

Watford City Mayor Becomes Stenberg Hired Lt. Governor, Leaving Door **Open for New Mayor**

By Cheyenne Wiley

Brent Sanford's six-year term as Watford City mayor ended Dec. 9. A celebratory send-off at Door 204 followed an open house event for him that evening

Sanford will take the reigns as North Dakota's lieutenant governor on Thursday alongside governor-elect Doug Burgum. Burgum will present his inaugural address on Jan. 3, 2017.

Sanford said he looks forward to what comes next.

"It's going to be exciting taking what we learned in Watford City and applying it statewide," he said. "Doug has a lot of good ideas."

Sanford will reside in Bismarck while his wife and children stay in Watford City.

"It's going to be hard leaving my family," he said, though he intends to visit them regularly.

In the meantime, Watford City needs its next mayor. Dec. 19 is the deadline for potential candidates to submit their petitions.

A citywide special mayoral election will take place on Feb. 21, 2017, as approved by city council members at a meeting in November. Until the election, city council president Phil Riely will preside over meetings.



Lieutenant governor-elect of North Dakota, Brent Sanford, stands in City Hall for the last time as Watford City mayor on Friday, Dec. 9 following his open house reception. Sanford's term ended that evening, as stated in the resignation he submitted to city council in November. He will take office as lieutenant governor this Thursday. (Photo by Cheyenne Wiley)

for McKenzie **County Economic** Development

Daniel Stenberg has recently been hired by McKenzie County as its Economic Development Coordinator. A native of Watford City, he previous worked as a labor market information research analyst for Job Service North Dakota; staff assistant at the Federal Reserve Board and as manager of regional initiatives for the Midwestern Governors Association.



Daniel Stenberg

"I am really excited by the prospect of being a part of

our county's economic development efforts. Obviously Watford City and McKenzie County have undergone a lot of changes since I grew up here, and much has been done in the past few years to bring the infrastructure up to speed. I want to continue those efforts as well as focus on quality of life issues so that we make sure newcomers and old-timers continue to choose to make this their home."

Stenberg takes over the position from Gene Veeder-a 24 year economic development veteran who will now be Economic Development Coordinator for the City of Watford City. Further, Veeder is now a McKenzie County commissioner following the November election

Stenberg adds: "I enjoyed growing up here in McKenzie County and I want to make sure it remains an excellent place to not only find a job, but experience quality of life."

Stenberg holds bachelor of art degrees in Business Administration and History/Political Science from the University of Jamestown. In 2015, he moved back to Watford City to direct the Pioneer Museum and Heritage Park. He is a Class VII member of Rural Leadership North Dakota, farmers' market manager for Watford Market, board member of the Long X Arts Foundation, member of Watford City Chamber of Commerce, and member of Watford City Young Professionals.

New Prescription Drop Boxes and Alcohol Testing Devices Put to Action in Sidney

By Cheyenne Wiley

To prevent further drug and alcohol abuse in the community, Sidney's Foundation for Community Care has purchased four prescription drug drop boxes and six alcohol testing devices with leftover funds from its Red Ribbon Week account.

Bob Burnison, Richland County undersheriff, said it is all about keeping people safe.

"We really want people to utilize these [prescription drop boxes] if they have prescriptions that they quit using," he said. "If they've had a loved one that they've lost and have their prescriptions left over, this a great way of properly disposing of it all."

The goal is simply to reduce the amount of prescription drugs leftover in people's homes.

"If [prescriptions] are around, other people can have access to them, maybe a person that comes into the home or another family member," Burnison said. "We don't want

people to have a lot of prescription pain meds sitting around."

One large prescription drug drop box sits in the dispatch area of the Law and Justice Center and is monitored 24/7. The other three smaller drop boxes can be found at White Drug, Shopko Pharmacy, and Sidney Health Center.

Items accepted in the drop boxes include prescription drugs, prescription ointments, prescription patches, prescription samples, over the counter medications, and pet medications. Unacceptable items are liquids, syringes/needles, inhalers, aerosols, thermometers, over the counter ointments, medical waste of any kind, hygiene items, and batteries.

The Foundation spent \$619 to acquire the large prescription drop box, and the smaller boxes cost \$200 each.

As for the alcohol testing devices, six were purchased with the Foundation's Red Ribbon Week fund for a total of \$2,682. The sheriff's department has already put the machines to use.

"If we suspect something and pull someone over for a DUI, we can ask for a preliminary breath test from them," Burnison said. "It's not the only thing we can use for DUIs; it is just one element of it."



Stacy Brunsvold, Sarah Haines, Rachel Leininger, Nicole Hackley, undersheriff Bob Burnison, Gina Heckey, Janette McCollum, and Kay Fulkerson stand behind the prescription drug drop boxes and alcohol testing devices provided by the Foundation for Community Care Red Ribbon Week fund. (Photo by Cheyenne Wiley)

> Before the devices were purchased, the sheriff's department only had five alcohol testers to share among all of the officers. "We were trading them off," Burnison said. "Now I can just

assign one to an officer, and he's responsible for it."

The extra alcohol testing devices could allow Richland County to adopt Montana's 24/7 sobriety program, in which those accused of their second or consecutive DUI can be ordered to adhere to twice-daily breath tests.

"When you're doing 24/7, you have to operate seven days a week, 365 days a year," Burnison said. "It's a big commitment on our part, keeping staff and everything, so we haven't done it yet. We are ready if we ever decide to.'

Janette McCollum, owner of Checkers drug and alcohol testing facility, urges people in the community to continue to donate to the Foundation for Community Care's Red Ribbon Week fund.

"We want people to continue to give to this account so we can provide these kinds of things to keep our community safe," she said.

To donate, call (406) 488-2273 or visit the Foundation for Community Care at 221 2nd Street NW in Sidney.

Advisory Board Meeting in Watford City is Set for Dec. 19

The North Dakota Game and Fish Department's district 1 advisory board meeting in Watford City that was originally scheduled for Dec. 5 is now set for Monday, Dec. 19.

District 1 - Counties: Divide, McKenzie and Williams Date: Dec. 19 - 7 p.m.

Location: Rough Rider Center, 2209 Wolves Den Parkway, Watford City

Host: Mule Deer Foundation

Advisory board member: Jason Leiseth, Arnegard, 586-3714

MNAXLP







AREA RECOVERY GROUPS

MONDAYS:

- 12 p.m. AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
- 1 p.m. 3 p.m. Grief Reovery Support group at First Lutheran Church, Watford City.
- 6 p.m. Al-Anon, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
- 7 p.m. Fairview Alive and Kicking at Faith Alliance Church. 704 S. Western Ave.
- 8 p.m. AA Group, Northern Pump & Compression. ford Citv. Cal -3603 c

Biological Opinion Supports Fish Bypass at Intake

The US Fish and Wildlife has just released their biological opinion supporting the fish bypass at Intake. According to the report all the latest science, including that of fish biologist Patrick Braaten, who has been studying Pallid sturgeon migration and has observed Pallid sturgeon using existing natural bypass channels, supports the building of a bypass designed to mimic those natural conditions

By December 20, a progress report from the Army Corps of Engineers and the US Bureau of Reclamation referencing both the Environmental Impact Statement and the new biological opinion supporting the fish bypass will be on the judge's desk. With those, and the bypass design, the judge will (hopefully) lift the injunction against construction of the fish passage. The EIS, the biological opinion, and the record of decision satisfy normal legal requirements to begin construction of a federal project. However, due to the lawsuit, it is still up to the judge to make that decision. Currently funds are still allocated for the project.

