

# PUBLIC NOTICES

# PRAIRIE DOC® PERSPECTIVES

BY ROBERTA K. OLSON, PhD, RN

## Know your Family Health History

Foundational education as an RN with a BSN from South Dakota State University provided a broad understanding of how our bodies function. One of the lessons that was high lighted over the years was the need to pay attention to changes, e.g., my two sisters needed total knee replacement and so did I; my paternal grandfather had a massive stoke and died at the age of 61 years in 1948 from what? It was never diagnosed. My father thought that his dad, who was a farmer, was too stubborn to get regular check-ups from a physician and probably had heart problems in addition to his high blood pressure.

When I was diagnosed with elevated blood pressure in 2015. My only symptom was ocular migraines; I started taking blood pressure medication. Both of my parents had low (normal) blood pressure and when I was pregnant with our two sons, my blood pressure was consistently in the low normal range. At first, I thought that perhaps the blood pressure machine wrong but with further tests, I was diagnosed with hypertension.

My blood pressure stayed elevated even with the daily medications that I took to keep the hypertension in check. In June 2024 my pulse slowly dropped to 34 (normal

is 70-80/minute). On Thursday my primary care physician ordered an echocardiogram for the following Monday because my pulse was 40 bpm in the office. On Sunday night at midnight, I was awake, got up and measured my pulse. It was 34 bpm. I debated whether to wait 10 hours for the scheduled echocardiogram or call 911. I called 911.

The ambulance came at 12:30 a.m. and I was taken for an assessment to the Brookings Emergency Department. Further assessment indicated that I was in a 3rd degree heart block and would need a pacemaker. A cardiac surgeon had accepted the request from the Brookings ED Physician. By 4:00 a.m. I arrived at the Avera Heart Hospital in Sioux Falls via ambulance. I was monitored the entire time by the EMT. Further assessment was done by the technicians and at 8:30 a.m. I was on the operating table with the cardiac surgeon ready to insert a pacemaker. I stayed one night in the hospital for observation and was discharged on Tuesday morning.

We are fortunate in South Dakota to have responsive EMTs, competent MDs at all times in the Emergency Department, and Cardiac Surgeons ready to assist as needed at the Avera Heart Hospital.

Following the “organ recit-

al” discussion with my sisters, I learned that a third cousin who lived in Illinois and is four years younger than I am also had a pacemaker inserted a few years ago. Our grandfathers were brothers. Genetics in your family history is important to know and understand. Dwelling on every ache and pain is not necessary but know your body and changes in the usual patterns of wellness. Post pacemaker my blood pressure is consistently within the low normal range.

*Roberta K. Olson, PhD, RN earned her MSN in Nursing of Children at Washington University, St. Louis, MO and her PhD in Higher Education at Saint Louis University. She served in four academic institutions prior to returning to her alma mater and serving the last 20 years of her career as the Dean of Nursing at South Dakota State University. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, YouTube, and Threads. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm on SDPB and streaming on the Prairie Doc Facebook page), 2 podcasts, and a Radio program (on SDPB), providing health information based on science, built on trust.*

### Report Available

The City of Underwood will provide copies of the “Annual Drinking Water Quality Report” upon request. Copies can be obtained from the city auditor during normal business hours or by writing to Box 168, Underwood, ND 58576. Report can also be viewed at [www.underwoodnd.org/rates-billing-water-sewer-garbage](http://www.underwoodnd.org/rates-billing-water-sewer-garbage). (July 3, 2025)

### Underwood Fire & Ambulance Districts Meetings

The Underwood Fire District and Underwood Ambulance District will meet July 17, 2025, 7:00 pm at the Fire/Ambulance Building, 208 Grant Ave. Debby Swanson, Secretary/Treasurer (July 3 & 10, 2025)

### ADVERTISEMENT FOR BIDS

CITY OF TURTLE LAKE  
TURTLE LAKE, NORTH DAKOTA  
SANITARY SEWER IMPROVEMENT DISTRICT NO. 2024-1  
MANHOLE REHABILITATION AND SANITARY SEWER MAIN REPLACEMENT  
MOORE PROJECT NO. 24218

#### General Notice

Owner is requesting Bids for the construction of the project listed above. Bids for the construction of the Project will be received and accepted via electronic bid (vBid) through QuestCDN until July 10 at 2:00 p.m. local time. Bids will be viewed and read via video/phone conference at 2:30 p.m. Mailed or hand delivered bids will not be opened or considered. Link for the video/phone conference is provided at [www.mooreengineeringinc.com](http://www.mooreengineeringinc.com) by clicking the Bid Information tab, or at [www.questcdn.com](http://www.questcdn.com).

The Project includes the following Work: Manhole rehabilitation, sanitary sewer main and service installation, and other miscellaneous construction items.

#### Obtaining the Bidding Documents

Digital project bidding documents will be available at [www.mooreengineeringinc.com](http://www.mooreengineeringinc.com) by clicking the Bid Information tab, or at [www.questcdn.com](http://www.questcdn.com). You may download the complete set of digital documents for a nonrefundable fee of \$50.00 by locating eBidDoc™ Number 9745738 on the website. Contact QuestCDN Customer Support at 952-233-1632 or [info@questcdn.com](mailto:info@questcdn.com) for assistance in membership registration, downloading digital project information, and vBid online bid submittal questions.

The Issuing Office for the Bidding Documents is:  
Moore Engineering, Inc.

