

Affidavit of Publication

Liz Prather, being duly sworn, states as follows:

1. I am the designated agent, under the provisions and for the purposes of, Section 31-04-06, NDCC, for the newspapers listed on the attached exhibits.

2. The newspapers listed on the exhibits published the advertisement of: **Public Service Commission, PSC, case no PU-22-391, 1 time(s)**, as required by law or ordinance.

3. All of the listed newspapers are legal newspapers in the State of North Dakota and, under the provisions of Section 46-05-01, NDCC, are qualified to publish any public notice or any matter required by law or ordinance to be printed or published in a newspaper in North Dakota.

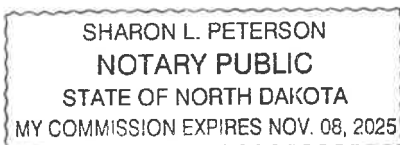
Signed: 

State of North Dakota

County of Burleigh

Subscribed and sworn to before me this 5th day of June, 2024.





Prairie fare, potatoes pack a punch

By Julie Garden-Robinson

“Wow, look at these!” the children said.

“They’re purple!” another said.

“Here’s a red one!” someone else added.

Their enthusiasm nearly rivaled an archeological dig for dinosaur bones. They were digging potatoes and harvesting other vegetables at a garden plot for kids. They sorted and piled the colorful tubers.

Potatoes are available in a variety of colors, shapes and sizes. They have been part of the human diet for at least 7,000 years and made their way to America with Spanish explorers according to some accounts.

In early times, potatoes were used to treat scurvy because they are rich in vitamin C.

Potatoes are rich in potassium, which plays an important role in our heart health and in regulation of blood pressure. Potassium is among the latest additions to the Nutrition Facts label because of its role in health.

A reader recently asked me to comment on the 2024 “Dirty Dozen.” She was concerned because potatoes were included in the overall list, but not in the top 12. She loves potatoes.

If you have caught any of the latest social media posts on this topic, 46 foods were ranked by an environmental group according to the level of pesticide residues. This year’s top five list includes 1) strawberries, 2) spinach, 3) kale, collard and mustard greens, 4) grapes, and 5) peaches as having the most pesticide residues. Potatoes came in at No. 22.

All the foods on the list are foods that we in nutrition regularly promote for their nutritional value. Since I am neither a pesticide specialist nor a potato breeder, I asked the experts at NDSU to comment on potatoes and pesticides. They sent resources and excellent comments.

Were any of the “dirty” foods dangerous according to the level of pesticide residues? No. In fact, even organic fruits and vegetables can have some level of allowable organic pesticides from natural sources.

Pesticides are regulated by the Environmental Protection Agency. Exposure to pesticides from all sources must represent a “reasonable certainty of no harm.”

The Food and Drug Administration enforces pesticide tolerances. Even when detectable levels of pesticides are found, the levels must be within safe levels for human health.

After reading the information, I do not plan to change my recommendations to promote eating more fruits and vegetables. About 90% of adults fall short of the fruit and vegetable

recommendations.

The health benefits of eating more fruits and vegetables outweigh the risks of any pesticide exposure.

What can a savvy consumer do? The FDA recommends rinsing fresh produce thoroughly under running water. That is true whether the fruits and vegetables are organically or conventionally grown. Rinse fruits and vegetables whether you buy them in a grocery store, farmers market or pick them in your backyard.

One exception: the prebagged, triple-rinsed salads are ready serve.

Contamination of produce with germs from unwashed hands and other sources is a greater risk than contamination with pesticides.

Running water and a vegetable brush are effective in removing soil, germs and, potentially, pesticide residues. You can skip the fruit and veggie washes. Place soft fruits such as strawberries and grapes in a colander and run water over them.

Remove the outer leaves of lettuce, and peel peaches. If you peel vegetables, do so thinly because many nutrients are directly under the peeling.

If you apply pesticides in your garden or yard, do it safely. Follow the directions on the container and wear appropriate protective gear. Farmers participate in pesticide application certification programs. Learn more at the National Pesticide Information Center at .

Here’s an interesting twist on a fudgy treat, with a not-so-secret ingredient: mashed potatoes. When NDSU potato breeder Susie Thompson mentioned potato brownies in a Field to Fork webinar, several people asked for the recipe. We made them, and we all agreed: they were very delicious. Visit to view the 2024 webinars, including one about potatoes.

Potato Brownies

1 ⅔ cups sugar¼ teaspoon salt1 cup flour1 cup mashed potatoes (without butter and salt)1 ½ cups semisweet chocolate chips¾ cup butter or margarine1 teaspoon vanilla extract4 eggs ½ teaspoon baking powder Powdered sugar

Melt chocolate and butter/margarine in a saucepan on top of the stove (or in a glass dish in the microwave). Cool slightly. Cream sugar, vanilla, salt and eggs. Mix well. Add chocolate mixture and potatoes, flour and baking powder. Beat until creamy. Pour into a greased and floured 9 x13 oblong cake pan. Bake at 350 degrees for around 30 minutes. Let cool. Sprinkle powdered sugar on top.