The Glendive Agri-Trade Expo is Scheduled for Feb. 10 & 11, 2017

By Kathy Newton McLane

February will be here before we know it. Mark the second weekend in February (February 10 & 11th) on your calendars for the Glendive Agri-Trade Expo (GATE) as we celebrate the 39th year of this exceptional agricultural tradeshow at the Eastern Plains Event Center (EPEC) in Glendive.

Every year, vendors from surrounding states and Canada convene in Glendive to showcase their products and get up close and personal with area residents. Northern AgNetwork and KXGN will again be on hand for interviews and live broadcasts during the show.

This is a great chance to break the ho hum of mid-winter cabin fever and come to the tradeshow to visit with friends and neighbors and see what's new and interesting in the world of agriculture. If you're feeling lucky, buy a raffle ticket and win one of those great prizes. Raffle tickets can be obtained from any GATE Board member or from the Chamber of Commerce.

Friday will feature weed seminars where private, governmental, and commercial pesticide applicators can receive the necessary points for renewing their chemical applicators licenses. On Saturday there will be additional useful and educational seminars - including one on pressure-cooking! And as always, enjoy the awesome cooking of the Glendive Cowbelles during both days of the tradeshow.

Vendors, please contact any GATE board member or call 406-987-3777 to register or if you have any questions or you can check out the website at www.gatexpo.com. We're looking forward to seeing you there!

Farm Credit Services of North Dakota **Gives Back To The** Community

The CHI St. Alexius Health Williston Foundation has been awarded a \$46,200 grant from Farm Credit Services. Farm Credit Services of North Dakota, Farm Credit Services of Mandan and AgriBank, established the Rural Community Grant Fund to assist in the implementation and development of projects and programs in communities and rural areas in western North Dakota which have been impacted by mineral exploration. "Farm Credit is pleased to provide grant funds to CHI St. Alexius Health Williston," says Claude Sem, CEO of Farm Credit Services of North Dakota. The communities in western North Dakota continue to be challenged as they deal with the ups and downs of oil exploration. I am proud of the support these communities have given us this year and am honored to be able to give back with the intentions of helping them make a difference." "CHI St. Alexius Health Williston Medical Center is honored to be recognized for our dedication to the patients we serve. The generosity of Farm Credit Services of North Dakota gives us the ability to fund state-of-the art medical equipment ensuring all patients receive the best care possible close to home," said Jen Bingeman, Foundation Director.



RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone. Wed., Dec. 14

4:30-5:30 p.m. - Teen Craft - Christmas aprons. Sidney-Richland County Library, 406-433-1917.

6 p.m. - Ham & Turkey Benefit Dinner - Includes all the trimmings. Pella Lutheran Church, Sidney. Free will offering, all proceeds will go to the Richland County Food Bank. 6-7 p.m. -Book Buddies - Sidney-Richland County Library, 406-433-1917.

6 p.m. - Free Community Meal - Everyone welcome. Pella Lutheran Church, 418 West Main.

6:30 p.m. - Fairview Yoga - Yoga classes for adults only. \$5 per class, all levels welcome. Props needed, yoga mat, comfortable clothing, a smile. Fairview High School Cafeteria. There is also a 6:30 p.m. class on Dec. 19 for high school students and older. For more information contact Kayla Fox, 209-263-1336 or Tammi Eldridge Warren, 406-480-9273. 6:30-7:30 p.m. - Worship On Wednesdays - Kids & youth night with laughter, encouragement, worship, prayer and fun! Lonsdale United Methodist Church, Sidney. Thurs., Dec. 15

9 a.m. - 4 p.m. - Christmas Open House- Stockman Bank, Sidney.

5-6:30 p.m. - Family Science Night - Sidney-Richland County Library, 406-433-1917.

6-9 p.m. - Wine Glass Etching Class - Beginners welcome! \$15. MonDak Heritage Center, 120 3rd St. SE, Sidney. 406-433-3500.

Fri., Dec. 16

10:30-11:30 a.m. - Read & Play - Ornaments. Sidney-Richland County Library, 406-433-1917.

6:30-7:30 p.m. - Five Stones Meetings - All are welcome to these confidential meetings to find victory over hurts, habits and hang-ups. First Church of the Nazarene, 606 9th St. SW., Sidney.

Sat., Dec. 17

12 p.m. - Crafternoon - Friendship bracelets. Sidney-Richland County Library. 406-433-1917.

2:30-4:30 p.m. - Santa Is Coming - Mr. & Mrs. Santa will visit the Sidney Church of the Nazarene for a free picture with them, 606 9th St. SW, corner of Lincoln and 9th.

Sun., Dec. 18

2-5 p.m. - Bingo - Sidney Moose Lodge.

Mon., Dec. 19

10:30-11:30 a.m. - Tales 4 Tots - Christmas cookies.. Sidney-Richland County Library. 406-433-1917.

Tues., Dec. 20

9 a.m. - 11 a.m. - MOPS - Mothers of 0-5 years old can come and connect, laugh, cry and embrace the journey of motherhood. Breakfast and childcare provided. Sidney Lutheran Brethren Church, 1100 Madison Lane, Sidney, MT. For more info contact Rachel Dasinger, 406-480-0924, sidneymops@hotmail.com.

3:30-4:30 p.m. - Lego Club - Sidney-Richland County Library. 406-433-1917.

Wed., Dec. 21

5 - 10 p.m. - Community Pint Night- Meadowlark Public House. \$1 for every pint sold will go to support a community organization.

Sun., Dec. 25

11 a.m.-2 p.m. - Sidney Knights of Columbus Community Christmas Dinner - Serving turkey and ham with all the trimmings. Everyone is invited and volunteers are welcome! Free will offering. St. Matthew's Ned Shinnick Hall, 310 7th St. SE, Sidney. Call 433-2510 for delivery. Wed., Dec. 28

9 a.m.-12 p.m. - Winter break Mini-Camp For Kids! - Drop off your children, ages 8 and up, for winter holiday fun of crafting and having a blast. This will continue on Dec. 29 and 30 and the cost is \$35 for all three days. For more information or to sign up call, 406-433-3500. MonDak Heritage Center, Sidney.

MCKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone Thurs., Dec. 15

ride.

TUESDAYS:

7 p.m. – AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

WEDNESDAYS:

8 p.m.- Al-Anon, Sanford Room, McKenzie Co. Public Library, Watford City.

THURSDAYS:

- 7 p.m. NA meeting, MonDak Trucking office Bldg., 725 W. Holly, Sidney.
- 8 p.m. AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

FRIDAYS:

- 12 p.m. AA, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
- 12 p.m. 1 p.m. AA meeting, basement of Wilmington Lutheran Church, Arnegard.
- 6:30 7:30 p.m.- 5 Stones faith based recovery meeting, Sidney Nazarene, 606 9th St. SW, Back door is open. 7 p.m. – Path to recovery at Faith Alliance Church, 704 S.
- Western Ave.
- 8 p.m. AA meetings, Trinity Lutheran Church Ed. Bldg, Sidney.

SATURDAYS:

- 9 a.m. & 7 p.m. AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.
- **3 p.m. -** NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.
- 7 p.m. AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

SUNDAYS:

- 3 p.m. NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.
- 7 p.m. AA Group Trinity Lutheran Church Ed. blda.. 214 S. Lincoln Ave, Sidney.



LAKE WATER LEVEL REPORT

	Sakakawea
Current Elevation	1838.8
Last Week's Elev.	1839.4
One Year Ago	1840.5
Release For Day (C.F.S.)	16,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center			
Date	High	Low	Precip.
Dec. 5		7	0.03
Dec. 6			0.00
Dec. 7		4	0.00
Dec. 8		13	0.00
Dec. 9	3	18	0.00
Dec. 10		14	0.02
Dec. 11		15	0.03
Total YTD Pred	cipitation		14.69

Williston Chamber, TrainND to offer **Business Academy**

The Williston Area Chamber of Commerce is pleased to announce an innovative workforce development partnership with Train ND Northwest. Through this collaboration the Chamber intends to support their members' business, professional, and personal development by providing training courses at a discounted cost to Chamber members.

"Chamber Business Academy is an exciting partnership and an added benefit we can offer to our members which will only boost our businesses and help our employers "said Janna Lutz, Chamber President. "A highly skilled workforce helps us all."

This partnership - The Chamber Business Academy allows Chamber member employees in the Williston Area to upgrade their skills and improve professionally. Train ND, the training arm of Williston State College, already well known for delivering instructor - led and online training programs - has state of the art facilities. As part of this partnership, Chamber members can register for Train ND's courses at a discount. Classes such as professional development, leadership success, and computer software training are just some of the ones offered with this program in this first session.

"We are thrilled to partner with the Williston Area Chamber to provide courses at a discount to enable the area business community access to high quality training to grow their employee's knowledge." said Deanette Piesik, CEO TrainND. "We know the advantage for businesses to have a well skilled workforce, especially at this time. Many of the businesses are doing more with less staff, we all need to improve/increase our efficiency. We are very excited to partner in developing our workforce."

Check the 2017 TrainND catalog for courses and visit the Chamber website or call 701-577-6000 for more information. Discount applies only to Chamber members in good standing. Chamber members must mention the code when registering. MNAXLP 6 p.m. - Johnson Corners Christian Academy Soup Supper - 6 p.m., soup supper; 6:30 p.m.; silent auction; 7 p.m., live auction. Rough Rider Center, Watford City, ND.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone. Wed., Dec. 14

5:30-9:30 p.m. - Holiday Lights Drive - Features thousands of holiday lights set around a one mile loop. \$5 per car. This event continues through December 31. All activity nights take place at the Keel Boat building. 5:30-8:30 p.m., Dec. 14, artful Christmas craft night; 6 p.m. and 7:30 p.m., Dec. 15 and 16, magical winter shows; 5:30-8:30 p.m., Dec. 21, musical holiday craft night and sing along; 6 p.m. and 7:30 p.m., Dec. 27 and 28, Science Guy shows. Spring Lake Park, Williston. Thurs., Dec. 15

7 p.m. - Fort Buford History Book Club - Join history buffs in a discussion of this month's selected book, "Staking Her Claim: Women Homesteading the West" by Marcia Hendey. Free refreshments. Please call in advance, 701.572.9034. Missouri-Yellowstone Confluence Interpretive Center. Fri., Dec. 16

9 a.m.-4 p.m. - Confluence Quilters Monthly Meeting - All experience levels invited and instruction provided. Bring your own lunch and unfinished projects. This event continues on Dec. 17. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.

Sun., Dec. 18

4:30-7:30 p.m. - Light Up Bethel Lutheran Home Luminary Sunday - Bethel will light luminaries in honor or in memory of Bethel residents, staff, volunteers, and family members past and present. Cider and cookies will be served in Bethel's lobby from 5-6 p.m. Luminaries available for viewing outside Bethel Home at 5 p.m. Luminaries can be purchased by calling Bethel Foundation at 572-0223. Bethel Lutheran Nursing and Rehabilitation Center, Williston.

Mon., Dec. 19

7-8:30 p.m. - Santa Claus Is Coming To Town - Featuring, Prep Choir, Women's Choir, Concert Choir, Chorale and Vocal Jazz. \$6, adults; \$4 students/senior. Doors #1 and #10 open at 6 p.m. WHS Theater, Williston.

Sat., Dec. 31

10:30 a.m. - Out The Darkness Walk - Join the effort to raise awareness and funds for the American Foundation For Suicide Prevention to invest in new research, create educational programs, advocate for public policy and support survivors of suicide loss. 10:30 a.m., Harmon Park Registration; 12 p.m., featured speaker and lunch; 1 p.m., walk starts. For more information contact Falon Justice, 406-480-4536, falonjustice@gmail.com. Williston.

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone Wed., Dec. 14

12-1 p.m. - Kiwanis Christmas Dinner - Annual Kiwanis Christmas dinner for all members and their spouses. The DCHS Honor Choir will be singing Christmas Carols. \$13.50 per person. RSVP Karen, 406-989-0409. DCHS, 900 N Merrill Ave., Glendive, MT.

Sat., Dec. 17

9 a.m.-6 p.m. - Last Chance Gift Show - Stop by to get your last minute Christmas shopping done. This event continues 10 a.m.-4 p.m. on Dec. 18. Moose Lodge, Glendive, MT. For more information contact Barb Polette, 377-3602.

