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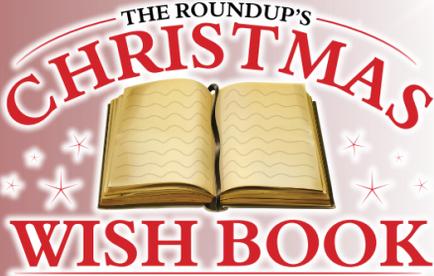
Mailing Address:  
P.O. Box 1207  
Sidney, MT 59270

Wednesday, December 14, 2022

Volume 48 • Number 45

## INSIDE THIS ISSUE:

Need gift ideas this holiday season?  
Check out pages 3, 6 & 14!



THE ROUNDUP'S  
**CHRISTMAS**  
WISH BOOK



Roundup  
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## County Helps Provide Updates To Sidney Circle Subdivision

By Jaymi Mozeak

Fall of 2022 Sidney Circle Subdivision was finally given some long-needed improvements.

The Sidney Subdivision was started in 1978. More people started moving in during the oil boom in 1979 and 1980. In the late 1980s they reached saturation. They put a municipal system in but by 2018 it was reaching capacity. According to Interstate Engineering's website, www.interstateeng.com, "the original drain fields, wells, and adjunct water and sewer mains installed during the subdivisions' inception were never fully installed to handle the capacity of the growing subdivisions they were intended to serve." Signs were all around. The water stunk and was unsuitable for human consumption plus the sewers were backing up often. After putting up with it for a time, the Sidney Circle Housing Association asked the county for help.

According to Mandi Nay, coordinator for the Dry-Redwater Regional Water Authority, there were 2 DRWA projects completed in the Sidney Circle subdivision area to provide both water and wastewater. The projects were made possible with partnerships between the State of Montana (DNRC), Richland County, the City of Sidney, and DRWA. The first project went live in 2018. According to Interstate Engineering's website, www.interstateeng.com, full water main replacements were completed for Sidney Circle 1 & 2 and many other places located



Earlier in the year residents of Sidney Circle Subdivision were finally given the last of some long overdue improvements to their water, sewer system, and streets. (Photo by Jaymi Mozeak)

along County Road 348. The new extensions allowed rural residents on individual private wells the opportunity to connect to a reliable and quality water supply, eliminating the unknowns and maintenance headaches

associated with well ownership. It connected 49 Sidney Circle Subdivision water users to DRWA's system. The second project went live in 2021 and connected 4 water users as well as 23 wastewater users. Addi-

tionally, with the completion of these two projects, we were successful in getting a Non-Development Agreement Release for another 48 lots in the area that has been in place since the 1980s. More of the streets were

paved and the project was completed. The Sidney Circle Water Sewer Improvements Project was DRWA's fourth construction campaign to bring quality water to rural residents in eastern Mon-

tana. According to their website, www.dryredwater.com, the goal of DRWA is to own and operate a water system to provide good quality household and livestock water to the owners and members of the coverage area.

## RCFR Arena Receives Award From Women's Professional Rodeo Association



Richland County Commissioner, Shane Gorder, joined the fair board in Las Vegas. He accepted the award from the WPRA President, Jimmie Munroe, during their award ceremony on Dec. 1. (Photo by Lisa Gorder)



Pictured above from left, Fairgrounds Manager Pam Shelmidine, Fair Board Members Vanessa Pooch and Tami Christensen, Volunteer Equipment Operator Larry Christensen, Grounds Foreman Sherry Sorenson, Fair Board Member Eric McPherson, and Commissioner Shane Gorder all stand proudly with the award presented to the Richland County Fairgrounds for their arena by the WPRA, Dec 1. (Photo by Jaymi Mozeak)

Right: Volunteer equipment operator for the Richland County Fair and Rodeo, Larry Christensen, is holding the award for the Most Improved Rodeo Arena that was presented to the Richland County Fairgrounds for their arena. (Photo by Jaymi Mozeak)



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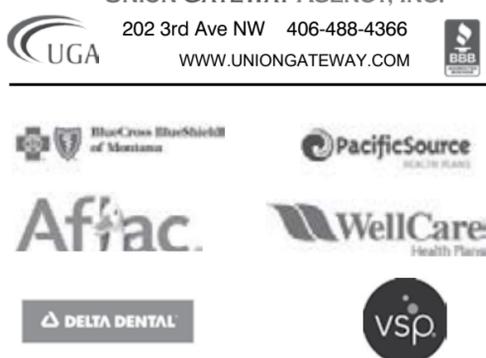
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**Doug's Barber Shop**

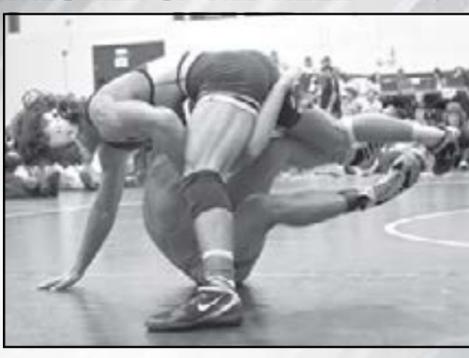
I'll be closed December through part of January due to open heart surgery. Don't worry, I will return!  
 - Thanks, Doug

