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 Please call (701) 947-2147 for more information. Applications are available online at www.4thcorporation.com
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Part-time cook & kitchen runner
 Pay depending on experience
 Call 947-2440 for more information.
Apply in person!
 May interview at time of application.

Eagles Club
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Public Notice

NOTICE OF EXECUTION SALE
 IN DISTRICT COURT, EDDY COUNTY, NORTH DAKOTA
 Civil No. 14-2024-CV-00007
 Gate City Bank, Plaintiff,
 vs.
 Matthew T. Shaffer, a single person; and any other person in possession;
 Defendants.

NOTICE IS HEREBY GIVEN, that by virtue of a judgment and decree of foreclosure rendered and given in the District Court in and for the County of Eddy, North Dakota, Southeast Judicial District, entered and docketed in the Office of the Clerk of said Court on May 13, 2024, in an action wherein Gate City Bank was Plaintiff and Matthew T. Shaffer, a single person; and any other person in possession; were the Defendants; on which day it was adjudged that there was due and owing the Plaintiff from the Defendant Matthew T. Shaffer together with costs and disbursements of said action, the sum of \$88,669.26, and by virtue of a Special Execution issued to me by the Clerk of said Court, I will sell the real property described in said judgment and hereafter described to the highest bidder for cash at public auction at the front door of the Courthouse in the City of New Rockford, County of Eddy, North Dakota, on August 28, 2024, at the hour of 10:00 a.m. of that day to satisfy the amount due with accrued costs and interest at the date of sale, or so much thereof as the proceeds of said sale applicable thereto will satisfy.

The premises to be sold as aforesaid are situated in the County of Eddy, State of North Dakota, and are more particularly described as follows:
 Lots 10, 11 and 12, Block 9, Fairview Addition to the City of New Rockford, Eddy County,

North Dakota.
 (Street Address: 321 2nd Avenue N, New Rockford, ND 58356)
 Dated at New Rockford, North Dakota, this 12 day of July, 2024.
 Paul Lies
 Sheriff of Eddy County,
 North Dakota
 Sarah A. Aaberg (ND ID #08393)
 O'Keefe O'Brien Lyson Ltd
 Attorney for Gate City Bank
 720 Main Avenue
 Fargo, North Dakota 58103
 701.235.8000
 sarah@okeeffeatorneys.com
**Published July 22, 29
 and August 5, 2024**

NOTICE TO CREDITORS
 IN THE DISTRICT COURT OF
 EDDY COUNTY, STATE OF
 NORTH DAKOTA
 In the Matter of the Estate of
 Dale Settelmeyer, Deceased.
 Probate No. 14-2024-PR-00009
NOTICE IS HEREBY GIVEN
 that the undersigned has been appointed personal representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication of this notice or said claims will be forever barred. Claims must be either presented to Sandra Settelmeyer, personal representative of the estate, at 1588 Hwy 281, New Rockford, N.D. 58356; or filed with the Court.
 Dated this 15th day of July, 2024.

Sandra Settelmeyer,
 Personal Representative
 1588 Hwy 281,
 New Rockford, N.D. 58356
 PETERSON LAW OFFICES, P.C.
 523 Central Avenue, P.O. Box 231
 New Rockford, N.D. 58356
 Attorneys for Personal Representative
**Published July 29,
 August 5 & 12, 2024**



Your classified ad will appear in all 86 North Dakota daily and weekly newspapers for only \$160
 Call (701) 947-2417 today!

HELP WANTED

WENTZ LIVING CENTER, NAPOLEON EMPLOYMENT OPPORTUNITIES! FT RN office position, every third weekend, day shifts. FT RN or LPN night shift, 3-12 hour shifts, every third weekend, rotating holidays. Excellent wages, benefit package, \$20,000 sign on bonus. Contact: Melissa Glat RN, DON, 701-754-2381. WLC is an EOE.

YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

SERVICES FOR HIRE
PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 866-892-7677 Have zip code of property ready when calling!

