

EHM diagnosed in Bottineau County horse

The North Dakota State Board of Animal Health and the North Dakota Department of Agriculture's Animal Health Division are reminding horse owners to protect their horses from equine herpesvirus-1 (EHV-1). A horse in Bottineau County has been confirmed positive for equine herpesvirus myelo-

cephalopathy (EHM), the neurologic manifestation of the virus. Since October, several outbreaks of EHM have been reported in multiple states including Oklahoma, Virginia, Pennsylvania and California. EHV-1 can be spread through the air, and on contaminated equipment,

clothing and hands. Biosecurity measures that can reduce the risk of spreading the disease include avoiding shared food or water containers and preventing nose-to-nose contact. Out-of-state horses and other equines entering North Dakota for any length of time must be accompanied by a certificate of veterinary inspection. "Certifi-

cates of veterinary inspection help us better monitor the movement of equines into North Dakota and help determine potential sources of diseases," said State Veterinarian Dr. Susan Keller. EHV-1 can cause respiratory disease, abortion, neonatal death and sometimes the neurologic form of

the disease, EHM. Vaccinations against EHV-1 have been shown to reduce viral shedding and curb the spread of disease, and may decrease the severity of infection. While no vaccine can completely prevent EHM, vaccinating healthy animals and giving booster vaccinations before travel, competition or boarding is

recommended. "Horse owners should discuss vaccination strategies and other preventative measures with their veterinarians," Agriculture Commissioner Doug Goehring said. Although highly infectious and contagious among horses, EHV-1 poses no threat to human health.

— N.D. Dept. of Ag

Prairie Fare

Nourish and protect your skin this winter

By **JULIE GARDEN-ROBINSON**
NDSU Extension

I noticed my husband sliding his back on the doorframe near our living room. I knew the reason.

"Where's the back scratcher?" he asked. I retrieved it and handed it to him. Evidently, the doorframe wasn't doing the trick.

Yes, it's winter, I thought to myself.

As I watched him scratch his back, I became aware of the itchiness of my skin.

I reached down to scratch my lower legs. Driving around with hot air blowing on my legs from our vehicle's heater wasn't doing my skin a favor.

However, heat is a necessity in the winter.

The palms of my hands were rough like fine-grade sandpaper. I had ventured outside without mittens the other day, and my skin did not approve.

I got up out of my easy chair to get some lotion for my hands and legs. Actually, my back was feeling itchy, too.

We all need to take care of our skin all year long, but especially in the winter. Skin is the largest organ in the body. It serves as a protective barrier to help prevent harmful substances from entering the body. Sun and the dry air

of winter can be damaging to our skin.

For example, wearing sunscreen throughout all seasons of the year helps protect our skin from the sun's damaging rays. Applying moisturizer helps keep our skin hydrated to serve as an effective protective barrier. Staying hydrated can help prevent wrinkles and lines from becoming noticeable, too.

Two of the most important barriers protecting the skin are sebum, a substance secreted by sebaceous glands to reduce water loss and prevent infection, and pH (alkalinity or acidity). The low pH of the skin's surface helps protect against disease-causing bacteria.

Most of us maintain a supply of moisturizers especially during the cold, dry winter months. We also can nourish our skin from the inside by enjoying a variety of foods:

* Include about 4 to 5

Festive Corn Salsa

- 4 ears fresh corn, kernels removed (or 2 c. frozen corn, thawed)
- 1 c. green bell pepper, chopped
- 1/2 c. red onion, chopped
- 2 tomatoes, chopped
- 2 garlic cloves, chopped
- 2 Tbsp. lemon juice (fresh squeezed) or vinegar
- 1/2 tsp. black pepper
- 1/4 tsp. salt

Prepare ingredients as directed. Combine all ingredients in a large bowl. Refrigerate for at least one hour before serving. Serve with chips or crackers. Makes 10 (1/2-cup) servings. Each serving has 60 calories, 0 grams (g) fat, 2 g protein, 14 g carbohydrate, 2 g fiber and 60 milligrams sodium.

cups of colorful antioxidant-rich fruits and vegetables in your daily diet. All forms of fruits and vegetables, including canned, fresh and frozen, count toward the daily goal.

* Get your omega-3 fatty acids from fatty fish, such as albacore tuna, halibut, mackerel and sardines, and nuts and seeds, such as walnuts and pumpkin seeds.

* Make half your grain choices whole grains for a variety of vitamins. Grains provide a variety of vitamins.

* Enjoy lean meat, poultry, fish, low-fat dairy, beans and other protein-rich foods to provide your body with a variety of nutrients for building and repairing tissues.

* Stay hydrated during the winter months and all year. Monitor your hydration by checking the color of your urine. It should be light yellow, about the color of straw.

On average, women

need 9 cups of liquid from beverages and food, and men need 13 cups daily. Fruits and vegetables are very high in water. Keep a pitcher of cold water in your refrigerator to promote water consumption, and drink warm beverages such as herbal tea.