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**SIDNEY EAGLE**  
**WRESTLER OF THE WEEK**



**ZANDER DEAN 152#**  
 Zander took 1st Place this weekend at the Glasgow Tournament. He took 2nd Place last week in Sidney.  
**Congratulations, Zander.**  
**You are the Sidney Eagle Wrestler of the week!**  
 This week sponsored by Melby's Seamless Gutters

Sidney • Fairview • Savage • Lambert

**Senior Center Events**

**Congregate Meals:**  
**Fairview:** Mon. & Wed., 11:30 a.m., 217 5th St. West, 406-742-5050  
**Sidney:** Tues. & Fri., 11:30 a.m., 813 3rd St. NE, 406-433-8077  
**Savage:** Thurs., 12 p.m., 178 E Main St., 406-776-9980  
**Lambert:** Tues., 12 p.m., Fox Lake Sr. Center, 406-774-3439

**Activities/Cards**  
**Fairview: Men/Cards,** Mon.-Fri. daily at 12:30 p.m.;  
**Women's Cards:** Wed. at 12:30 p.m.; 217 5th St. West, 406-742-5050  
**Sidney:** Cards Thurs., 1 p.m.; 813 3rd St. NE, 406-433-8077  
**Lambert:** Cards, Tues., 1 p.m.; Fox Lake Sr. Center, 406-774-3439

**Senior Commodity Distribution**  
 2190 W Holly St., 406-433-3701; the last full Wed., 1-4 p.m.; Thurs., 9 a.m.-4 p.m.; & Fri., 9 a.m.-12 p.m. of each month

**STATISTICS**

**LAKE WATER LEVEL REPORT**  
 Sakakawea

Current Elevation.....	1831.7
Last Week's Elev. ....	1832.2
One Year Ago .....	1831.7
Release For Day (C.F.S.) .....	16,000

**SIDNEY WEATHER DATA**  
 Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Dec. 5.....	22	14	0.012
Dec. 6.....	14	-8	0.020
Dec. 7.....	13	-19	0.001
Dec. 8.....	19	2	0.000
Dec. 9.....	23	1	0.000
Dec. 10.....	27	7	0.000
Dec. 11.....	27	10	0.000
Total 2022 YTD Precipitation .....	14.357		

# What Is The Census Of Agriculture & The Agricultural Resource Management Survey?

**By Marley Manoukian, MSU Richland County Extension Agent**  
 Agricultural producers should be expecting a Census of Agriculture in the mail in the near future. You may be wondering, "what is the Census of Agriculture?", "why is it important?", or "I did not receive a census, but I received an Agricultural Resource Management Survey, what is that?"

The Census of Agriculture is a complete count of the farms and ranches in America and the people who operate them. This census is taken every five years and it is the only source of uniform data for every county in the nation. Within this census, a "farm" is defined as any place that produced or sold, or normally would have sold \$1,000 or more of an agricultural product during that census year.

The information gathered in this census will be used in future decisions regarding production practices, conservation programs, beginning farmer programs, agricultural research, transportation, marketing, and much more. By completing your census and providing the most accurate information, you will be helping to create more resources, tools, and reports. These resources will be used by companies or cooperatives to determine where agricultural facilities are needed. They are also used by legislators while they are creating farm policies and programs. If you are interested in completing the Census of Agriculture visit: [www.agcounts.usda.gov](http://www.agcounts.usda.gov).

If you receive an Agricultural Resource Management Survey (ARMS) you will not be receiving a census. The ARMS includes a survey of production practices and costs and costs and returns. This report, too, is important as it ensures that policy makers are basing their decisions on facts that come directly from producers. Producers are randomly selected to receive the ARMS. If you are interested in more information about this survey visit: [https://www.nass.usda.gov/Surveys/Guide\\_to\\_NASS\\_Surveys/Ag\\_Resource\\_Management/index.php](https://www.nass.usda.gov/Surveys/Guide_to_NASS_Surveys/Ag_Resource_Management/index.php).

# MDU Applies For Authority To Implement Tracking Adjustment

**By Jaymi Mozeak**  
 On Nov. 23, MDU applied for Authority to Implement a Tracking Adjustment for Montana State and Local Taxes and Fees for Tariff Rates 56 and 87.

According to the Notice of Application and Intervention Deadline put out by the Department of Public Service Regulation, MDU claims that they need the adjustment to reflect an approximately 7.10% increase in Montana state and local taxes and fees for its electric operations and an 11.19% increase in the same taxes and fees for its natural gas operations. They also want to true-up their actual tax recovery for 2021. If the application is approved, the net effect of MDU's request will increase revenue collected from electric service by \$954,348 and decrease revenue collected from gas service by \$473,869. A copy of the filing is available to the public at the Commission's offices at 1701 Prospect Avenue, PO Box 202601, Helena, MT 59620-2601, and online at the Commission's website <https://psc.mt.gov> under Docket No. 2022.10.092. A copy of the filing may also be available at the office of the Montana Consumer Counsel or MCC, which represents consumer interests before the Commission, 111 North Last Chance Gulch, Suite 1B, Helena, MT 59601, 406-444-2771.

