

2010 Legal and Public Notices

Office of the construction manager, Crafts, Incorporated, 2602 South 13th Street, Norfolk, NE, 68701. Sealed bids shall be opened and tabulated at the office of the construction manager at 10:00 a.m., December 10, 2012. The tabulated bid results shall be presented at a meeting of the Irene-Wakonda School Board, December 12, 2012.

Separate prime Contracts will be awarded on the classes of work as follows.

- Bid Package No. 1:** Site Work and Excavation for Utilities
- Bid Package No. 2:** General Building Excavation, Backfill and Concrete Work
- Bid Package No. 3:** Interior Metal Stud Framing
- Bid Package No. 4:** Pre-Engineered Metal Building System
- Bid Package No. 5:** Packaged Aluminum Window Units
- Bid Package No. 6:** Sealant Work
- Bid Package No. 7:** Aluminum Entrance Doors and Builders Hardware
- Bid Package No. 8:** Suspended Ceiling Panel System
- Bid Package No. 9:** Floor Coverings
- Bid Package No. 10:** Painting
- Bid Package No. 11:** Casework, Countertops, Toilet Partitions and Miscellaneous Equipment
- Bid Package No. 12:** Food Service Equipment
- Bid Package No. 13:** Mechanical HVAC Systems
- Bid Package No. 14:** Mechanical Plumbing
- Bid Package No. 15:** Electrical Systems

All bids shall be made in accordance with the contract documents. Mailed or hand delivered bids shall be submitted in a sealed envelope addressed to Crafts Incorporated, 2602 South 13th Street, Norfolk, NE 68701. Note, fax bids are not allowed.

Bid envelopes shall be clearly marked on the outside lower left corner with the appropriate Bid-Package Number.

Full responsibility for the timely delivery of mailed bids or hand delivered bids prior to the deadline for receiving bids rests with the bidder. Bids delivered after 12:00 p.m. local time shall be classified as non-performing and shall not be considered.

Contract documents, including bid proposal forms, drawings and project manual, have been placed on file and may be examined at the Plains Builders Exchange and Sioux Falls Builders Exchange of Sioux Falls, South Dakota, Sioux City Construction League, Sioux City, Iowa and Rapid City Builders Exchange, Rapid City, South Dakota.

Interested bidders can obtain one complete set of construction plans and project manual, from the architect's office, for a non-refundable cost of one hundred dollars (\$100.00). Checks shall be made payable to Marquis X Erickson, Architect. Bidders can, also, download a complete set of electronic construction documents, free of charge, from an internet "cloud drive". The access link shall be posted at the time the drawings are released for general distribution. Architect's contact information: Marquis X Erickson, Architect, 334 Walnut Street, Yankton, SD 57078-4345, phone: 605-664-0232, cell: 605-360-9438, email: mxearch@iw.net.

Each bidder must deposit bid security with the bid, payable to The Irene-Wakonda School District 13-3 and shall be one of the following:

1. Certified check, cashier's check or draft drawn on a State or National Bank in the amount of five percent (5%) of the bidders base bid.
2. Bid Bond, issued by a Surety authorized to do business in the State where the project is located and acceptable to the Owner in the amount of five percent (5%) of the bidders base bid.

It shall be the bidder's responsibility to make inquiry as to any addenda issued.

The successful bidder shall be required to furnish a contract performance bond and a labor and materials payment bond in the penal amount of one hundred percent (100%) of the contract price as originally bid or subsequently modified.

No Bidder may withdraw a bid until 30 days after the bid opening, without a written request explaining the cause of withdrawal and without written consent of the Owner after reviewing the cause.

The Owner reserves the right to reject any and all bids or parts thereof, and to waive any irregularities of any bid. The Owner also reserves the right to award the contract to the lowest responsible bidder as may be determined by the Owner.

Construction manager's contact information: Larry O. Voecks, Construction Manager, Crafts, Incorporated, 2602 South 13th Street, Norfolk, NE, 68701, 605-664-0232

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/s/ _____
Larry O. Voecks - Construction Manager
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Profile by Sanford launches in Sioux Falls

Program offers research-based method for weight management
Sanford Health has introduced an integrated approach to weight management. Profile by Sanford was designed using a large body of clinical research to ensure a sustainable means to healthy weight loss.

The Profile system utilizes meal-replacement products, nutritionally complete food and qualified health coaches. In addition to members consuming both Profile-produced and grocery-store food, coaches develop customized plans for their clients and offer advice on nutrition, exercise and behavior.

A clinical and scientific advisory board comprised of 10 Sanford physicians and researchers oversaw the development of the Profile system.

"Profile by Sanford is endorsed by our physicians and researchers and is rooted in scientific research," said Rich Adcock, president of Sanford Frontiers, which developed the system. "Obesity is a national epidemic; Profile is our way of lending a hand in the fight."

According to the Centers for Disease Control and Prevention, more than 60 percent of the U.S. population is considered overweight or obese.

In addition to face-to-face meetings, coaches are able to efficiently track members' progress through the use of smart wireless technology. Each member is outfitted with wireless devices to measure progress, including tools to track body weight and measurement, blood pressure and step count and intensity (exercise). These devices automatically upload to a secure server, where members and coaches can monitor improvement on the web or mobile applications. Printed options are also available to members.

"As a physician, I witness firsthand the health complications that accompany obesity," said Michael Wilde, MD, who is part of the clinical and scientific advisory board. "The Profile system will not only help members lose weight but also develop habits for a healthier lifestyle."