We have many other ways to take care of our skin during dry, cold months, according to these tips that I adapted from the American Academy of Dermatology:

* Shorten your baths or showers to five to 10 minutes. Use warm water in-

stead of hot water, which is more drying. Use a limited amount of a gentle fragrance-free cleanser, and blot skin gently dry.

* Choose gentle skin care products. Deodorant soaps and/or products with alcohol and fragrances tend to be harsh on your skin.

* Apply a moisturizer right after washing your hands or face or drying off after taking a shower. Ointments, creams and other moisturizers work by trapping moisture in your skin.

* Read the ingredients on the moisturizer. Shea butter, glycerin, lanolin, mineral oil and petrolatum are among the ingredients that are most effective in trapping moisture.

* Don't forget to wear lip balm to help prevent your lips from cracking.

* Don't forget your mittens. Protect your skin when you go outside in cold weather.

* Use a humidifier to add moisture to the air in your home.

* Remember that cozying up to a heater or fireplace can be drying to your skin. Keep a little distance and keep your moisturizers nearby.

S e e e
<https://www.ag.ndsu.edu/nourishyourbody> to learn more about taking care of all of your body systems, from bones to skin. Click on the "skin" link to learn more. We invite you to sign up for the free monthly e-newsletter.

Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson.

DO YOU HAVE A STORY ???
Please give us a call at The Tribune 776-5252

PUBLIC NOTICES

The North Dakota State Assessment on the use of tax dollars since both 4/30/2019
Head May 15, 2019. The Spring class session is now vacant and No Trespassing 4/30/2019
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Public and Legal Notices are also available for viewing on our website:
www.thepiercecountytribune.com
Just look for our "Public Notices" tab. They can also be found and read on any device at:
www.ndpublicnotices.newzgroup.com

LOG HOMES
*** JUST RELEASED - PAY BALANCE DUE ONLY ***
AMERICAN LOG HOMES recently assisted in the Estate Sale of several Log Home Kits.
2 Log Homes added for **BALANCE OWED - FREE DELIVERY**
• Model # 305 Biloxi \$36,825 BALANCE OWED \$15,000
• Model # 403 Augusta \$42,450 BALANCE OWED \$16,500
• New - HOMES HAVE NOT BEEN MANUFACTURED
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VIEW at www.loghomedream.com - Click on House Plans
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Mayville State University
is seeking applications for positions including:

- Executive Foundation Director
- Maintenance Technician
- Baker
- Admissions Recruiter
- Director of Esports Program

Full-Time Benefitted:
These are full time, benefited positions. For more information, visit www.mayvillestate.edu/employment

PUBLIC NOTICES

The State Board for Career and Technical Education will be conducting virtual hearings to provide the public an opportunity to present their views and recommendations for North Dakota's State Plan for Career and Technical Education fulfilling the requirements of the Strengthening Career and Technical Education in the 21st Century Act (Perkins V.) A copy of the State Plan can be found at the Career and Technical Education website (www.cte.nd.gov/PerkinsStatePlan) on or after December 17, 2019.

Date	Time	Zoom Meeting Information
January 8, 2020	3:45pm - 4:30pm	https://zoom.us/j/539010725?pwd=Rkltc3k0Tm9NcWVWdjlZGUxNFVldz09 Meeting ID: 539 010 725 Password: 334232
January 13, 2020	7:00pm - 7:45pm	https://zoom.us/j/585388660?pwd=UTBpS25SK3RucXh6ZVZkV3BnQUJ5UT09 Meeting ID: 585 388 660 Password: 161501
January 14, 2020	9:00am - 9:45am	https://zoom.us/j/779716675?pwd=Z1RmWEpTRHNUVnp2aGFDeUZ4S5Wx3QT09 Meeting ID: 779 716 675 Password: 437163
January 16, 2020	3:45pm - 4:30pm	https://zoom.us/j/551619098?pwd=dFYRnY5VFj3dVf3R2xZlZC3dWJrQT09 Meeting ID: 551 619 098 Password: 285611

Note: All attendees will need to register to attend the hearings virtually. Although all meetings will be broadcast virtually, the public is welcome to attend the January 8, January 14 and January 16 meetings in the Peace Garden Room, State Capitol, Bismarck.

An overview of the North Dakota State Plan will be provided during the Public Hearing, with an opportunity for the public to ask questions of the North Dakota Department of Career and Technical Education.

Written comments concerning the proposed State Plan must be submitted in writing to Wayne Sick, State Director at cte@nd.gov no later than January 31, 2020.

(December 28, 2019)

NOTICE

Notice is hereby given that the Pierce County Commission will hold a public hearing on January 7, 2020 at 9:00 A.M. in the commission room of Pierce County Courthouse, 240 2nd St SE, Rugby, ND for a conditional use permit requested by Fisher Sand & Gravel for an "aggregate mining operation", located in the SW4 of Section 3 Township 153 North, Range 73 West.