To give time for due process: data requests can be issued no later than Dec. 20, 2022; MDU must respond to data requests within five business days of service (excluding state-recognized holidays) or by Dec. 27, 2022, whichever is earlier; parties wishing to submit comments or request a hearing must do so no later than Jan. 3, 2023; and the commission may hold a public hearing, if requested by an intervenor or upon its own action, at the Commission's offices. If the Commission does not issue an order by Jan. 9, 2023, the rates will be considered approved. Those wishing to intervene must file an electronic petition on the Commission's website at <http://eddi.mt.gov>. All filings must be made in EDDI, hard copies are not required. They must also mail a copy of the petition to MCC at the address stated above, and to MDU's attorney, Michael W. Green, Crowley Fleck PLLP, 900 N. Last Chance Gulch, Suite 200, Helena, MT 59601.

Those who do not wish to formally intervene may submit written public comments on the matter to the Commission at their office in Helena, through the Commission's website at <http://psc.mt.gov> (select "Documents & Proceedings" tab; select "Comment on a Proceeding"; select "Continue as Guest"; complete form; select "Submit"); or by email to [pschelp@mt.gov](mailto:pschelp@mt.gov).

# Reminder: MSU Richland County Extension Winter Series On Dec. 19

**By Marley Manoukian, MSU Richland County Extension Agent**  
 A reminder that MSU Richland County Extension will be hosting a series of educational workshops throughout this winter. The first Winter Series program will be Monday, Dec. 19th beginning at 1 p.m. in the Richland County Extension Office meeting room. Topics covered include 1) Beef Cattle Nutrient Requirements & Supplementation - 3rd Trimester Through Breeding, and 2) Nitrates & Cropping Options. Please contact the MSU Richland County Extension office at 406-433-1206 or [marley.manoukian@montana.edu](mailto:marley.manoukian@montana.edu) for more information. We hope to see you there.

**EVENTS**  
 SEND US YOUR EVENTS!  
 THE ROUNDUP: PO Box 1207 • 111 West Main • Sidney, MT  
 406-433-3306 • Fax: 406-433-4114 • Email: [classads@esidney.com](mailto:classads@esidney.com)

**RICHLAND COUNTY**  
 Events in Sidney unless otherwise listed. MT.

**Wed., Dec. 14**  
 10 a.m.-4 p.m. - **Find The Skates** - Visit the MonDak Heritage Center to find the Skates, receive a free cookie from Big Sky Cookie Company. Through Jan. 14 - **Miniature Art Show Art Show** - Through Jan. 14 - **WAM Exhibition** - Featuring many beautiful works of art that span multiple medias from watercolor to acrylic. Through Jan. 28- **Phyllis Sederquest Art Exhibition** - Phyllis is a self-taught artist & likes painting a variety of subjects & using different mediums. Through Feb. 7. - MonDak Heritage Center, Tues.-Fri., 10 a.m.-4 p.m.; Sat., 1-4 p.m. For more info call 406-433-3500, e-mail [mdhc@richland.org](mailto:mdhc@richland.org).

**Thurs., Dec. 15**  
 1:00 p.m. - **Fairview Senior Citizens Holiday Dinner** - Fairview High School Cafeteria, 713 Western Ave, Fairview, MT.

**Sat., Dec. 17**  
 11 a.m.-3 p.m. - **Winter Festival Hosted by Martha's Place** - Professional photo sessions with Santa Claus from 12-2 p.m. Hot cocoa, cookies, Christmas music & games for the kids. 619 14th St. SE.

**Mon., Dec. 19**  
 1 p.m. - **MSU Richland County Extension Educational Workshop** - Topics include 1) Beef Cattle Nutrient Requirements & Supplementation - 3rd Trimester Through Breeding, and 2) Nitrates & Cropping Options. Richland County Extension Office meeting room. For more info call 406-433-1206 or email [marley.manoukian@montana.edu](mailto:marley.manoukian@montana.edu).

**Sun., Dec. 25**  
 11 a.m.-2 p.m. - **Knight's Of Columbus Annual Community Christmas Dinner** - Everyone welcome. Serving turkey, ham with all the trimmings. Free will offering. Volunteers are welcome. St. Matthew's Parish Ned Shinnick Hall, 310 7th St. SE. For delivery on Christmas Day call 406-433-2510.

**Sat., Jan. 14**  
 5:30 p.m. - **Mike Obergfell Medical Benefit** - Roast beef dinner, silent & live auction. Richland County Event Center. Follow the Facebook page "Mike Obergfell Benefit" for auction items & more info. Any silent or live auction items may be dropped off at Franz Construction. An account has been set up at Stockman Bank, Mike Obergfell Benefit. For more info contact Amy Conlin, 406-478-9579 or Ashley Fields, 406-939-0988.

**McKENZIE COUNTY**  
 Events in Watford City unless otherwise listed. CT.

**Thurs., Dec. 15**  
 5:30-9 p.m. - **JCCA Annual Soup Supper & Sweets Auction Fundraiser** - Free will soup supper, 5:30 p.m., live auction, 6:30 p.m. Six guns to be auctioned live, A GLAMPING Trip To Montana. Rough Rider Center.

