meharry Steve Aljets, Harry Rita Weninger, Dakota JW's Restaurant, Dan Jerry Klein, Medicine Harvey Eagles, St. Al

North Dakotans choose newspaper!... once a

When North Dakotans look for new jobs, new homes (and new old fun) the newspaper is still #1