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FOR SALE ON BIDS
 THE CITY OF PEMBINA ND has a 1999 Clarke Bison Mosquito Fogger #101486 for sale by sealed bid. Bids must be received by 8/9/2024 to be considered. City reserves the right to reject any and all bids. More info 701.825.6932. Mail bids to City of Pembina, 152 W Rolette St., Pembina ND 58271.

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Public Notice

NEW ROCKFORD-SHEYENNE PUBLIC SCHOOL DISTRICT NO. 2 REGULAR SCHOOL BOARD MEETING
MONDAY, JUNE 17TH, 2024 AT 7:00 P.M.

Members present: Todd Allmaras, Mike Schaefer, Mary Kay Price, Kyle Alfstad, Patti Larson. Others present: Dr. Jill Louters, Superintendent, Natalie Becker, Elementary Principal, Dave Skogen, Business Manager.

Approval of the Agenda
 It was moved by Schaefer and seconded by Alfstad to approve the agenda as presented.

Approval of the May 13th Regular Meeting Minutes, May 2nd Special Meeting Minutes, May 10th 2024 Special Meeting Minutes and the May 17th Special Meeting Minutes.

It was moved by Schaefer and seconded by Price to approve the minutes of the May 13th Regular Meeting Minutes, May 2nd Special Meeting Minutes, May 10th 2024 Special Meeting Minutes and the May 17th Special Meeting Minutes as presented. Motion carried unanimously.

Approval of the Consent Agenda
 It was moved by Price to approve the consent agenda as presented. Motion carried unanimously. The consent agenda consisted of the business manager report, and the bills - general fund of \$43,518.88, the school lunch fund of \$12,368.79 and the activity fund of \$3,300.

Monthly Committee Reports
 There were no committee meetings to report.

Principals' Reports
 Principal Becker shared her report to the board. May 17th schoolwide field day was held. This included games and inflatables. Eddy county public health, ambulance and law enforcement were present and helped out. Elementary awards were held on May 21st. Quarter 4 STAR testing was completed to determine MTSS needs for the fall. Summer school began on June 3rd with 7 students attending. In closing Becker noted that time has been

spent in administrative meetings for planning the new year, as well as attending or soon to be attending conferences for powerschool, webgrants, and cognia.

Superintendent Report
 Dr. Louters shared her report with the board. Graduation planning was completed with a successful graduation ceremony on the 26th. Also completed in May were the staff appreciation breakfast and a short notice visit to the district by the states Lieutenant Governor which included a student led tour of the facility. Administrative meetings continue as planning for next school year have taken priority. Interviews have been completed for elementary, food service and tech and engineering positions. Lastly it was noted that Dr. Louters has requested an extension for the clean diesel grant which will be used to help purchase the new activity bus when it is ready.

Teacher Report
 Middle School Math Teacher Laura Hager, presented to the board on the teacher mentoring program she has facilitated, as well as the teaching professional experience students were able to partake in the past year. The TPE had 37 participants this year 11 of those students completed the experience in both semesters. Hager also spoke to the teaching mentorship program she facilitated. The program consisted of observations and reflections, peer observations, and any additional support that was requested from the teacher.

Student Report
 There was no student report this evening.

Canvass of the 2024 School Board Election
 It was moved by Price and seconded by Larson to approve the canvassing of the 2024 School Board Election as presented. Motion carried by unanimous roll call vote. Results were presented with all ballots available for review if requested. Todd Allmaras won the at large seat, Matt Pfeiffer won the New Rockford seat, and LeAnn Drake won the Sheyenne seat.

System Grade Level Configuration
 It was moved by Larson and

seconded by Alfstad to approve the systematic grade level configuration as presented. Motion carried by unanimous roll call vote. The change will list the district with the state as how classes are currently structured. Change will list the district as K-5, and 6-12.

Non-District Tuition/Open Enrollment Application
 It was moved by Schaefer and seconded by Price to approve the non-district tuition/open enrollment application for two students from the Dakota Prairie school district as presented. Motion carried by majority roll call vote.

Non-District Tuition/Open Enrollment Application
 It was moved by Schaefer and seconded by Price to approve the non-district tuition/open enrollment application for one student from the Carrington school district as presented. Motion carried by unanimous roll call vote.