**Thurs., Dec. 15 & 29**  
 2-4 p.m. - **Food Giveaway** - First Presbyterian Church, 316 4th Ave. NE.

**Sat., Dec. 17**  
 10 a.m.-12 p.m. - **Teddy's Kids Camp** - Ages 5-8, siblings welcome. McKenzie Co. Heritage Park, 904 2nd Ave. SW. For more info call 701-842-6434 or 701-609-9894.

**Tues., Dec. 20**  
 2-4 p.m. - **Food Pantry Handouts** - First Lutheran Church, 212 2nd St. NW. For more information call McKenzie County Extension Office, 701-444-3451 or visit McKenzie County Food Pantry Facebook page for dates, times & updates.

**Wed., Dec. 21**  
 8 a.m.-6 p.m. - **2023 Catch For A Cure At Tobacco Gardens Resort** - Annual ice fishing tournament to benefit Rugged West Relay for Life. Same rules & boundaries as always. Rules meeting Fri., Dec. 20, 7 p.m. 2 person team, \$100 per team. Register at rules meeting. For more info call or text Rex, 701-580-5362.

**Wed., Jan. 4**  
 6:30-7:30 p.m. - **The Rosie Project Book Club** - A bi-monthly Book Club for patrons of McKenzie Co. Public Library. Books are provided but must be returned at each meeting. Book selections have been predetermined & consist of Adult Fiction & Nonfiction titles. Patrons must sign up for each Book Club they would like to participate in. McKenzie Co. Public Library Sanford Room. For more information visit the Library or call 701-444-3785.

**WILLIAMS COUNTY**  
 Events in Williston unless otherwise listed. CT

**Wed., Dec. 14**  
 2-9 p.m. - **Olive Motherhood Foundation Takes Over Safari Trampoline** - A fundraiser to support local mama's & their families. From 2-9 p.m. 30% of proceeds go to Olive Motherhood Foundation.

**Wed., Dec. 14 - Sat., Dec. 31**  
 5:30-9:30 p.m. - **2022 Spring Lake Park Holiday Lights Drive** - Enjoy thousands of holiday lights in over 75 displays every evening. Tune to 107.1 for holiday music. \$5 per car. - **Hayride Nights:** Dec. 14, weather permitting, 5:30-8 p.m. - **Santa Nights:** Dec. 14 - **Free Book Night** - Dec. 15 - **Cookie Decorating Kit,** Dec. 16 - **Luminary Sunday,** Dec. 18 - **Reindeer Nights,** Dec. 19 & 20 - **Snoopy & Friends,** Dec. 21 - **The Great Elf Sendoff** - Dec. 26 - **Free Car Night,** Dec. 28, **Ghostbusters Night,** Dec. 29 - Books of 10 passes available for \$40 at the Visitors Center, 212 34th St. W or call 701-774-9041.

**Thurs., Dec. 15**  
 7 p.m. - **History Book Club** - Join other history buffs for a discussion of this month's book, "Personal Memoirs of Ulysses Grant: An Autobiography." Missouri-Yellowstone Confluence Interpretive Center. For more info, contact Yvette, 701-572-9034.

**Sat., Dec. 17**  
 9:30 a.m.-4:30 p.m. - **19th Century Sewing, Textile Arts, and Projects** - Missouri-Yellowstone Confluence Interpretive Center. For more info, contact Yvette, 701-572-9034.

**Sun., Dec. 18**  
 2-4 p.m. - **Historical Games at Fort Buford Barracks** - Participate in games that may have been played at the fort long ago such as cribbage, cards, & checkers. Fort Buford State Historic Site. For more info, contact Yvette, 701-572-9034.

**DAWSON COUNTY**  
 Events in Glendive unless otherwise listed. MT

**Sat., Dec. 17, 9 a.m.-6 p.m. & Sun., Dec. 18, 10 a.m.-4 p.m.**  
**Last Chance Gift Show** - Last minute Christmas shopping. Giveaway at each vendors table. Food served by the Women of the Moose. Santa visiting, Sun., 1-3 p.m. Glendive Moose Lodge. For more info call Barb Polette, 406-377-3602.

**Mon., Dec. 19**  
 5-7 p.m. - **4th Annual Head Start Pancakes With Santa & Silent Auction** - Moose Lodge.

**Wed., Dec. 21**  
 12:30-5 p.m. - **Holiday Blood Drive** - Help save a life & donate blood. Call Talon at 406-345-2624 to make an appointment. EPEC.

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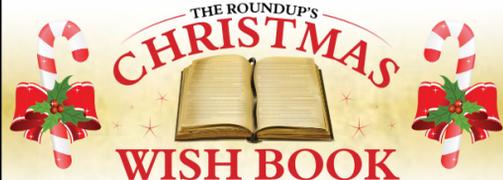
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### Children's Books



Available at High Caliber Sports, 444 N. Central, Sidney, 406-433-1800

## Merry Christmas!



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**The regular sale on Wed, Dec 14 has been cancelled due to weather. All consignments will be sold on Dec 17 with the bred cow sales.**