Makes 24 brownies. Each brownie has 200 calories, 10 grams (g) fat, 26 g carbohydrate, 2 g protein, 1 g fiber, and 170 milligrams sodium.

STATE OF NORTH DAKOTA

PUBLIC SERVICE COMMISSION

SCS Carbon Transport LLC

Midwest Carbon Express CO2 Pipeline Project

Siting Application

Case No. PU-22-391

NOTICE OF PUBLIC HEARING

On October 17, 2022, SCS Carbon Transport LLC (SCS) filed applications for a certificate of corridor compatibility and for a route permit concerning approximately 320 miles of carbon dioxide pipeline ranging from 4.5 to 24-inch diameter and associated facilities in Burleigh, Cass, Dickey, Emmons, Logan, McIntosh, Morton, Oliver, Richland and Sargent Counties, North Dakota (Application).

On August 4, 2023, the Commission issued its Findings of Fact, Conclusions of Law and Order, denying SCS’s Application.

On September 15, 2023, the Commission issued an order granting SCS’s Petition for Reconsideration.

A public hearing is scheduled to begin on April 22, 2024, at 9:00 a.m. Central Time in the Ballroom at the Baymont Inn & Suites Mandan, 2611 Old Red Trail NW, Mandan, ND 58554. This hearing will focus primarily on portions of the project in Burleigh, Morton, and Oliver Counties, and may extend multiple days.

A public hearing is scheduled to begin on May 24, 2024, at 9:00 a.m. Central Time in the Harry Stern & Ella Stern Cultural Center, ND State College of Science, 811 6th Street, Wahpeton, ND 58075. This hearing will focus primarily on adjustments in Dickey, Sargeant, Cass, and Richland counties.

A public hearing is scheduled to begin on June 4, 2024, at 9:00 a.m. Central Time in the Our Club, 120 Cedar Avenue East, Linton, ND 58554. This hearing will focus primarily on the adjustments in Emmons, Logan, and McIntosh Counties.

The issues to be considered in this hearing will be to address the proposed route adjustments and supplemental filings and deficiencies noted in the Commission’s August 18, 2023, Order and include the following questions:

1. Will construction, operation, and maintenance of the facility at the proposed location produce minimal adverse effects on the environment and upon the welfare of the citizens of North Dakota?
2. Is the proposed facility compatible with environmental preservation and the efficient use of resources?
3. Will construction, operation, and maintenance of the facility at the proposed location minimize adverse human and environmental impact while ensuring continuing system reliability and integrity and ensuring that energy needs are met and fulfilled in an orderly and timely fashion?

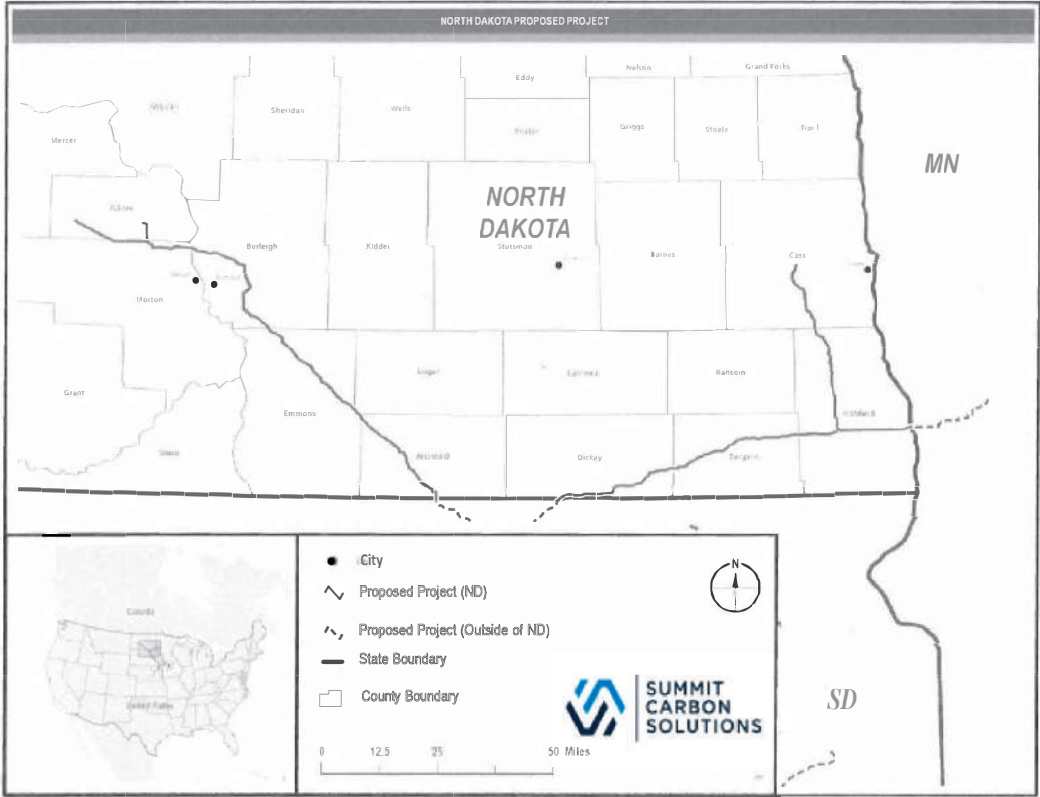
For more information contact the Public Service Commission, State Capitol, Bismarck, North Dakota 58505, 701-328-2400; or Relay North Dakota 1-800-366-6888