ROUNDUP, WEDNESDAY, DECEMBER 14, 2016 3A



Esprit Health Clinic Ribbon Cutting

Esprit Health Clinic held their 2nd Anniversary Open House and Central MediSpa Ribbon Cutting on Wednesday, Dec. 7th. Pictured from left to right is Cynthia Vitt, Rhonda Wheeler, Lana Schumacker, McKen-Z Ramus, Family Nurse Practitioner Michelle Frank, Srining Tyastuti, Interim Chamber Director Laura Schieber, and Chamber Ambassadors Enid Huotari and Stacey Tuttle. (Photo by Meagan Dotson)

Innovative Automotive Appearance Opens In Sidney



Devin Lear welcomes anyone who likes a clean vehicle to his new business, Innovative Automotive Appearance located at 621 E. Main St., Sidney. The business offers everything from basic detailing to paint corrections for cars, trucks, motorcycles, boats and RVs. Special requests are welcome. "Just ask. If I can do it. I will." Lear said. The heated shop, with both wet and dry bays, guarantees the customer a clean, dry vehicle, even in the dead of winter. Discounts are offered to veterans, emergency services personnel and teachers. Lear is a native of Michigan who moved to the area five years ago to work in the oilfield. He met his wife, Jennifer (Iszler) and has made Sidney his home. Lear has three children; 12 year old Elizabeth, 6 year old Percy and 6 month old Ivan. A car enthusiast since childhood, Lear says he learned everything from his Dad. He also worked for a car dealership in Michigan and did professional detailing on the side. "I'm sort of obsessive compulsive about things being clean, which serves me well in this business," Lear commented. For now, Innovative Automotive Appearance is open by appointment only. Call 406-478-4104. Find them also on Facebook and Yelp.













10 Truly Unique Gifts for Under \$100

(BPT) - Some people are incredibly easy to shop for. You can go into any store and find something they would like. For others, you can spend months looking and still not discover the right gift.

So what do you get the person who has everything? Furthermore, how can you get a unique gift at an affordable price?

Forget candy, ties and slippers. These 10 gifts for under \$100 are sure to be special, memorable and brighten your loved one's day.

Vintage toys

Nostalgia is alive and well during times of celebration. Show you care and prove how well you know the giftee by finding a toy from their youth. For example, call antique

stores and scope out eBay for a vintage Lincoln Log set. Not only will this conjure happy memories, but now the recipient can share a beloved childhood toy with his or her family members.

Unique twist on the traditional

A traditional aquarium is beautiful and calming, but can be a pain to maintain. The new biOrb HALO 15 by OASE is a sleek table-top aquarium uniquely designed as a globe that comes with 16 beautiful LED color options for lighting that enhances any home



office, living space or kids room. Even better, it is low-maintenance thanks to a five-step filtration system that maintains a clean, healthy pH aquatic environment for fish. The HALO 15 keeps the water clear, so loved ones can enjoy

watching their fish among the beauty of bubbles and innovative, colorful lighting. Learn more at www.biorb. com.



Custom experiences

Rather than giving something, have you thought of gifting an experience instead? Whether it's reservations and a gift certificate to the city's hottest restaurant, tickets for the theater or an annual pass to a local amusement park, an experience will stand out. Print out the information, wrap in a box and watch your loved one's eyes light up upon opening it.



CHI St. Alexius Health Williston now offers SAME-DAY APPOINTMENTS.

In most cases, depending on the level of care you need and the time/day when you call, you'll be seen by a physician that day.



Williston Medical Center

701.572.7651 • 1213 15th Ave West • Williston, ND 58801 CHIStAlexiusHealth.org

Classes

Have you heard for years how your loved one would like to learn to carve wood, ballroom dance or spin pottery? Allow them to cross an item off their bucket list by gifting classes. From golf lessons to knitting classes, this is a gift that is sure to be appreciated.

Monthly clubs

Forget jam ... unless that's your loved one's thing. Monthly clubs come in every shape and size. From bacon to wine, flowers to makeup, select a club that you think your loved one will enjoy. It's truly the gift that keeps on aivina.

Continued on next page.

We Will Be **Closed Monday**, December 26th

The Deadline For Our Dec 28th Edition Is 10am Thurs, Dec 22nd **Classifieds Will Be Welcome** Until Noon Fri, Dec 23th



Christmas Shopping with my Father

By Lois Stephens

As a child, Christmas enthralled me. Every December we made so many happy memories preparing for and savoring the holiday season to the fullest. We baked cookies, some of which we hung on the tree until the year a mouse discovered the cookies and helped himself, which in itself makes me smile even now as I recall that long ago and far away Christmas. Each year I helped my dad hang the large five pointed star on the chimney, covered with strands of multicolored lights that the entire neighborhood could view and enjoy. My dad and my brother strung outdoor lights along the eaves and around the doorways, my mother baked fruitcake and other delectable treats, we produced specialty cookies and candies that we only made at Christmastime, we decorated the house, and of course we bought a tree and placed it in a prominent place in the living room. Trimming the tree provided us children with extreme pleasure, and the result of our endeavors sparkled and glowed right through January 2, when we regretfully took the tree down and packed the holiday decorations back in boxes for another eleven months.

However, one of my most cherished memories, the highlight for me of the weeks before Christmas, centered on my shopping spree with my dad. Each year my father set a specific date with each one of his four children for a shopping trip to the next town. I counted the seconds until that special evening arrived. It was my perfect evening with my dad, just the two of us spending one-on-one time together. I could visit, share secrets, ask advice, tell him what was happening in my life, and plot and conspire with him as to what we ought to get for gifts for other family members.

I shared these Christmas shopping trips with my dad from my earliest memory. These expeditions grew and changed through the years, but they continued right up until I graduated from university, married, and moved away from my parents' home to start my own life as an adult.

The point behind these yearly outings was of course to purchase small gifts for family members, but it also served as a means for my father to spend quality time with each of his children on a one-on-one basis. Knowingly or not, my dad also created fabulous memories that will stay with me until I close my eyes for the final time.

The evening always began the same way, with the first stop at a small business on the square which specialized in chili dogs. My father and I would each order a chilidog to fortify us for our shopping expedition. Until I was about nine or so, the second stop invariably would be to visit Santa, who sat in his little house on the Hanover square waiting to hear what all the little boys and girls wanted for Christmas. One year the town fathers even had a free carousel outside Santa's little house, and I remember riding that merry-go-round for quite some time. My mother told me years later that the night I chose to ride the carousel for a half hour, the temperatures dropped and the wind came up, nearly freezing my poor father who waited patiently for me to get my fill of riding painted ponies round and round and round.

Besides purchasing small gifts for my siblings, mother, and grandparents, my dad allowed each one of us to select a box of chocolates or other sweet confection to take home to our mother. I understand now that my father loved candies and he chose this route to ensure that he too received some little treat from the evening out with his daughter. However, as a child, I felt so proud to return home from a delightful evening with my father and present my mother with a box of chocolates, or caramels, or a pound of the multi colored coconut bonbons that my dad absolutely adored. We only enjoyed these specialty chocolates at Christmastime, and I will forever associate light and dark chocolate caramels and coconut bonbons with the Yuletide season.