**Holiday Sale • Sat, Dec 17**  
Sale starts at 9 am with feeders, 1 pm bred cows followed by weigh-ups

Sidney ND: 130 Black Heifers, Bred Black, Start Calving April 1st  
 Poplar MT: 60 Black Heifers, Al'd Black, Calving March 1st through March 10th  
 Sidney MT: 40 Black Heifers, Al'd Hereford, Start Calving March 10th  
 Flaxville MT: 30 Bred Heifers, Red's & Black's, Bred to LBW Red Angus Bulls, Red Angus Program, Start Calving April 21st  
 Sidney MT: 100 Black Cows, Bred Red & Black, 3 to 5 Year Old's, Start Calving April 1st  
 Savage MT: 60 Black Cows, Bred Black & Hereford, 3 to 5 Year Old's, Start Calving March 20th  
 Wolf Point MT: Red Angus Heifers, Bred Red, 40 Head Calving in March & April, 12 Head Calving in May  
 Scobey MT: 30 Short Term Black Cows, Bred Black, Start Calving April 1st  
 Epping ND: 12 Black Cows, Bred Black, 4 to 6 Year Old's, Start Calving March 20th  
 Redstone MT: 12 Char Cross Cows, Bred Char 4 Year Old's, Calving Mid March  
 Redstone MT: 6 Black & BB Cows, 5 to 7 Year Old's, Bred Char, Calving Mid March

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Tim Larson: 406-480-2666	Dustin Cymbaluk: 701-220-0813	Terry Moe: 701-580-2426	Al Franzen: 406-489-7444	Christy Albin: Office Manager
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406-482-3513 | www.sidneylivestock.com | ylc@midrivers.com





**Gifts From The Heart Donations**

The Sidney Edward Jones offices are so grateful to our clients and community for the generous donations they've made to the Richland County Gifts from the Heart again this year. We are so blessed to live in such a giving and supportive community! Pictured from left, Nick Lonski, Janelle Jensen, Ashley Volkman, Jamie Malsam, Lauren Sukut, Bailey Tupper, Jerry Hughes, Nancy Carpenter, Jace Johnson, Ashley Anvik, Lana Watson, and Beth Verhasselt. Not pictured is Nicole Christensen. (Submitted photo)

**Watford City Volunteer Fire Department Big Buck Contest Winners**



The Watford City Volunteer Fire Department held their annual Big Buck Contest and Gun Raffle Friday, Nov. 25 at the Watford City Civic Center.

- Winning Top Honors were:
- Men's Rifle Mule: Brandon Meuth
  - Men's Rifle Whitetail: Carson Hertwig
  - Women's Rifle Mule: Teresa Macklin
  - Women's Rifle Whitetail: Jamie Moberg
  - Men's Archery Mule: Dalton Defoe
  - Men's Archery Whitetail: Jeff Syverson
  - Women's Archery Mule: Savannah Stenberg
  - Women's Archery Whitetail: Rachel Gjovik
  - Youth Archery: Paxton Schaff
  - Youth Rifle Whitetail: Grady Boltz
  - Youth Rifle Mule: Trapper Filkowski

**NRCS In Montana Accepting Applications For The Agricultural Conservation Easement Program**

Submitted by Tasha Gibby  
State Public Affairs Specialist

Bozeman, MT - The USDA Natural Resources Conservation Service in Montana is accepting applications for the Agricultural Conservation Easement Program (ACEP) Agricultural Land Easement (ALE) enrollment option and the Wetland Reserve Easements (WRE). While NRCS accepts easement applications year-round, applications for the current funding cycle must be submitted by Dec. 30, 2022.

"Agricultural Land Easements are one of the many tools available to landowners for the long-term protection of working lands which build sustainable agriculture, manage future development or protect critical habitat for wildlife," said Justin Meissner, NRCS assistant state conservationist for easement programs in Montana.

ACEP-ALE provides financial assistance to eligible entities, including land trusts and state and local units of government, for purchasing easements that protect the agricultural use and conservation values of eligible land by limiting non-agricultural uses of the land. In the case of working farms, the program helps farmers and ranchers keep their land in agriculture. Landowners interested in an ACEP-ALE easement must enter into an agreement with an eligible entity to be considered for enrollment into the program. Find a list of entities eligible to hold ACEP-ALE easements in Montana and additional information at www.nrcs.usda.gov/montana by clicking on the ACEP option under State Programs and Initiatives.

"Easements are sometimes a perfect fit for a landowner who is looking to protect and improve wetlands or provide critical habitat for wildlife," said Meissner.

ACEP helps producers enroll wetlands, grasslands and farmlands into easements for long-term protection. ACEP-WRE specifically allows landowners to successfully restore, enhance and protect habitat for wildlife on their lands, reduce damage from flooding, recharge groundwater and provide outdoor recreational and educational opportunities. Eligible landowners can choose to enroll in a permanent or 30-year easement. Tribal landowners also have the option of enrolling in 30-year contracts.

Ranking dates for all programs and states are available at nrcs.usda.gov/staterankingdates. Applications received after ranking dates will be automatically deferred to the next funding period.

To learn about ACEP opportunities and other technical and financial assistance available through NRCS, visit your local USDA Service Center or www.nrcs.usda.gov/montana. Find NRCS contact information at www.nrcs.usda.gov/contact.

