

use has put the family in a lot of pain and turmoil, and he vowed he would never use again. For a while, everything seemed good. But it didn't last.

We are a month behind in our rent, and I fear my husband is using again. He does

Dear Desperate: First contact Nar-Anon (www.nar-anon.org) for families and friends of drug users. If you belong to a church or synagogue, talk to your clergy about counseling and community programs. You may need government

Sharing her story
Dear Annie: My son showed me the Facebook page of a 20-year-old acquaintance who is expecting a baby with her boyfriend. An ultrasound showed that

licizing of such a heart-wrenching, private situation. Am I just old-fashioned? — A Private Person
Dear Private: The fact that something so personal is put into cyberspace and broadcast to everyone is, unfortunately, a common

about helping out and expect to be paid to do it.
I am an only child. When I was stricken with a brain aneurysm, Mom and Dad were there every day. When my dad developed Alzheimer's and my mom had various medical condi-

(Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. E-mail questions to anniesmailbox@comcast.net or write to Annie's Mailbox, P.O. Box 118190, Chicago, Ill. 60611.)

Surgery for tennis elbow questionable

By DR. PETER GOTT

DEAR DR. GOTT: I have been suffering with tennis elbow for almost a year with little relief. I have tried physical therapy, used Aleve, heat, cold and had cortisone shots. Right now, I am trying deep-tissue massage that seems to help some. I continue to do stretching exercises.

I have an office job and spend a good portion of the day using a computer. My elbow started to bother me last winter after we had more than a foot of snow and I shoveled a lot. Are there activities I should avoid or take part in to help? I don't want to have surgery to correct this, as I've heard there is no guarantee of results.

DEAR READER: Tennis elbow, technically known as lateral epicondylitis, can result from a number of causes but is common following repetitive motion of the arm and wrist — such as when executing a tennis or other racket-sport backhand improperly, shoveling snow, using a computer mouse, or swinging a hammer for a living.

Pain results from physical stress, overuse and inflammation that can radiate from the outer portion of the elbow to the wrist and hand. This may, in part, be the result of small tears in the tendons that attach the muscles of the forearm to the outside of the elbow.

Diagnosis can often be made by physical exam and verbal history of events that preceded the pain. Should questions remain, your physician might order an MRI or EMG to rule out nerve impingement. X-rays are not generally helpful because they don't reveal tendon tears, but they can rule out other conditions.

Initial treatment is, as you attempted, with over-the-counter nonsteroidal

anti-inflammatory pain relievers, followed by gentle stretching exercises, wearing a brace or discontinuing the activity temporarily (two to three weeks) to allow the tendons to heal on their own. The use of an ice pack up to six times a day, an Ace bandage, acupuncture, massage or physical therapy or a cortisone injection might provide relief. Devise methods to allow you to function throughout the day with reduced pain. Adjust the angle of your computer keyboard, play racket sports every other day instead of daily, use two hands when hitting a backhand, take lessons to determine what it is you did wrong to injure yourself, wear a wrist brace if your hand is on a computer mouse for hours at a time, take brief breaks to perform gradual hand-stretching exercises, use a lighter hammer, keep an ice pack handy to reduce inflammation, and use your opposite hand when possible to lessen the burden on the one that causes the pain.

When all else fails, speak with your physician regarding the pros and cons of surgery. He or she will likely want to know that you have attempted conservative measures for at least six months because invasive surgery involves trimming tendon sheaths or releasing a tendon from bone. Both may be performed on an outpatient basis, and your arm will either be placed in a sling or cast, depending on how extensive the procedure was. There is no guarantee surgery will improve your condition, and it will not be known for almost a month, so in my opinion, it's not a choice to be made lightly.

(Write to Dr. Gott in care of United Media, 200 Madison Ave., fourth floor, New York, N.Y. 10016.)

North 02-16-11
 ♠ 6 5 2
 ♥ K 8 3
 ♦ J 7 4
 ♣ A J 6 3

West East
 ♠ Q J 10 9 8 ♠ 7 4 3
 ♥ 7 6 2 ♥ Q J 10 9
 ♦ A 9 2 ♦ K 10 8 5
 ♣ 10 9 ♣ Q 4

South
 ♠ A K
 ♥ A 5 4
 ♦ Q 6 3
 ♣ K 8 7 5 2

Dealer: South
 Vulnerable: Neither

South	West	North	East
1 NT	Pass	2 NT	Pass
3 NT	Pass	Pass	Pass

Opening lead: ♠ Q

BRIDGE

By PHILLIP ALDER

The winning play in today's deal is not original, and will not work nearly as often as nine times out of 10. But when you have nothing else to guide you, following the advice of the mathematicians will hold you in good stead.

How should South try to make three no-trump after West leads the spade queen?

With nine points and no five-card suit, North raised

to two no-trump to invite game. South, with 16 points and a five-card suit, had no hesitation in bidding game.