After we had completed our purchases for family members, my dad invariably finished off the evening with our final stop at a local creamery that served a huge variety of ice cream treats. In my young years, I would order a sundae or a banana split, but my goal was to order and eat what the creamery called a pig's dinner. The creamery served this ice cream extravaganza in a small wooden replica of a trough. This enormous ice cream concoction consisted of six scoops of ice cream, a banana, nuts, strawberries, pineapple, three different toppings, whipped cream, and a cherry on top.

It took me years to actually have the appetite to eat an entire pig's dinner. When I began ordering pig's dinners during our annual Christmas excursions, my dad would order a sundae in the expectation that he would have the opportunity to finish my portion of ice cream. For years I would eat what I could, and then regretfully push my trough across the table to my father so he could polish off the remainder of my ice cream treat.

I don't remember how old I was when I actually ate the entire pig's dinner. My mother told me that the year I accomplished this feat, my dad was extremely disappointed as he had anticipated enjoying what I could not eat. Every year after that one, my dad would order his own pig's dinner to enjoy.

By the way, that creamery also sold what they called a battleship, consisting of a monstrous conglomeration of twelve scoops of ice cream, multi toppings, nuts, fruit, and other assorted goodies. If anyone managed to eat one of these giants, he or she was rewarded with a small

10 Truly Unique Gifts for Under \$100

Continued from previous page.

Donation

Want a gift that has meaning and makes a positive impact? Make a charitable donation to a special cause in your loved one's name. Does she adore animals? Donate to a certain exhibit at the zoo or a nearby animal shelter. Does he have a soft spot for childhood education? Donate to the local library or organizations that help low-income children succeed at school.

theme. Gather special spices and ingredients to make an authentic recipe or find a book about the history of the culture. Traditional clothing, cultural-specific art and imported candy can all help you create a wonderfully unique gift.

Restored pictures

flag that read "I sank a battleship."

I never attempted to sink a battleship, I knew better than to even try. However, my brother accomplished this feat the Christmas before he graduated from high school.

These Christmas shopping trips with my dad meant the world to me. Setting the date each year cemented the fact that Christmas would soon arrive and all was right with the world. I cherish those memories and the time spent with a father who to me could fell Superman with one flick of the wrist had he so desired.

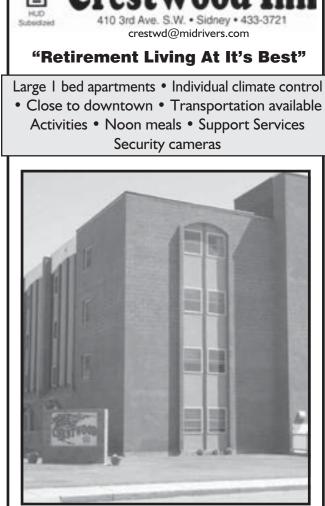
I haven't gone Christmas shopping with my father for forty five years, but memoires from those years remain vivid. They make me smile and weep at the same time, and they never cease to remind me again and again how lucky my siblings and I were to have parents who cared about us and did everything in their power to provide us with Merry Christmases, happy birthdays, and good lives each and every ordinary day.

Merry Christmas to you all.

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Memberships

A membership can be a useful gift that's much appreciated. For example, an automotive membership provides assistance for auto accidents and other traveling concerns. Maybe he or she would enjoy a membership to the local museum or garden that would offer year-round visits.

Cultural gifts

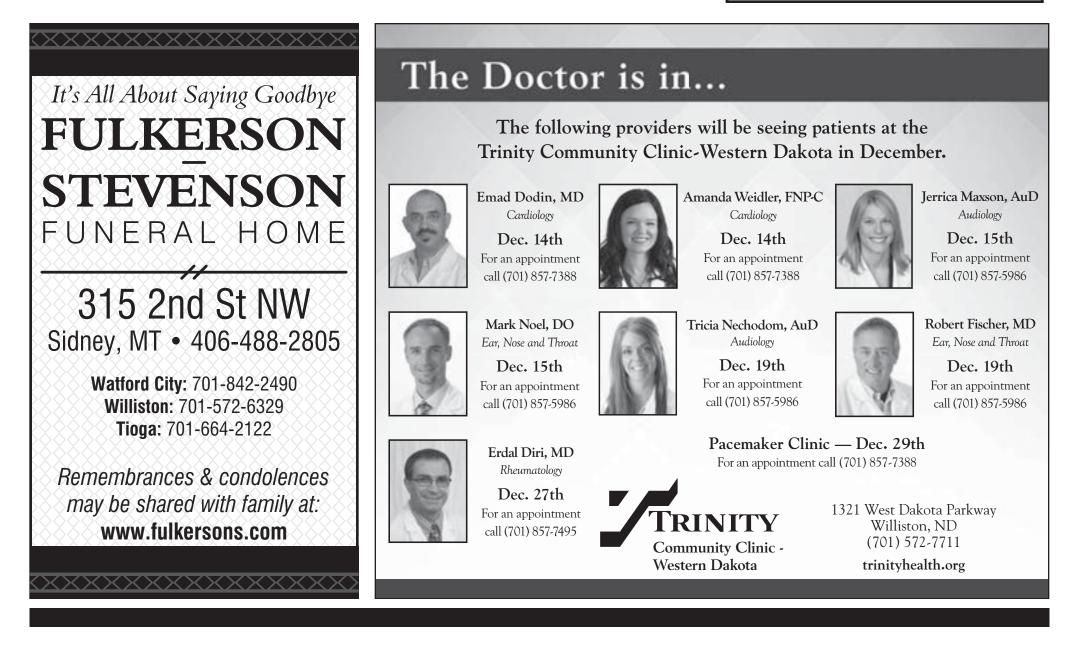
Does your loved one have an interest in a particular culture? Create a gift basket and use that culture as the

Before digital photos and endless smartphone images, printed photographs were cherished keepsakes. For a meaningful gift, find an old photo and have it restored. Finish by putting it in a beautiful frame and you're sure to tug at the heartstrings when it's time to open presents.

Gift of time and talents

When the recipient seems to have everything, gift a service instead. Offer your time to babysit or assist with gardening. Use your talents to bake, paint or knit a custom blanket. Whatever your ability, it's sure to be appreciated by your loved one. Create a certificate showcasing your offer and wrap it in boxes or gift bags for a stunning presentation.

Come Home To Crestwood!





aregivers

By Marcia Hellandsaas NDSU Extension Agent, McKenzie County If you are a caregiver to a parent, spouse or other older adult you may want to consider attending a new course offered

Richland County Food Bank In Need of **Community Support**

The Richland County Food Bank is in need of community support. As fall has turned into winter we have seen a larger need within the community for food assistance. If you would consider sharing a can of tuna, ramen noodles, soups, dish soap, these are just a few of the items that we distribute every Monday and Thursday. All items need to be non-expired, and unopened. The Food Bank is available by appointment by calling 433-8142.