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866.572.8354

**Wildrose, ND**  
701.539.2272

**Zahl, ND**  
701.694.4111

**Culbertson, MT**  
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**Fairview, MT**  
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Monday - Friday: 7am - 5:30pm

# Sidney Gymnastics Club Results, Dickinson



Level 3 gymnasts and Coach Mel (Photo by E. Fisher)

Our Competitive Girls Team competed at their first meet of the season in Dickinson at the Dullum Qualifier hosted by Western Edge Gymnastics on Dec 3-4. We had 12 gymnasts competing at Levels 3 and 4. Our Coaches are Melanie Morrill and Rachelle Ellis.

**Level 3:**  
Hallie Bergstedt: Vault 8.850; Uneven Bars 8.750; Balance Beam 8.200; Floor Exercise 8.100; All Around 33.900

Elle Buske: Vault 7.900; Uneven Bars 6.000; Balance Beam 8.050; Floor Exercise 7.500; All Around 29.450

Zoey Buske: Vault 8.600; Uneven Bars 8.050; Balance Beam 8.650; Floor Exercise 8.650; All Around 33.950

Kenzie Koch: Vault 8.050; Uneven Bars 7.700; Balance Beam 8.050; Floor Exercise 8.350; All Around 32.150

Adriene Leintz: Vault 8.700; Uneven Bars 8.500; Balance Beam 7.050; Floor Exercise 7.700; All Around 31.950

Morgan Murphy: Vault 5.800; Uneven Bars 7.350; Balance Beam 6.900; Floor Exercise 6.700; All Around 26.750

Paisley Obergfell: Vault 8.550; Uneven Bars 7.600;



Level 4 gymnasts and Coach Mel (Photo by B. Larson)

Balance Beam 7.450; Floor Exercise 7.900; All Around 31.500

Aspyn Sorteberg: Vault 9.200; Uneven Bars 6.550; Balance Beam 8.050; Floor Exercise 8.300; All Around 32.100

Kleyopatra Zoanni: Vault 8.550; Uneven Bars 7.350; Balance Beam 8.050; Floor Exercise 8.600; All Around 32.550

**Level 4:**  
Camryn Franck: Vault 8.200; Uneven Bars 6.400;

Balance Beam 8.550; Floor Exercise 8.550; All Around 31.700

Malia Larson: Vault 8.050; Uneven Bars 8.200; Balance Beam 8.400; Floor Exercise 8.000; All Around 32.650

Myra Wieland: Vault 7.900; Uneven Bars 7.950; Balance Beam 8.600; Floor Exercise 9.250; All Around 33.700

Our next meet is Jan 21-22 in Mandan hosted by Dakota Star Gymnastics.

## SHS Girls Basketball Action

The Sidney Eagles girls basketball hosted Watford City Monday, Dec. 5. The Eagles fell to Watford City 41-57. The boys traveled to Watford City and lost 55-62. The Eagles will host Glasgow this Friday starting at 6 and Saturday they will host Havre starting at 4 p.m. Pictured is Allyson Nentwig taking the ball down court against Watford City. Photo by Tonya Schoepp



## Winter Classes Open For Registration

For details and to register, visit [handyandynursery.com](http://handyandynursery.com) or our Facebook page

December 15 ..... Large Christmas Sleigh  
January 21 ..... Zen Garden  
January 28 ..... Wabi-Kusa



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<b>Eagle Country Ford</b>	<b>Pizza House</b>
<b>Boutique 33</b>	<b>Reynolds Market</b>
<b>Montana Bare Cave</b>	<b>High Caliber Sports</b>
<b>Lee's Tire</b>	<b>Sunny's</b>
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# SHS Wrestling Results

**Sidney/Fairview Vs. Watford City, Dec. 6 Wrestling Results**  
 103: Tyson Syth (S/F) won by forfeit  
 113: Gordan Knapp (S/F) won by fall over Wyatt Boekelman (WC) 0:00  
 120: Brody Keysor (S/F) won by fall over Corban Sorenson (WC):00  
 126: Luis Whaley (S/F) won by decision over Stran Sorenson (WC) 6-3  
 132: Reece Graves (S/F) won by fall over Will Langford (WC) 0:00  
 138: Ben Carlsen (S/F) won by forfeit

145: Owen Lonski (S/F) won by major decision over Brier Arnegard (WC) 11-2  
 152: Zander Dean (S/F) won by fall over Ethan Dennis (WC) 3:20  
 160: Kadin Wise (S/F) won by fall over Zane Wagoner (WC) 1:40  
 170: Ty Schepens (S/F) won by decision over Cash Fladland (WC) 1-0  
 182: Thor Fulgram (S/F) won by forfeit  
 205: Nathan Romo (S/F) won by forfeit  
 285: Nivon Hayes (WC) won by fall over Caleb Klienke (S/F) 2:20

**Team Scores**  
 Sidney/Fairview 64.0; Watford City (WC) 6.0  
**27th Annual Scottie Invitational Results for Sidney**  
 103: Gordan Knapp placed 1st  
 103: Tyson Syth placed 8th  
 120: Brody Keysor placed 2nd  
 132: Reece Graves placed 2nd  
 138: Owen Lonski placed 1st  
 145: Aaron See placed 5th  
 152: Zander Dean placed 1st  
 160: Kaden Wise placed 4th  
 160: Ty Schepens placed