Personnel - Rec to Hire - Laura Hager - Secondary Principal
 It was moved by Alfstad and seconded by Schaefer to approve the hiring of Laura Hager as the district's Secondary Principal. Motion carried by unanimous roll call vote.

Personnel - Rec to Hire - Melody Volk - Secondary Business
 It was moved by Schaefer and seconded by Price to approve the hiring of Melody Volk as the district's Secondary Business teacher. Motion carried by unanimous roll call vote.

Consolidated Application
 It was moved by Schaefer and seconded by Price to approve the Consolidated Application as presented. Motion carried unanimously roll call vote. The Consolidated Application is completed and then approved annually at board level and submitted to ND-DPI. Application covers Title I, II, IV, in which the district receives funding annually to supplement existing educational services.

Business Manager Eval
 It was moved by Schaefer and seconded by Alfstad to approve the Business Manager Evaluation as presented. Motion carried unanimously. On an annual basis the School Board is giving the opportunity to evaluate the perfor-

mance of the Business Manager of the district. To be considered satisfactory a compiled score of 655 or higher is required. Business Manager Skogen received a score of 1048 of a possible 1092 for a satisfactory score.

Adjournment
 The board meeting was adjourned at 8:17 pm.

GENERAL FUND:

Bismarck Hotel	3,531.00
Cash & Carry Lumber	285.54
Central Bus. Sys.	4,151.10
Colepapers	738.15
Duchscherer Supply	108.70
Elite Spraying	270.00
Fessenden Bowdon School	28,983.06
Flower Scent-R.	642.96
FLR Sanders	5,520.00
Gerrells Sports Center	1,199.85
Insure Forward	27,810.00
MDU	1,024.05
ND School Boards Assoc.	4,377.18
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Ystaas, Alexa	105.60

CAPITAL PROJECTS
 Yri Electric 3,900.62

SCHOOL LUNCH:
 US Foods 62.49
 Dave Skogen, Business Manager
 Todd Allmaras, President
Published July 29, 2024

Work Wanted

KNIVES SHARPENED for 75¢ each or three for \$2 at Miller's Fresh Foods, New Rockford.

WORK WANTED: Piano tuning and repair. Ringerud Piano Service, John Ringerud, piano technician. Call 701-652-2512, Carrington.

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Which foods are safe after power outage?

I saw the river of creamy liquid on our garage floor at the base of the freezer. I was on the way to retrieve something to thaw for dinner a few years ago.

My heart sank as I walked closer. I saw that the freezer door was slightly ajar.

The liquid came from a large box of melting ice cream bars that were irresistible to my children, especially on warm summer days.

After squeezing the food packages, I closed the door and began coming up with a game plan to deal with thawed food. Let's just say that this mom was not happy.

I found an ice cream wrapper in the trash. I could have smelled my kids' breath for chocolate. They would have left DNA on the wrapper for scientific testing. Instead, I got to work because my kids were not home.

I thought about the type of food, the current temperature and the approximate amount of time that had elapsed. I grabbed a food thermometer and checked the temperature of the thawed food.

I determined that most of the food could be used, even though it was fully or partially thawed. The food temperature was still about 42 degrees. The freezer door was closed now so the temperature was decreasing.

Meat that is partially thawed and has ice crystals can be refrozen; however, I did not want to refreeze the meat for quality reasons. I made enough meals for a couple of weeks, including casseroles, soup, roast and pulled pork. I used every appliance in my possession.

When my kids arrived home, they thought I had prepared a feast for them. I interrogated them and found my culprit. Since it was an accident, no punishment was in order, just a stern warning to be sure the freezer door is closed.

I regularly handle calls and emails from disgruntled people who find food that is partially or fully thawed. No one likes to throw food away. Unfortunately, freezers and refrigerators can stop working for lots of reasons, such as power failure from a storm, floods or equipment failure.

Sometimes, saving perishable food is not possible but you can try some steps. During power outages, keep the door on the freezer closed. A full freezer will maintain the food cold for up to two days. A half-full freezer will keep food safe for about a day, as long as you keep the door closed.

The U.S. Department of Agriculture uses a two-hour rule for determining safety. If the frozen meat, dairy, soup or casseroles have thawed and been above 40 degrees for more than two hours, the food is best discarded.