(If you use two no-trump as a transfer response, you must invite game by first responding two clubs, then rebidding two no-trump, which would not promise a four-card major. If the bidding starts one no-trump — two clubs — two hearts, the responder rebids two spades with four spades and game-invitational values. To rebid

two no-trump denies a four-card major.)

South has six top tricks: two spades, two hearts and two clubs. Since it is unlikely that declarer can establish a diamond trick, he should play for five club winners. The odds tables say that a 2-2 split is more likely than a successful second-round finesse through West (a priori, it is 31.03 percent to 28.45 percent), so South should cash his club king, then play a club to dummy's ace. Success.

HOROSCOPES BY HOLIDAY

By HOLIDAY MATHIS

ARIES (March 21-April 19). You see more opportunity in the current situation than do others.

TAURUS (April 20-May 20). Dwell on the end result you are trying to achieve, and go toward it. The others will follow.

GEMINI (May 21-June 21). You'll be busy making plans, and sometimes it

seems like that's the part that is the most fun.

CANCER (June 22-July 22). Your connection to certain family members is bittersweet.

LEO (July 23-Aug. 22). You'll make an effort to save the money you get because you could do something big with it in the future.

VIRGO (Aug. 23-Sept. 22). You will achieve prominence in a certain community.

Enjoy the attention.

LIBRA (Sept. 23-Oct. 23). Get your message straight, and align yourself behind it.

SCORPIO (Oct. 24-Nov. 21). Your private opinion of yourself is far more critical than anyone else's could ever be.

SAGITTARIUS (Nov. 22-Dec. 21). You use the power of attraction to gain a following.

CAPRICORN (Dec. 22-Jan. 19). You know what is expected of you, but you expect even more of yourself.

AQUARIUS (Jan. 20-Feb. 18). People may not acknowledge you to the degree they should.

PISCES (Feb. 19-March 20). When someone crosses your mind, you'll reach out. This builds your bond with this person.

PUBLIC NOTICE

RESOLUTION OF NECESSITY RESOLUTION DECLARING THE NECESSITY OF AN IMPROVEMENT IN STREET IMPROVEMENT DISTRICT NUMBER FOUR HUNDRED THIRTY THREE (433)

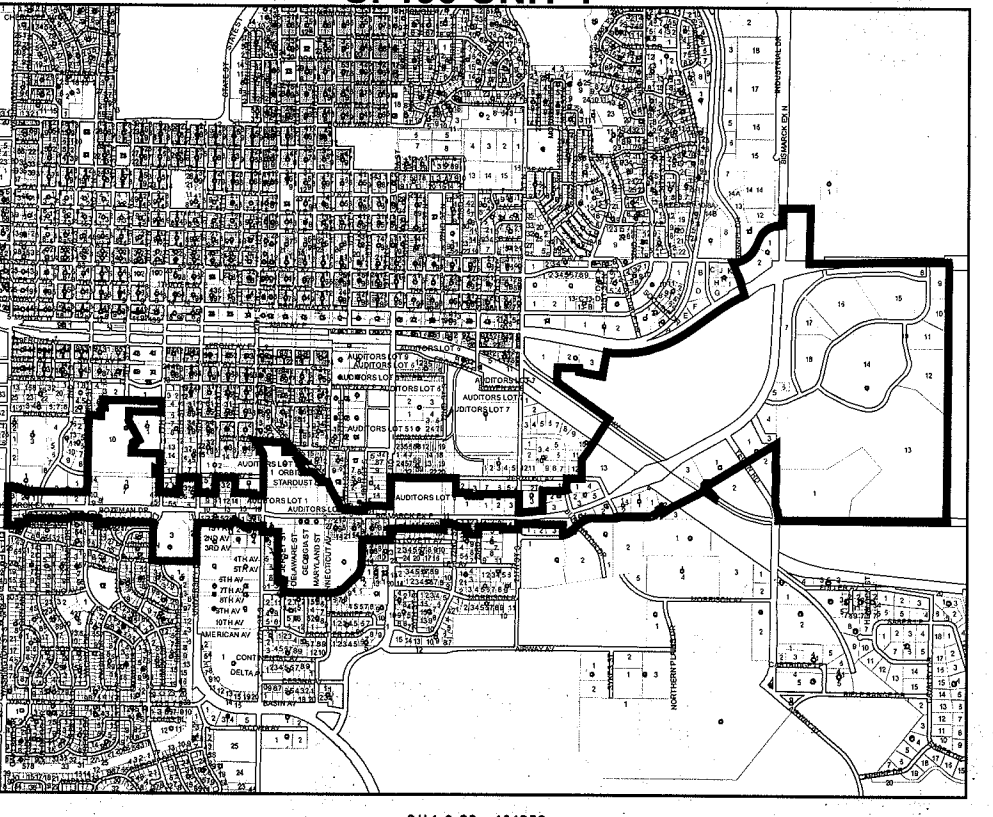
BE IT RESOLVED by the Board of City Commissioners of the City of Bismarck, North Dakota, as follows:
 1. It is hereby found, determined and declared that it is necessary and expedient for the City of Bismarck to construct an improvement in and for Street Improvement District Number Four Hundred Thirty Three (433), such improvement to consist of asphaltic pavement, Portland concrete cement, curb and gutter, sidewalk and related work, for the following areas:

Unit No. 1
 Bismarck Expressway — From Washington Street to 300 feet south of Rosser

All in accordance with and as described in the resolution creating said district, adopted January 25, 2011, the preliminary report of the engineer, approved by this Board on January 25, 2011, and the plans and specifications for the improvement prepared by the engineer and approved by this Board on February 8, 2011, which are on file in the office of the City Engineer, and subject to inspection by anyone interested therein.
 2. The cost of the improvement will be paid for by special assessments to be levied against properties benefited by the improvement in amounts proportionate to and not exceeding such benefits. The estimated cost by the Engineer for said improvements is in the amount of \$4.0 million.
 3. The Special Assessment Analyst is hereby authorized and directed to cause this resolution, together with a map of the city showing the improvement district, to be published once each week for two consecutive weeks in the official newspaper of the City. The owners of property within said improvement district and liable to be specially assessed for said improvement shall be afforded the opportunity to file written protests with the Special Assessment Analyst at any time within thirty (30) days after the first publication of this resolution. The Board of City Commissioners shall, at its next meeting after the expiration of said period, to-wit, March 22, 2011, at 5:15 p.m. meet at the City Hall for the purpose of hearing and determining the sufficiency of any protests so filed and to take such other and further action with reference to said improvement as may then be deemed necessary and expedient.

BOARD OF CITY COMMISSIONERS
 Bismarck, North Dakota

Attest: Keith J. Hunke
 Assistant City Administrator
 Dated this 8th day of February, 2011.



2/16 & 23 - 606358

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STATE OF NORTH DAKOTA
 PUBLIC SERVICE COMMISSION
 Montana-Dakota Utilities Co., a Division of MDU Resources Group, Inc.
 Waiver of the Federal Pipeline Safety Regulations
 Application Case No. GS-10-585
 NOTICE OF OPPORTUNITY FOR HEARING AND NOTICE OF INFORMAL HEARING
 February 9, 2011
 On September 14, 2010, Montana-Dakota

Utilities Co. (MDU) filed an application for a waiver of Title 49 Code of Federal Regulations (CFR) Part 192 section 285(c), adopted by reference under North Dakota Administrative Code section 69-09-03-02 relating to requalification requirements for a person making plastic pipe joints. On December 15, 2010 and January 7, 2011, MDU filed revisions to its request for waiver.
 Under 49 CFR 192.285(c):
 A person must be requalified under an applicable procedure, if during any 12-month period that person (1) does not make any joints under that procedure; or (2) has 3 joints or 3 percent of the joints made, whichever is greater, under that procedure that are found unacceptable by testing under § 192.513.
 Montana-Dakota Utilities Co. proposes that a person be requalified under an applicable procedure, at least once each calendar year at intervals not exceeding 15 months, if that person does not make any joints under that procedure in the preceding calendar year or has 1 joint that is found to be unacceptable by testing under 49 CFR 192.513. Montana-Dakota Utilities Co. asserts that this proposal would enable them to employ the same testing schedule in all of its operating areas; thereby promoting administrative efficiency and a proper allocation of resources.
 Under the United States Department of Transportation's Guideline for States Participating in the Gas Pipeline Safety Program, the Commission may grant a waiver of a pipeline safety regulation subject to the concurrence of the Pipeline and Hazardous Materials Safety Administration. A waiver may be granted when it is not practical to comply with a regulation of general applicability.
 The issues to be considered in this matter are:
 1. Whether it is practical for Montana-Dakota Utilities Co. to comply with 49 CFR 192.285(c).
 2. Whether a waiver of 49 CFR 192.285(c) should be granted for Montana-Dakota Utilities Co.
 Those interested are invited to comment on the application in writing. Persons desiring a hearing must file a written request identifying their interest in the proceeding(s) and the reasons for requesting a hearing. Comments and requests for hearings must be received by March 25, 2011. If deemed appropriate, the Commission can determine this matter without a formal hearing.
 An informal hearing on this matter has been scheduled for March 23, 2011 at 1:30 p.m. CDT in the Commission Hearing Room on the 12th Floor of the State Capitol in Bismarck.
 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 (701) 328-2400, or Relay North Dakota TTY: 1-800-366-6888 at least 24 hours in advance.
 PUBLIC SERVICE COMMISSION
 Kevin Cramer, Commissioner
 Tony Clark, Chairman
 Brian P. Kalk, Commissioner
 2/16 - 606361

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