5th  
 182: Thor Fulgram placed 5th  
 285: Caleb Kleinke placed 3rd  
**Team Scores**  
 1st Place: Custer Co. (Miles City), 222.5  
 2nd Place: Sidney, 205.0  
 3rd Place: Cut Bank, 174.5  
 4th Place: Dawson County, 120.0  
 5th Place: Glasgow, 107.5  
 6th Place: Baker Girls, 92.0  
 7th Place: Malta, 81.0  
 8th Place: Colstrip, 78.5  
 9th Place: Fort Benton, 73.5  
 10th Place: Fairfield, 73.0

## Sidney Middle School Eagle Invitational Results For Sidney Tournament

Middle School Boys 68-74: Eli Lonski - 1st  
 Middle School Boys 71-76: Hazen Foss - 1st  
 Middle School Boys 99-102: Brody Eustice - 2nd  
 Middle School Boys 101-106: Matthew Helfrich - 4th  
 Middle School Boys 114-

122: Kash Mullin' - 4th  
 Middle School Boys 115-122: Brenner Mullin' - 2nd  
 Middle School Boys 124-131: Grant Knapp - 1st  
 Middle School Boys 132-136: Kayden Bousquet - 2nd  
 Middle School Boys 133-138: Aaron Schmitz - 1st

Middle School Boys 146-157: Terren Bright - 3rd  
 Middle School Boys 201-220: Isaac Carlsen - 3rd  
 Middle School Girls 121-124: Alena Jasin - 4th  
**Team Scores**  
 1st Place: Dickinson, 181.0  
 2nd Place: Williston, 167.0

3rd Place: Glasgow, 95.0  
 4th Place: Miles City, 95.0  
 5th Place: Sidney, 80.0  
 6th Place: Circle, 77.0  
 7th Place: Malta, 74.0  
 8th Place: Poplar, 74.0  
 9th Place: Wolf Point, 74.0  
 10th Place: Harlem, 55.0

## Butler Machinery Company Welcomes Ben Studer, Director Of Ag

**Submitted by Chloe Reichel, Butler Machinery Company Marketing Campaign Supervisor**  
 Butler Corporate Office Fargo, ND – Butler Machinery Company is proud to welcome Ben Studer, Director of Ag division.  
 Studer began his career in 2005 at AGCO in Jackson, MN as a technical service specialist. Throughout his 17-year career at AGCO, he held many different roles: Product Specialist to Director; Product Management; Global ATS (Advanced Technology Solutions) and EFG (Electronics Functional Group); Director of Product Management - Global Crop Care; Application, Seeding, & Tillage. In 2021, Studer transitioned into his most recent role as Director of Product Management - Global Crop Care,

Planting, Crop Protection, and Nutrition. Throughout his career at AGCO, he built his knowledge of the Ag industry from all facets, both domestically and internationally.  
 Studer grew up in Wesley, IA, a small farming community in North Central IA. Growing up in a farming community allowed him to be immersed in agriculture for most of his life. He went on to attend college at SDSU (South Dakota State University), where he received his Bachelor of Science degree in agriculture systems technology and a minor in

agriculture business and economics. Outside of work, He enjoys being with his family, fishing, and maintaining his restored 1972 Ford F250 and vintage tractors. Being part of the agriculture industry for his entire career, he enjoys having the opportunity to help farmers be more profitable and support them in feeding the world.  
 For over six decades, Butler Machinery Company has been committed to offering the best in equipment solutions and dealer support. Founded in 1955 in Fargo, ND, Butler Machinery is a third-generation

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Richland County is requesting professional on-call planning service proposals from a qualified firm or team of consultants to provide professional county planning services for the Richland County's County Planner's Office. The County requests written responses to a Request for Proposal (RFP) for selection of on-call or as-needed planning services associated with one or more proposed projects, including but not limited to, general planning-related development and land use project review, site visits, public counter services, technical plan check for planning documents and plans, map review, conformance with Federal, State and local regulations, and general compliance with County Standards and Regulations. To control costs and provide a high level of professional services to all County departments and the community, the County believes the interests of the community can be best served by using a private firm for additional County Planning services. It is expected that such a firm would be able to contract available resources in response to workflow demands. The selected consultant is expected to be contracted for a minimum of one year and maximum of five years, through a series of one-year extensions, based upon workload needs and relationship with Richland County. Under the direction of the Board