4503 Coleman Street Suite 105, Bismarck, ND 58503

Each bid must be accompanied by a bidder's bond in a sum equal to 5% of the full amount of the bid executed by the bidder as principal and by a surety, conditioned that if the principal's bid is accepted and a contract is awarded to the principal, the principal, within ten (10) days after the notice of the award, shall execute a contract in accordance with the terms of the bid and the bid bond, and any conditions of the City of Turtle Lake, as required by law. A countersignature of a bid bond is not required. If the City of Turtle Lake elects to award a contract to the lowest responsible bidder, and the lowest responsible bidder does not execute a contract within ten (10) days, the bidder's bond will be forfeited to the City of Turtle Lake, and the City of Turtle Lake may award the project to the next lowest responsible bidder.

Each bidder must possess a valid North Dakota contractor's license for the full amount of their bid, as required by N.D.C.C. § 43-07-7. Each bidder MUST enclose a copy of their Contractor's License or Certificate of Renewal, issued by the North Dakota Secretary of State, and each license must be valid and dated at least 10 days prior to the date set for bid opening, as required under N.D.C.C. § 43-07-12.

Bidders on this work will be required to comply with American Iron and Steel requirements of the Consolidated Appropriations Act, 2014. The requirements for bidders and contractors under this regulation are explained in the specifications.

Bidders are required to comply with Davis-Bacon prevailing wage requirements.

Bidders on this work will be required to comply with Title 40 CFR Part 33—Participation by Disadvantaged Business Enterprises in the United States Environmental Protection Agency Programs. The requirements for bidders and contractors under this regulation concern utilization of Minority Business Enterprises (MBE), Women's Business Enterprises (WBE), and Small Business Enterprises (SBE) and are explained in the specifications.

The goal for MBE is 2% of the total dollar value of the project. The goal for WBE is 3% of the total dollar value of the project. To demonstrate a good faith effort to comply, bidders must include the MBE/WBE subcontractor solicitation form in the bid package.

Bidders on this work will be required to comply with the President's Executive Order No. 11246, as amended. The requirements for bidders and contractors under this order are explained in the specifications.

Bidders are required to comply with Build America, Buy America Act requirements.

Any lead service line replacements conducted under this project must replace the entire lead service line, not just a portion, unless a portion has already been replaced or is concurrently being replaced with another funding source.

Bidders on this work will be required to comply with the President's Executive Order No. 11246, as amended. The requirements for bidders and contractors under this order are explained in the Project Manual.

#### Instructions to Bidders.

For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

#### This Advertisement is issued by:

Owner: City of Turtle Lake

By: Joe Herslip

Title: Auditor

(June 19, 26, & July 3, 2025)

# DAKOTA GARDENER

BY EMILY HOW, Horticulture, NDSU Extension - Ward County

## Landscaping is for the birds

Having birds in your landscape helps lower insect populations and aids in pollination, while bird watching increases your mental health.

Growing up, I spent a lot of time with my grandmother. One of our favorite activities was watching the birds that would come to her feeder every morning. This year, I have been landscaping to attract more birds to my yard.

Birds require three things to survive - food, water and shelter. Food is easily provided in the form of bird seed and bird feeders, but other forms of food can also be provided. For instance, if there are damaged vegetables in your garden, you can place them in an open area away from the garden; this provides food for the birds and helps keep them out of the rest of the vegetables in the garden.

You may also choose to plant a sacrificial crop. Additionally, if there is a certain fruit, such as Juneberries or Haskaps, that you want to protect from the birds, you can cover that plant with a densely woven net while leaving a less desirable fruit, such as a wild grapevine, for the birds.

Attract birds with the sound of moving water; think streams, lakes and ponds.

However, having a pond in your backyard is not really an option for everyone, including me. There are some simpler options that can be equally effective. One method uses a plastic gallon-size bottle hung over a basin to collect water. Simply puncture a small hole in the bottom of the bottle, fill with water, and hang from a tree branch or other high spot over a bird bath or shallow dish. The bottle will slowly drip into the basin and provide a moving water source for the birds.

A more beautiful option would be to use a solar-powered bird bath fountain. Be sure to place a large rock or structure in your bird bath to provide a landing spot and refill the water often. Cleaning out your bird bath once or twice a year is required, but do not use bleach! Bleach can remove the natural oils from the birds' feathers and is toxic to the birds. Hot water and good scrubbing are sufficient.

Building a shelter can require a little more time and thought. Work with what you have and know that different birds prefer different shelters. If you are interested in attracting a certain type of bird, know what type of shelter they prefer. Black-capped

Chickadees, for example, prefer to shelter in cavities of trees with soft, decaying wood; in the yard, use a nest box filled with wood shavings.

Another option is to plant shrubs and trees that act as both a shelter and a food source; crabapples, oaks and conifers are great options. Other native plants such as milkweed, Black-Eyed Susan and ornamental bluestem provide food and shelter for birds and, as a bonus, color and texture in the landscape.

Now that you have attracted the birds into your landscape, you can reap the benefits. Having birds in your landscape helps lower insect populations, aids in pollination and increases mental health. Yes, watching the birds in your yard increases mental health, as well as lowers blood pressure and other stress-inducing hormones.

Want the benefits of bird-watching, but don't have a yard? The Cornell Lab of Ornithology (study of birds) has a Citizen Science Project in which you watch a bird feeder, count the birds that visit and submit the results on their website.

This summer, do some landscaping for the birds...and in turn, yourself!

### PRESCHOOL OPENINGS

Best In Class Preschool Program Underwood Public School has opened a second new Five Day/Full Day Program for 4 year olds due to the increased demand.

Cost will remain at \$260/month.

Reserve your child's spot now.

Program starts Aug. 19, 2025.

For more information contact Hope Rush at [hope.rush@underwoodschool.org](mailto:hope.rush@underwoodschool.org) or 442-3274.

Call 462-8126 to place an ad