Thank you for your continued support of the Food Bank.

in Watford City, "Powerful Tools for Caregivers."

Powerful Tools for Caregivers is a 6-week educational program to provide family caregivers with tools to increase their self-care and confidence. This series of classes will be held on Thursdays, January 5 to February 9, 2017 from 1 pm to 2:30 pm CT at the NDSU Extension Service/McKenzie County (located in the County Building behind the McKenzie County Courthouse.) Pre-registration for this series is requested by Tuesday, January 3. Cost to attend is \$35 per person, which includes class book and snacks.

Please email marcia.hellandsaas@ndsu.edu or contact the NDSU Extension Service/McKenzie County at 701-444-3451 if you are interested in attending.

Powerful Tools for Caregivers will provide you with tools and strategies to better handle the unique caregiver challenges vou face.

This 6-week course has been shown to improve:

Self-Care Behaviors (increased exercise, relaxation and medical check-ups)

Management of Emotions (reduced guilt, anger and de-

pression)

Self-Efficacy (increased confidence in coping with caregiving demands)

Use of Community Resources (increased utilization of local services)

The Powerful Tools for Caregivers program has reached over 70,000 family caregivers. It is designed to help you develop a wealth of self-care tools to: reduce personal stress, change negative self-talk, communicate your needs to family members and healthcare/service providers; communicate more effectively in challenging situations; recognize the messages in their emotions and deal with difficult feelings; plus make tough caregiving decisions (re: placement, driving issues, or finances.) Class participants will receive a copy of The Caregiver Helpbook 2nd ed, developed specifically for the class.

Powerful Tools is a program you can count on to make a positive difference in your life.

For more information, please contact the McKenzie County Extension Office at 701-444-3451.

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Christmas Dollars

Available Through December 11 At: Dakota West Credit Union & First **International Bank & Trust** Loans up to \$1,000. Accepted at Watford City **Chamber Merchants Until December 31, 2016**

December. Be sure to check with your favorite stores about their shopping hours!

// GIF/3: **[**7]] Holiday Hours: Mon-Sat: 9am - 5pm

- Weekly Sales Throughout The Store!
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Tis The Season For Free Holiday Ride Tokens

By Don Smies, Injury Prevention Specialist DUI Task Force Coordinator

The Richland County DUI Task Force is continuing our effort to confront and reduce buzzed and impaired driving in our county. The Holiday Token Project runs from December 23, 2016 to January 2, 2017. The free ride tokens are provided to local establishments. In turn the establishments disseminate the tokens to anyone who may be impaired, thus providing a free option to get home safe.

The Task Force would like to continue with the Holiday Token Program, but we need your help. Last year the Holiday Token Program cost the Task Force \$1425.86. We also provided free ride tokens for Fairview's Old Timers Festival (\$245.72) and the Richland County Fair (\$248.00). In all \$1919.58 was spent. Remember, NO County funds were used to sponsor these programs. The funds were generated through donations and other fundraising activities by the DUI Task Force. We estimate that just the Holiday Token Program alone will need \$2000.00 this year. Why, you ask? Our program has gained popularity throughout the community and has saved lives. Last holiday season 134 folks received a safe and free ride home. As a result, DUIs were decreased by 42.85% from the previous year. The Fairview Festival Program provided 10 folks a safe, free ride home. DUIs were reduced 200% from the preceding year. At the Richland County Fair, 30 people received a free and safe ride home. DUIs were reduced a whopping 500% from the 2015 fair.

Our goal, like yours, is to keep impaired drivers off our roadways. Every one of us either drives our roadways every day, or has a loved one that does. By sponsoring ride tokens, you can rest assured knowing your tax deductible donation is making a difference. I know in my heart, if an impaired person is sitting in the back seat of the Sidney Shuttle, they are not going to endanger your family or mine on the roadways of Richland County.

Let's make this Holiday Season the safest yet. Thank you in advance, for your help in this very important program.

You can reach Mr. Smies at 433-2207 or email at dsmies@ richland.org. Anyone in the community that is interested is encouraged to come to the quarterly meetings and to participate as you like. Together we will make a difference.

County Agent Update

Annie's Project

Some women in the agriculture world have heard of Annie's Project. So what is it? A program for empowering women in agriculture to be better business partners through networks and by managing and organizing critical information. Farm and ranch women are decision makers, so why Annie's Project? This is a six-week course that is a discussion-based workshop bringing women together to learn from experts in production, financial management. human resources, marketing and the legal field. Farm and ranch women are generating a cultural tide in American agriculture that is moving management, assets and opportunities to a new wave of farmers across the country. Whether new or experienced, understanding the five areas of agricultural risk, knowing how to analyze agricultural spreadsheets and other necessary skills are vital. This program is a six-week course, the dates are as following; January 12, January 19, January 26, February 2, February 9 and February 16. This will be held at Broadway Commons, 302 E Broadway Williston. This program will be from 6p.m.-9p.m. C.T, light meal will be served at 5:30p.m. CT. These six educational sessions of the course include topics from five risk areas. They are as followed, emphases may vary; Financial Risk- women

and money, basic financial documentation, interpreting financial statements, enterprise analysis, USDA programs and record keeping systems Human Resource Riskcommunication and management styles, insurance needs and succession planning Legal risk- estate planning, farmland leasing and employee management

Market risk- access to market information and grain

or livestock marketing Production risk- natural resource conservation service, web soil survey and crop insurance

These skills are learned in a friendly environment where questions and discussion are welcome and allow the learning process to flourish. Past Annie's Project participants say they find answers, strength and friendship- and also grow in confidence, business skills and community prestige through this program. This program does require for you to be in attendance at all sessions, registration deadline is January 10th. The program fee is \$125, for more information please contact the North Dakota State University Extension Office, Williams County. Please ask for the Family and Consumer Science Agent, Desire'e Steinberger at 701-577-4595.

