Only".

Work can be performed under a single contract or multiple contracts.

All bids shall be in accordance with the Bidding Documents prepared by
DAN SMITH - ARCHITECT, 202 Central Avenue South, Suite 4, PO Box 536, Valley City, ND 58072. Copies of plans, specifications and other contract documents are on file at the office of the Architect, Owner and the Fargo-Moorhead Builders Exchange. Copies of Bidding Documents are available from the Architect for the sum of $75.00 for each set of documents. Deposit will be refunded provided a bona fide bid is submitted and the plans

Owner's consent. Work shall commence within ten (10) days of Notice to Proceed to successful contractor by the Owner and shall be completed by May 1, 2012.

Bidders must hold or obtain a North Dakota Contractor's License and carry North Dakota Workmen's Compensation Insurance, and conform to all governing laws of the State of North Dakota.

All bidders must be licensed for the highest amount of their bids, as provided by Section 43-07-05 of the North Dakota Century Code, and such license shall have been in effect for at least ten (10) days prior to the date set for opening of bids.

On the outside of the Bidder's envelope the following information shall be displayed in compliance with Sections 43-07-05 and 43-07-12 of the North Dakota Century code:
Bid for Multipurpose Facility
Name of Person, Firm, or Corporation submitting the bid.
Contractor's License Number:
State:_____
Class:_____,
Date last issued or

NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES
relating to
Reclamation and
Gas Pipeline Safety.

Public Service Commission

will hold a public hearing to address proposed changes to the N.D. Admin. Code.

Commission Hearing Rm.
12th Floor
State Capitol
Bismarck, ND
Tues., Aug. 9, 2011
10:00 a.m.

A copy of the proposed rules may be obtained by writing the Public Service Commission, 600 E. Boulevard Ave., Dept. 408, Bismarck, ND 58505-0480 or by calling (701) 328-2400, toll free 1-877-245-6685 or Relay North Dakota TTY: 1-800-366-6888 or NDPSC@ND.gov. This information is also available to view on our web site at www.psc.state.nd.us under "Formal Actions/Case Search". Also, written comments may be submitted to the Public Service Commission at the above address, until September 26, 2009. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Public Service Commission by telephone or by writing to the address above at least 24 hours prior to the public hearing.

Kevin Cramer, Commissioner
Tony Clark, Chairman
Brian P. Kalk, Commissioner

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Winter Cereals
Sustainability in Action
Winter Wheat Research Plot Tour
Jim and Connie Bitz farm, LaMoure
Wednesday, July 13, 5:30 p.m.
Dinner to follow at the ChesterField, LaMoure

Speakers:
DU Agronomist Steve Dvorak
LaMoure County Agent Al Ulmer
Carrington Research Center Agronomist Greg Endres
CREC Pathologist Michael Munsch
LaMoure Conservation District Specialist Susan Muske
Bayer CropScience Representative Ivan Williams

From LaMoure: East on Hwy 13, 1/8 mile north on 104th Ave. *Tour is on west side of road*
Info, call Steve Dvorak, 701-226-8989.

watch this," she said.

Then my persistent c gently turned my face in direction of our TV screen. I obediently watc the report.

The national story wa about flooding, though. story was geared toward kids and talked about wa conservation in homes.

"Do you see what we do to conserve water?" noted with her hands on hips. Fortunately, we w doing several of these thi already.

We have many opti available to help conse water. When brushing tee we can fill a glass with wa and use that water to wet brush and rinse our mouth.

We can check faucets to sure they are not drippi We can install restrictors in shower hea to lessen water use dur showers. Shortening our shower time or opting baths limits water use, t We can turn off the water as we lather our hands a only run the dishwash when it's completely full. Installing a water-conservi toilet, which uses half t amount of water older toilets do, can lessen wat use. Using rainwater on yo plants also conserves water.

You can learn more abo water quality and testi from publications at http://www.ag.ndsu.edu/pul /watsys.html.

Water can have devasta ing effects when it's prese in our environment in too high or low amounts. We a need a safe supply of wate for survival, and my daughter was right abou conservation.

Our bodies, which ar made of 60 to 70 percen water, need an ongoing sup ply of water. During warm summe months, keeping our bodie well-hydrated is critical.

How much should w drink per day to stay hydrat ed? You may be familiar wit the 8-by-8 rule, meaning eigh glasses of fluid per day wit 8 ounces in each glass. Many professionals recom mend 8 to 9 cups of wate and fluid from beverages pe day for women and 13 cup for men. This accounts fo about 80 percent of your daily fluid intake. The othe 20 percent is from water con tained in food.

7/6 La Moure