TTY. If you require any auxiliary aids or services, such as readers, signers, or Braille materials please notify the Commission.

Issued: March 21, 2024

PUBLIC SERVICE COMMISSION

Steve Kahl
Executive Secretary



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HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

2019 PAYLOADER ON BIDS

The City of Strasburg is selling a 2019 Payloader upon written Sealed Bids.

Bids should be in writing and submitted by August 5, 2024.

Mail to City of Strasburg, PO Box 81, Strasburg, ND 58573 or brought to the meeting on August 5, 2024, at 7 p.m. at City Hall. Bids will be opened on August 5, 2024, at 7 p.m. Payment in full will be required within 7 business days of acceptance.

Information on the Payloader can be obtained by calling Frank at 701-321-0691 or Sonya at 701-321-0333.

City of Strasburg has the right to object any and all bids.

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June 6 - Regular Sale
June 13 - Regular Sale
June 20 - No Sale
June 27 - Regular Sale

For more information or to consign livestock, call:

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NOW HIRING

Emmons County is accepting applications for a **Seasonal Highway Maintenance Worker I** in the road department. For a complete job description and employment application, please log onto www.emmonsnd.com or call 701-254-4807. Applications should be submitted to the Emmons County Auditor, PO Box 129 Linton, ND 58552 by **June 7, 2024.**

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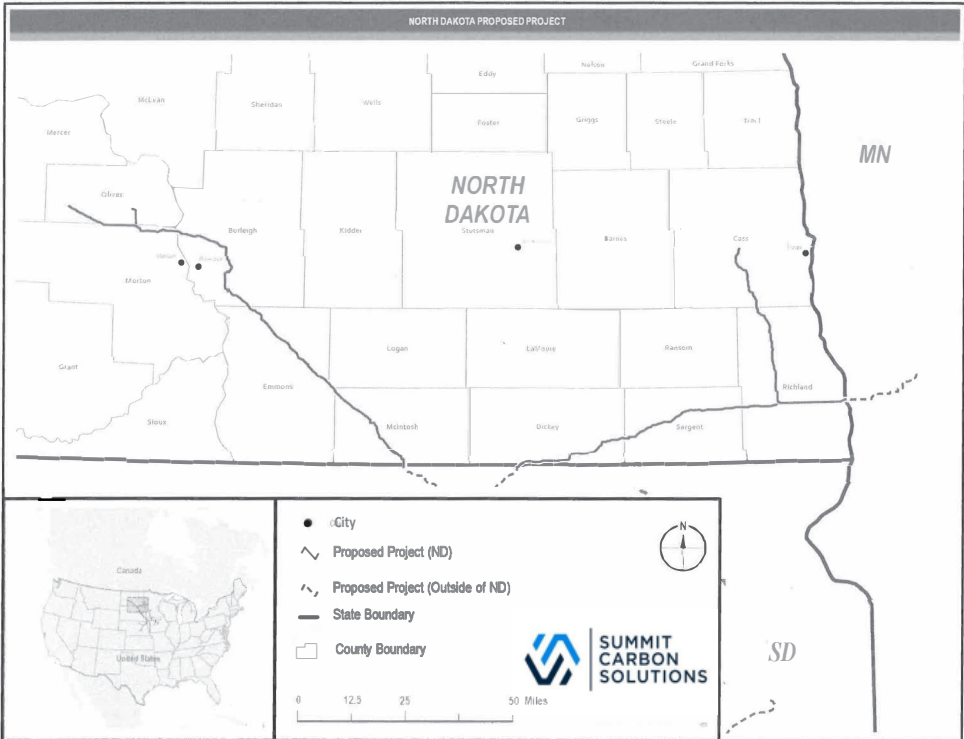
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