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GET YOUR LAST

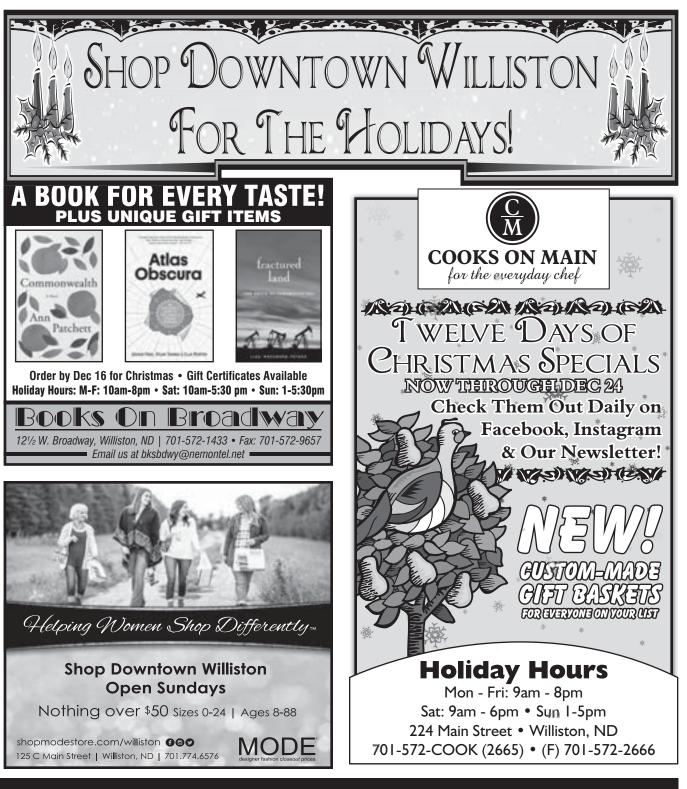
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8A ROUNDUP, WEDNESDAY, DECEMBER 14, 2016

HELP WANTED **CARRIERS NEEDED**

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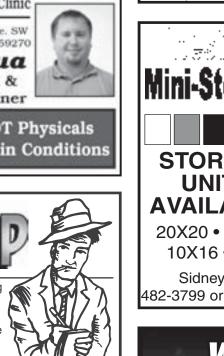
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2 deck commercial gas pizza oven, Ige, free standing, \$4,000. 406-480-7279.

LOST 2 LOST DOGS. FAIRVIEW, MT Old English Bulldog, male,

young, large, white/tan, short hair, Boxer, female, young, medium, white, short hair; both dogs went missing on Nov. 23 and were last seen on Hwy 200 and Hwy 58. Do not chase, call or whistle as this may cause them to run in fear and into danger. Call 406-480-2245.

REAL ESTATE HOUSE FOR SALE BY

OWNER IN SIDNEY 6 bedroom, 3 bath, fenced yard. Call for details, 406-488-7560, 406-480-5184, 406-478-4782.

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2008 FORD ESCAPE Blue, 100,000 miles, V6, AWD, cracked windshield, average condition, needs a bath, \$5,400. Watford City. 701-570-4043, Denton.





Kiwanis Makes Contribution to Sidney Band Trip

Sidney Kiwanis president Jamie Larsen presents a check for \$500 to Sidney band director Kilee Sundt, to go towards the band's trip to Washington, DC next summer.









HOI



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McKenzie County Farmer Total: 2,323 *Actual distribution numbers for each publication are available for review at The Roundup Office, 111 W. Main, Sidney, MT. *Actual distribution consists of: 5,542 for Montana • 4,877 for North Dakota • 238 for miscellaneous mailing. All totals are as of 12-14-16.



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Sidney School Thurs., Dec. 15: Spaghetti, tossed salad, garlic toast, strawberry cups.

Fri., Dec. 16: Chili, cinnamon rolls, pineapple tidbits. Mon., Dec. 19: Chicken fried steaks, potatoes and gravy, corn,

mandarin oranges, dinner roll. Tues., Dec. 20: Taco salad, pears.

Wed., Dec. 21: Hot dog, tater tots, applesauce.

Happy Holidays: Dec. 22-Jan. 1 Savage School

Thurs., Dec. 15: French dip/bun, fruit cocktail, fries, coleslaw. Fri., Dec. 16: Super nacho/ cheesy, refried beans, peppers, onions, salsa, mandarin oranges. Mon., Dec. 19: Sloppy joes, pickles, fries, peaches.

Tues., Dec. 20: Chili, caramel roll, pineapple, veggies, cheese sticks, milk.

Happy Holidays: Dec. 21-Jan. 3 **Rau School**

Thurs., Dec. 15: Ham with scalloped potatoes, carrots, applesauce, bun.

Fri., Dec. 16: Hobo stew, oranges, cornbread, ice cream.

Mon., Dec. 19: Cook's choice. Tues., Dec. 20: Spaghetti, salad, pears, garlic bread.

Wed., Dec. 21: Cook's choice. Happy Holidays: Dec. 22-Jan. 1

Froid School

Thurs., Dec. 15: Taco casserole, lettuce mix, salad bar, fruit, milk. Fri., Dec. 16: French dip sandwiches, sweet potato fries, veggies, salad bar, fruit, milk.

Mon., Dec. 19: Leftovers, salad bar, fruit, milk.

Tues., Dec. 20: Hamburgers, baked beans, salad bar, fruit, milk. Wed., Dec. 21: Christmas dinner. Thurs., Dec. 22: Club wraps, veggies, chips, salad bar, fruit, milk. Happy Holidays: Dec. 23-Jan. 3

Bainville School

Thurs., Dec. 15: Lasagna, peas, garlic toast, fruit.

Fri., Dec. 16: Turkey chicken wrap, celery sticks, fruit. Mon., Dec. 19: Chicken nuggets,

potato wedges, green beans, apricots.

Tues., Dec. 20: Christmas dinner. Wed., Dec. 21: Hamburger over mashed potatoes, corn, fruit. Thurs., Dec. 22: BBQ chicken, rice, broccoli normandy, fruit. Happy Holidays: Dec. 23-Jan. 2

Culbertson School Thurs., Dec. 15: Ham slices. home fries, peas, fruit, milk. Fri., Dec. 16: Hot dogs, baked

beans, fruit, milk. Mon., Dec. 19: Soft tacos, fruit,

milk. Tues., Dec. 20: Turkey roast,

boiled potatoes, dinner rolls, broccoli, fruit, milk. Wed., Dec. 21: Tater tot casse-

role, fruit, milk. Thurs., Dec. 22: Sandwiches, chips, carrots, apples, milk.

milk.

milk.

buns, milk.

cake, fruit, milk.



Sidney **Basketball Action**

The Sidney boys basketball team traveled to Havre this past weekend to play in the Tip Off Tournament.. **Pictured is Michael McGinnis fighting for** a basket. Sidney beat the Havre Blue Ponies 58-53 and the Miles City Cowboys 54-40. (Photo by Kathy Johnson.)





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salad, fruit, milk. Tues., Dec. 20: Polish sausage, boiled potatoes, cabbage, fruit, milk. Wed., Dec. 21: Chicken and noodles, cheese, crackers, buns, grapes, milk. Thurs., Dec. 22: Cook's choice.

Happy Holidays: Dec. 23-Jan. 4

Thurs., Dec. 15: Christmas dinner.

Fri., Dec. 16: No school. Mon., Dec. 19: Hot dogs sun chips, mandarin oranges, milk. Tues., Dec. 20: Chicken strips, peas, tropical fruit, dessert, milk. Wed., Dec. 21: Pancakes, sausage patty, hash brown, strawberries, milk.

Thurs., Dec. 22: Chicken pot pie, pears, dessert, milk.

Happy Holidays: Dec. 23-Jan. 2 Watford City

Thurs., Dec. 15: Popcorn chicken, tater tots, steamed carrots, mandarin oranges.

