

Public notices

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North Dakota newspapers also post public notices that are printed in newspapers on www.ndpublicnotices.com at no additional charge to units of government.

THE REGULAR CITY COUNCIL MEETING
CITY OF COGSWELL
OCTOBER 13, 2025
7:30 p.m. AT THE
COGSWELL COMMUNITY CENTER

Cogswell Regular City Council Meeting on October 13th, 2025 at 7:30 pm in the Cogswell Community Center Senior Room

Mayor Brown called meeting to order at 7:35 pm. Present were Mayor Brown, Council members Anderson, Skroch and Diegel, Auditor Brown, City lawyer Even, Dusty from Interstate Engineering and residents Linderkamp, Hayen and Skroch.

Minutes from September were read and Diegel made motion to accept minutes as read, Skroch seconded, motion carried.

Interstate presented the preliminary map for the new camps addition 2 to the property owners and after discussion all agreed to sign the new paperwork. Skroch made motion to adapt the replatting of Camps Addition 2 as presented, Anderson seconded, motion passed.

Financial report from September was read and Anderson made motion to accept, Diegel seconded, motion carried.

Bills were presented and Diegel made motion to approve checks as presented for payment, Skroch seconded, motion passed.

Bills:

G. Skroch mowing September 2025 \$671.97

The Sargent County Teller Advertising \$59.80

Otter Tail Power Company \$472.06

Waste Management \$1,087.34

C. Brown misc. \$338.00

B. Brown Auditor pay \$323.22

With no further business Skroch made motion to adjourn, Anderson seconded, motion carried.

Mayor Brown closed the meeting at 8:45 pm. Next meeting will be on November 10th, 2025 at 6:30 pm.

Submitted by Bea Brown
City Auditor
10-16-25

Publish December 26, 2025

THE SPECIAL CITY COUNCIL MEETING
CITY OF COGSWELL
SEPTEMBER 16, 2025
5:15 P.M. AT THE
COGSWELL COMMUNITY CENTER

City of Cogswell Special Council Meeting on September 16th, 2025 at 5:15 pm in the Community Center Senior Room

In attendance were Mayor Brown, Council members Skroch and Anderson, City Auditor Bea Brown, City lawyer Even and Dusty from Interstate Engineering, as well as property owner Linderkamp, Hayen and Skroch and Arnesen by phone.

Dusty showed where the new property lines are and after everyone agreed, Anderson made motion to accept City Resolution to replat former Camps Addition and to vacate property for public and private use, Skroch seconded, motion passed. The new name will be Camps Addition 2.

Skroch made motion to close meeting, Anderson seconded, motion carried. Mayor Brown closed the meeting at 5:30 pm.

Submitted by Bea Brown
City Auditor
9-20-25

Publish December 26, 2025

CONTACT

The Sargent County

Teller

HEATHER@THESCTELLER.COM

701.680.3724

Sargent Central to join Sargent County for Spring baseball

BY LYNN KASPARI

A special meeting of the Sargent Central School Board was held Thursday Dec 17.

At the meeting the board voted to end the spring baseball co-op with Oakes.

They then approved the formation of a new spring baseball program under the Sargent County Bulldogs which includes Sargent Central, Milnor, and North Sargent.

Both motions were approved unanimously

The board also approved the Pee Wee Wrestling program for the season. The vote there was 4-2

A motion to approve no transportation to extra-curricular activities unless they are Sargent Central students died for lack of second

LOCAL COVERAGE

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The Sargent County Teller

(701)680-3724

heather@thescteller.com



Prairie Doc® Perspectives

Keeping us in balance: The work of the kidneys

BY ANDREW ELLSWORTH, MD

Picture a man crawling through the desert in tattered clothing, whispering “water” as he nears an oasis. He isn’t thinking about his kidneys, yet they may be the main organ still keeping him alive.

The human body does an amazing job at maintaining the balance of our internal environment, known as homeostasis. The kidneys, those two bean-shaped organs at our sides, are vital for maintaining that balance. Through filtration, reabsorption, and the secretion of hormones, the kidneys are one (or two) of our most important organs.

Each day, the kidneys filter roughly 50 gallons of blood, enough to fill a bathtub. In doing so, they remove waste products and toxins that would otherwise build up and cause harm. They also regulate electrolytes such as sodium, potassium, calcium, and phosphate, which are essential for proper muscle, nerve, and heart function.

The kidneys regulate our fluid balance. If we are dehydrated, they will reabsorb more fluid back into the bloodstream. Meanwhile, if there is excess, they will increase urine production. On a normal day, a healthy person usually only needs to drink when feeling thirsty. Anti-diuretic hormone is secreted by the brain when you start to get dehydrated, telling the kidneys to retain more fluid, and giving yourself the sensation of thirst.

The kidneys help regulate blood pressure through their control of salt and water retention or excretion. They maintain acid-base balance, keeping the body’s pH within a narrow, safe range. In addition, the kidneys secrete hormones involved in bone health and stimulate the bone marrow to produce red blood cells.

With all these responsibilities, preserving kidney health is essential. You can support your kidneys by preventing imbalance where possible. Eat a healthy diet low in salt and added sugar. See your healthcare provider regularly to screen for diabetes and monitor blood pressure, the two leading causes of chronic kidney disease. Avoid taking excessive amounts of medications such as ibuprofen or naproxen. Other prescription and over-the-counter drugs, supplements, and herbal preparations can strain the kidneys as well—so use them carefully and follow directions.

With the kidneys, balance is key. Avoid excess, protect your health, and your kidneys will likely manage the rest. Whether you are sleeping soundly at home or desperately seeking water under a desert sun, your kidneys continue their quiet work—filtering, regulating, protecting, and keeping your body in balance.

Dr. Andrew Ellsworth is a Family Medicine Physician at Avera Medical Group Brookings in Brookings, SD. He serves as one of the Prairie Doc Volunteer Hosts during its 24th Season providing Health Education Based on Science, Built on Trust. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm on YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).

Thank You!

to all the churches, businesses, organizations, and individuals who have so generously donated food, household supplies, money, and your time to the Sargent County Food Pantry this year. Your donations and thoughtfulness have blessed so many families and are greatly appreciated by the Food Pantry Board, volunteers, and all those that we serve. Thanks for making a difference!

May your heart and home be filled with happiness at this glorious time of year.

CLOSED

CHRISTMAS DAY & NEW YEARS DAY!

FORMAN DRUG

FORMAN, ND • 724-6222

Nathan, Barb, Jake, Megan, Matt, Clara, Hannah, Beau, Sophie, Lorna, Kelsy, & Diane

CHI Oakes Hospital

Peace, Love & Joy

Wishing You A Very Merry Christmas

Call (701) 742-3291 for appointments or more information on how we can be of service to you.

MERRY CHRISTMAS and a Happy New Year

HOLIDAY GREETINGS FROM OUR FAMILY TO YOURS

Southeast Water Users

PO Box 10, Mantador, ND 58058

Phone: (701) 242-7432 | Fax: (701) 242-7807