Profile by Sanford is now open at 401 W. 69th St. in Sioux Falls. Additional locations are planned for Sioux Falls and Fargo. To learn more, visit profileplan.net.

USD Spanish Club commemorates Day of the Dead

BY TRAVIS GULBRANDSON
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For the second half of October, a pair of skeletons was on display in I.D. Weeks Library, but they didn't have anything to do with Halloween.

Instead, they were part of an altar placed there by the campus Spanish Club in honor of the Day of the Dead – or el Día de los Muertos – which takes place on Nov. 1-2 each year.

"It's a holiday celebrated throughout Mexico and around the world in other cultures," explained Spanish Club director Deborah Van Damme during a presentation Thursday, Nov. 1. "The holiday focuses on gatherings of family and friends to pray for and remember (those) who have died."

The yearly holiday is observed in connection in connection with the Catholic holidays of All Saints' Day and All Souls' Day.

"Traditions connected with the holiday include building private altars honoring the

deceased using sugar skulls, marigolds and the favorite foods and beverages of the departed, and visiting graves and offering gifts," Van Damme said. "They also leave possessions of the deceased."

The altar at I.D. Weeks honored Mexican painter Frida Kahlo, who was born in 1907 and died in 1954.

"Her work has been celebrated in Mexico as emblematic of national and indigenous traditions, and by feminists for its uncompromising depiction of female experience and form," said Spanish Club president Laren Bennett.

Primarily known for her self-portraits, Kahlo's work has been described as containing elements of folk art and surrealism, with cultural traditions playing a large role, as well, Bennett said.

Although the Spanish Club has placed shrines on campus in the past – most often in the Spanish Lab in Slagle Hall – this was the first time it was set up

in the library.

"It was actually Lauren's idea, and we got a lot of acknowledgement from it," Van Damme said. "There are so many students and come and go here. A lot of people get to see it and appreciate it."

"There's more exposure here than in Slagle Hall," Bennett added.

Among the items on display were a picture of Kahlo, some books and a small clay box used for storing personal articles.

"We also have a little Mexican cart with oxen and fruit. She loved fruit," Van Damme said. "We have a clay figure of a nun with a sombrero, and that represents the importance of Catholicism in the Mexican tradition."

"And of course, her dresses were very traditional. She believed in the traditional clothes of her country," Van Damme said.

These traditional clothes were worn by a pair of full-size skeletons.

"I've created altars in

academic institutions in Texas and Colorado, and when I was looking for life-size skeletons – that's what I usually use, either real or plastic – no one could lend me their skeletons," Van Damme said. "Finally I went downtown, and Diane Nesselhuf of the store Sharing the Dream lent me her only two mannequins."

Although the Day of the Dead is celebrated primarily in Mexico, similar celebrations take place each year throughout the world, including countries in South America, Africa, Europe and Asia.

"Scholars trace the origins of the modern Mexican holiday to indigenous observances dating back hundreds of years, and to an Aztec festival dedicated to the goddess Mictecacihuatl," Van Damme said.

The Spanish Club's altar was on display in the library through the afternoon of Friday, Nov. 2.

SDSU Extension approved for grant

Rural Development South Dakota State Director Elsie Meeks announced that USDA Rural Development approved a Rural Business Opportunity Grant of \$50,000 for South Dakota State University (SDSU) Extension, Brookings.

Rural Development funds will be used to build capacity in South Dakota's local food system through the establishment of an online Local Foods Center which will create structured connections between local growers and resource providers. Today's announcement coincides with the annual South Dakota Local Foods Conference that is sponsored by the South Dakota Department of Agriculture and

USDA Rural Development.

"This project provides the opportunity to bring their product to local communities and support economic growth in rural areas. It has been a USDA-wide focus to provide resources and support to American farmers and ranchers," said Meeks. "The Obama Administration is committed to improving the lives of rural Americans, put people back to work and build thriving economies in rural communities. Supporting local and regional food systems provides an economic boost to rural communities in South Dakota."

"The online center will allow resource providers across the

state to supply a collection of educational materials, including podcasts, learning modules, factsheets, and guides related to local food entrepreneurship, processing and production," said Chris Zdorovtsov, Community Development Field Specialist for SDSU Extension. Additionally, this grant will fund assistance to form one regional local food collaborative group.

In 2009, USDA created the Know Your Farmer Know Your

Food initiative to start the understanding of where food comes from and how it gets to the table. By increasing the capacity of local food producers through the online center, the health and vitality of the state is benefited.

For additional information on Rural Development projects, please visit http://www.rurdev.usda.gov/RD_SuccessStories.html.

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ANNUAL POULTRY PARTY

Monday & Tuesday, Nov. 12 & 13

7pm

Marshalltown Schoolhouse

Directions: 10 miles N. on Hwy 50 on University Road or 1.5 miles South of Hub City on University to Marshalltown St. then east 1 mile.



Seminar: Diabetes Prevention and Lifestyle Management

Tuesday, November 13 7 – 8 p.m.

Board Room (use Administration entrance)
Sanford Vermillion • 20 S Plum Street • Vermillion, SD

At Sanford Health, we are committed to bringing you educational opportunities that allow you to play an active role in your own health and wellness.

If you have been told you have pre-diabetes or want to know more of what you can do to manage your diabetes by lifestyle, then this educational session provided by Sanford Vermillion will help you to make meaningful changes to reduce your risk of diabetes and its complications.

Following the seminar, free blood sugar screening will be provided by the Sanford Diabetes Nurse Educators.

For more information, please call
(605) 638-8411.
www.sanfordvermillion.org

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