Fri., Dec. 16: Cheesy tortellini in meaty tomato sauce, breadstick, green beans, peaches.

Mon., Dec. 19: Meatballs with gravy over noodles, corn, roll, fruit cocktail.

Tues., Dec. 20: Grilled cheese, chicken noodle soup with crackers, veggie medley, chocolate pudding, fruit.

Wed., Dec. 21: Waffle sticks with syrup, sausage links, hash brown, fruit and a special treat. Christmas Break: Dec. 22-Jan. 4

Public Health Reporting Increase in Norovirus Outbreaks

The Department of Public Health and Human Services (DPHHS) announced today that in the last three months there have been 12 norovirus outbreaks in Montana that have sickened more than 250 people.

This is three times the number of outbreaks usually reported during this time of year.

Norovirus, a very contagious virus that can affect anyone, is the most common cause of gastroenteritis in Montana and the US.

Outbreaks have occurred in the counties of Cascade, Flathead, Rosebud, Sanders, Valley and Yellowstone.

"Most of these outbreaks occurred in nursing homes and assisted living facilities, putting our elderly population at risk," said Dana Fejes of the DPHHS Communicable Disease Epidemiology Section. "Washing your hands thoroughly with soap and water often can protect you and others from norovirus."

The usual symptoms of norovirus include diarrhea, vomiting, nausea, and stomach pain. There is no specific treatment for this illness and most individuals recover in 1 to 3 days. The illness can last longer and be more severe in young children, older people, or people who have other chronic health conditions.

The virus is highly contagious and can spread rapidly between persons and through contaminated food or water. Norovirus can survive on surfaces and be transferred to other people when they touch the contaminated surface.

DPHHS and local authorities are reminding individuals to stay home when ill to prevent exposing others. "It's a simple and effective method to keep infectious diseases from spreading: stay home when you are ill," Fejes said.

Public health officials advise following simple tips to prevent the spread of norovirus and many other infectious illnesses:

• Practice proper hand hygiene: Wash your hands carefully with soap and water, especially after using the bathroom or changing diapers and always before eating or preparing food. Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

Take care in the kitchen: Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them.

• Do not prepare food while ill: People who are infected with norovirus should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.

· Clean and disinfect contaminated surfaces: After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 parts per million (generally 5 to 25 tablespoons of standard household bleach per gallon of water) or other disinfectant labeled as effective against norovirus.

· Wash laundry thoroughly: Immediately remove clothing or linens that may be contaminated and wash with detergent at the maximum length available cycle, then machine dry. Handle soiled items carefully—without agitating them—to avoid spreading virus.

More information is available on the state health department

Greytak Calendars Available

Greytak Calendars are again available at Sidney financial institutions and at the Richland County extension office. At just \$10 each, these make great gifts, or purchase some for yourself. All proceeds go towards 4-H projects.



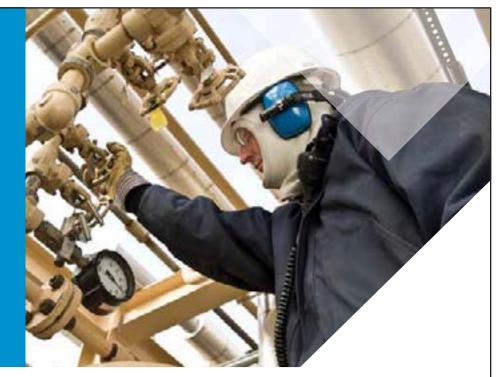




The MonDak Heritage Center Presents the Photographic Exhibit Chasing Time: Montana's One-Room Schools Until Feb. 1, 2017

Across the United States, there are fewer than 200 oneroom school houses in operation. Montana is home to approximately 75 of them - more than any other state. Neil Chaput de Saintonge and Keith Graham travelled to one-third of the Montana schools in 2013/2014 to meet the teachers and students

and to document their experiences. This exhibition comprises 25 photographs that were curated from more than 200 images shot by Chaput and Graham. The resulting photo essay depicts the story of the one-room school in rural America. Through the photographic portrayal of various schools in different loca-



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tions across Montana, shared themes emerge and tell a singular narrative.

The focus of this exhibition is on the basic daily school activities of classwork and the relationships between these dedicated teachers and their pupils. Many of the schools serve only five to eight students, and one of the schools has a total enrollment of one girl. Chaput's ability to candidly capture intimate moments shines light on the special bond between teacher and student in these unique schools. As expected, the schoolhouses are scattered across the rural expanses of the state. From the forested mountains of Yaak to the rolling grasslands of remote Carter County, Montana's one-room schools serve the most remote populations of the state. The images of the schoolhouses on the Montana landscape put the geographic isolation into perspective.

Neil Chaput founded Rocky Mountain School of Photography with his wife Jeanne in Missoula in 1989, and he has been teaching photography for more than 40 years. Keith Graham joined the faculty at The University of Montana's School of Journalism in 1998 and is an associate professor of photojournalism. The two are working on editing their project into a book. Graham is also working on a documentary featuring his video and the photography he and Chaput shot during the project. Missoula Art Museum sponsors this exhibition to travel the state through MAGDA, a statewide nonprofit arts organization.

In recognition of rural schools in Richland County, the Mon-Dak Heritage Center is collecting donations of school supplies for those schools throughout the run of this exhibit. Please drop off any items at the MDHC.

The MonDak Heritage Center is located at 120 3rd Avenue SE in Sidney. If you have any questions, please call the museum at 406-433-3500 or email us at mdhc@richland.org.



Salvation Army on Track for Record-Setting Distributions This Christmas

Thanks to the Robert E ily foundation were used to liston this Thanksgiving," said



Herman Family Foundation the Williston Salvation Army was able to have an even greater impact this Thanksgiving. Funds from the fam-

purchase food and gift cards for turkeys to be distributed through The Salvation Army's food pantry. The generous gift allowed individuals and families to enjoy a Thanksgiving meal in the comfort of their own home with their loved ones. A total of 212 individuals and families received assistance for Thanksgiving this year from The Salvation Army. Throughout the entire month of November, the organization's pantry served 476 people with food.

"We are celebrating the great impact we had in Wil-

Captain Cappy Moore, Salvation Army Corps Officer. "Now that Thanksgiving is over, we are distributing food and gifts daily through our 'client choice' food pantry and Angel Tree Toy Shop."

Those in need of Christmas assistance can stop by The Salvation Army Worship and Service Center (15 Main Street) Monday-Friday from 10 a.m.-2 p.m. If you would like to partner with The Salvation Army to help this Christmas season, call 701-572-2921.

MNAXLP

Celebrate the season with friends and good cheer!



Join us for our Christmas Open House Thursday, December 15 | 9:00 am-4:00 pm



ber FDIC Sidney: 433-8600

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