If you discover a refrigerator or freezer that is filled with food above the desired temperature of 40 degrees F for refrigerators and 0 de-

grees for freezers, think about the type of food it is.

Meat, poultry, fish, milk and other high-protein foods are excellent media for growing bacteria. They spoil quickly. If your refrigerator contains condiments such as ketchup, mustard, steak and Worcestershire sauce, your food is fine to use.

Ketchup and many other condiments are "acidified" foods. They are at an acidity level that does not grow bacteria. That's why many restaurants often leave these condiments on the table. However, these tasty sauces will maintain their flavor better if they are kept in the refrigerator.

If you find warm milk in the malfunctioning fridge, and you do not know how long it was at room temperature, the safest thing to do is to toss it. Whole fruit and vegetables are safe to use.

Melted ice cream does not refreeze. Soft and semi-soft cheese and shredded cheese should be discarded if held above 40 degrees Fahrenheit for more than two hours, while hard cheese such as parmesan can be refrozen. Breads, including muffins, can be refrozen.

Check out your refrigerator or freezer for the ingredients found in this easy and colorful recipe. See www.ag.ndsu.edu/food for more information.

Hawaiian Chicken Sheet Pan Meal

1.5 pounds chicken breast or boneless skinless chicken thighs, cubed

Salt and pepper (to taste)

1 tablespoon canola oil (or your favorite oil)

1 large red bell pepper, diced

1 large orange or yellow bell pepper, diced

½ red onion, cut into chunks

½ cup barbecue sauce (plus more for drizzling)

1 cup pineapple chunks, canned (drained) or fresh Juice of 1 lime

Cilantro and white sesame seeds for garnish (optional)

6 cups cooked brown or white rice (as an accompaniment)

Preheat oven to 350 F and prepare a baking sheet by lining with parchment paper and spraying with oil. In a large mixing bowl, season chicken breast with salt, pepper and a drizzle of oil. Next, add bell peppers, red onion and barbecue sauce to chicken and coat thoroughly. Bake in the oven for 20 minutes, then remove sheet pan and add pineapple chunks. Return to the oven for 15 to 20 more minutes or until chicken reaches an internal temperature of 165 F. Remove sheet pan from oven and squeeze lime juice over all. Add cilantro and sesame seeds to garnish. Serve with a side of rice.

Makes six servings. Each serving (with rice) has 470 calories, 7 grams (g) fat, 32 g protein, 68 g carbohydrate, 5 g fiber and 340 milligrams sodium.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTER 75-02-02.1 ELIGIBILITY FOR MEDICAID

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **11:30 a.m. on Wednesday, September 4, 2024, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, September 16, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTER 75-02-09 RATESETTING FOR PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **1:00 p.m. on Tuesday, September 3, 2024, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Friday, September 13, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTER 75-03-23 PROVISION OF HOME AND COMMUNITY-BASED SERVICES UNDER THE SERVICE PAYMENTS FOR ELDERLY AND DISABLED PROGRAM AND THE MEDICAID WAIVER FOR THE AGED AND DISABLED PROGRAM

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **9:30 a.m. on Tuesday, September 3, 2024, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Friday, September 13, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

Public Notice

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTERS 75-04-01 AND 75-04-06 LICENSING OF PROGRAMS AND SERVICES FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES - DEVELOPMENTAL DISABILITIES AND ELIGIBILITY FOR INTELLECTUAL DISABILITIES - DEVELOPMENTAL DISABILITIES PROGRAM MANAGEMENT SERVICES

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code chapters 75-04-01 and 75-04-06 at **10:00 a.m. on Wednesday, September 4, 2024, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments on the proposed rules must be received no later than 5:00 p.m. on Monday, September 16, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

N.D. ADMIN. CODE CHAPTER 33-06-16 NEWBORN SCREENING PROGRAM

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **2:30 p.m. on Tuesday, September 3, 2024, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Friday, September 13, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

Housing

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Text-A-Tip Line
(701) 341-0534

The text-a-tip line provides Eddy County residents an opportunity to anonymously pass information on to the sheriff's department.

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NAVIGATING MEDICARE