Karin Fursather
Pierce County Auditor-Treasurer
(December 28, 2019; January 4, 2020)

NOTICE OF PUBLIC HEARING

In accordance with Ordinance No. 304, Chapter 19.42, of the Municipal Code, City of Rugby, ND, the City of Rugby Planning and Zoning Committee will hold a Public Hearing concerning the request of Rugby Spray Foam LLC/Brad Wangler & Derick Welk, for a Re-Plat of the location in the following lots or tracts:

Sveum Subdivision - Lots 3, 7, and 8 - Block 1 lying in Section 1, Township 156 N, Range 73 W to the City of Rugby, Pierce County, North Dakota

The Plat is available for public inspection and copying at the office of the City Auditor, City Hall Building, 223 South Main Avenue, during normal business hours. The public is invited to attend in person or prepare written comments to attention of the City Auditor's Office, City Hall Building, 223 South Main Avenue, Rugby, ND, 58368. Said hearing to be held in the City Hall Building Chamber Meeting Room, Rugby, ND, on Monday January 13, 2020 at 7:30pm
Dated: December 9, 2019

Jennifer Stewart
City Auditor
(December 21-28, 2019)

NOTICE

This notice is published on behalf of the Pierce County Emergency Management. In accordance with SARA Title III and Section 324 of the EPCRA, let it be known to the public, that any Pierce County Emergency Plans and Hazardous Chemical Tier II information has been reconciled and is available during normal business hours at the Pierce County Courthouse (240 2nd St SE, Rugby ND 58368) and are available upon written request. All inquiries must be plan or facility specific and

should submitted to Pierce County Emergency Management. After receipt and review of information requests, the Pierce County Emergency Manager will schedule a time during normal business hours and staff availability for the requesting party to view the requested report(s).

Kelsey Siegler
Pierce County Tax Director/Planning and Zoning Administrator
Pierce/McHenry County EM
(December 28, 2019)

NOTICE TO BIDDERS For Rental of City Owned land

The Rugby City Council will receive sealed bids at City Hall until 1:00pm, on January 3, 2020, for the rental of land located in Rugby. The following property will be available for rental for the 2020 season:

A portion of parcel 9518000 described as: From the 4th St SW/Hwy 3 right of way, travel south approximately 195' to a point of beginning, then travel south approximately 300', towards 6th St SW, from the curb along Hwy 3 travel west approximately 93', then travel north approximately 300', then east ap-

proximately 85', to the point of beginning, of the SE1/4NE1/4 less deeded tracts Section 2-156-73, more or less.

Terms and conditions are set forth in the bid specifications available at the City Auditor's office at City Hall. The bid envelope shall be plainly marked "Land Rental Bid" and shall contain the parcel number of the property being bid on. The City Council of the City of Rugby reserves the right to reject any of all bids and to award contracts as it deems to be in the best interest of the City of Rugby. Bidders are invited to be present at the regular city council meeting on Monday, January 6, 2020, at 7:30pm in the council chambers, where the bids shall be opened. For more information, contact Jennifer Stewart, City Auditor, at 223 South Main Avenue, Rugby, North Dakota, or by phone at 701-776-6181.
(December 14-21-28, 2019)

Legal Notices run every week in The Pierce County Tribune.
Please call 701-857-1920 or email legals@thepiercecountytribune.com

ABBREVIATED NOTICE OF INTENT TO ADOPT AND AMEND ADMINISTRATIVE RULES AND STATE IMPLEMENTATION PLAN

for Air Pollution Control
ND Dept. of Environmental Quality (DEQ)

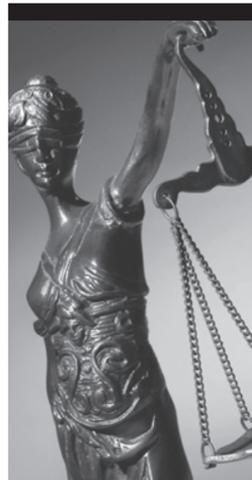
will hold a public comment period and public hearing to address proposed changes to the N.D. Admin. Code, Article 33.1-15 and the State Implementation Plan (SIP) for the control of air pollution. This includes plans under sections 111(d) and 129 of the Federal Clean Air Act for the control of emissions from existing commercial and industrial solid waste incinerators and landfills. Some of the rule revisions and other documents that are the subject of this public notice will be submitted to the United States Environmental Protection Agency to be included in or to revise the SIP required by the Federal Clean Air Act.

Basement Conference Rm. Gold Seal Center 918 East Divide Avenue Bismarck, ND February 7, 2020 9:00 a.m. CST

A copy of the proposed rules, SIP revisions, 111(d)/129 plans and full public notice may be viewed at the Department's website at: <https://deq.nd.gov/PublicNotice.aspx>. A copy of these documents may be obtained by writing to the North Dakota Department of Environmental Quality, Division of Air Quality, 918 E Divide Avenue, 2nd Floor, Bismarck, ND 58501-1947 or calling (701) 328-5188. Written comments may be submitted to the above address through February 17, 2020. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Department of Environmental Quality at the above address at least seven days prior to the public hearing.

Dated this 17th day December, 2019
James L. Semerard, Director
Division of Air Quality

(December 28, 2019)



Legal Notices run weekly in the Classified Section of the Pierce County Tribune.

If you have a legal notice to be published, please call 857-1920

legals@thepiercecountytribune.com