of County Commissioners and the Richland County Planning Board the Consultant will provide the range of expertise necessary to carry out the normal functions of a professional planner. The County will, based on qualifications presented in the response to this RFP, select the firm(s) best able to provide planning services for upcoming private and County initiated projects. The successful firm shall also have the resources to provide cost effective and timely services to the County. Additionally, the County has an option to interview the selected firm's candidate who will provide On-Call Planning services. The on-call planning services that a successful applicant would provide include, but are not limited to the ability to perform the following:  
A. When required, be present at the County Planner's Office and hold regular office hours as agreed upon by the Board of County Commissioners and Consultant.  
B. Develop and maintain good working relationships with other county departments, other jurisdictions, and the public.  
C. Analyze projects for compliance with the County's Growth Policy, Subdivision Regulations, Zoning Regulations, Workforce Housing Regulations, Buildings for Lease or Rent Regulations, and other applicable plans and policies.  
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with the successful Consultant the right of approval of all persons performing under the agreement. D. Description and Approach. The proposal should demonstrate the Consultant's knowledge of the needs and objectives of the work proposed under this RFP. E. Cost Proposal. The cost proposal shall include the hourly rate for services. Include any subconsultant's fee schedule, if applicable. This should include hourly billable costs of each team member. Per diem and other project related shall be provided as well. F. Resume, Relevant Projects/ Services with References. Provide resumes of the individual(s) from the Proposer's firm or entity that will be directly responsible for carrying out the contract, three references to include name, address, contact person and phone number of the municipality/company, length of time services were provided, and a description of the services provided. Six (6) color copies and one (1) digital pdf copy of the proposal must be submitted no later than 5:00 pm on January 6th, 2023 to the Office of the Board of County Commissioners, located at 201 West Main, Sidney MT 59270. Proposals must be titled "RFP On-Call Planning Services" All questions regarding this RFP shall be directed in writing to Stephanie Verhasselt, Richland County Clerk & Recorder at [stephanie.verhasselt@richland.org](mailto:stephanie.verhasselt@richland.org) or 406.433.1708. No postmarks will be accepted. The County reserves the right to amend the RFP by addendum prior to the final proposal submittal date. The County intends to engage the most qualified consultant available that demonstrates a thorough understanding of the County's needs. County staff will use the following criteria to evaluate proposals:

- Understanding of Work to be Performed (the Scope of Services): 15 points
- Demonstrated Quality Firm and Professional Staff Technical Skill, Experience, Performance and Approach: 20 points
- Familiarity with County and State Procedures: 20 points
- Firm and Professional Staff References/Satisfaction of Clients: 15 points
- Completeness and Quality of Proposal: 15 points
- Cost Approach to performing this type of service: 10 points
- Location Factor, proximity to Richland County: 5 points
- Total: 100 points

The County may request a qualification interview with the highest ranked consultant(s) prior to determining the final ranking. This selection will be

conducted according to the County's standard procedures. The County reserves the right to reject any and all proposals, to waive irregularities, or to make any selection which they deem to be in the best interest of Richland County.

MNAXLP (Publish December 14, 21, & 28, 2022.)

**NOTICE From: The Owner (Hereinafter referred to as owner):**

Lambert School Districts 86&4 121 3rd Ave. North Lambert, MT 59243 [nsimonsen@lambertschool.net](mailto:nsimonsen@lambertschool.net)  
**To: Potential Bidders**  
A. Your firm is invited to submit a proposal to Owner in care of Superintendent, Nicole Simonsen, for renovations of a facility located at the above address before 12:00 pm local standard time on the 22nd of December 2022, for the following project: repair to housing foundation using helical piers.  
B. Project Description:  
a. Please contact the school for specific information on this project.  
C. Work to be completed in the spring/summer/fall of 2023.  
D. All potential bidders are welcome and encouraged to visit the location.  
E. Submit your proposal per the instructions listed in Item A.  
F. Bid proposals will be up for consideration at the regular monthly board meeting on December 29, 2022.  
G. Your offer will be required to be submitted under a condition of irrevocability for a period of 30 days after the submission.  
H. The Owner reserves the right to accept or reject any or all offers.  
**Signature**  
A. For: Lambert School  
B. By: Nicole Simonsen

MNAXLP (Publish December 7 and 14, 2022.)

Lee E. Armstrong ARMSTRONG LAW OFFICE, P.C. P.O. Box 1327 212 South Central Avenue Sidney, Montana 59270 Telephone: (406) 433-7700 Fax: (406) 433-7720 [armlaw@midrivers.com](mailto:armlaw@midrivers.com) Attorney for Personal Representative MONTANA SEVENTH JUDICIAL DISTRICT COURT, RICHLAND COUNTY IN THE MATTER OF THE ESTATE OF ALMA HULDA BAXTER, a/k/a ALMA H. BAXTER, Deceased. Probate No. DP -42-2022-0000078-IT

**NOTICE TO CREDITORS**  
NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four months after the date of the first publication of this Notice or said claims will be forever barred. Claims must either be mailed to HOWARD D. BAXTER, C/O ARMSTRONG LAW OFFICE, P.C. return receipt requested, at P.O. Box 1327, Sidney, Montana 59270, or filed with the Clerk of the above Court. I DECLARE, under penalty of perjury and under the Laws of the State of Montana, that the foregoing is true and correct. Dated this 22 day of November, 2022, at McKinney, Texas. HOWARD D. BAXTER, Personal Representative of the Estate of Alma Hulda Baxter, a/k/a Alma H. Baxter, deceased.

MNAXLP (Publish November 30, December 7 and 14, 2022.)

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**Lunch Menus**

**Sidney School**  
Thurs., Dec. 15: Sloppy joes, oven wedges, pears, krispie treats.  
Fri., Dec. 16: No school.  
Mon., Dec. 19: Chicken drumsticks, potatoes & gravy, mixed veggies, peaches.  
Tues., Dec. 20: Spaghetti, tossed salad, garlic toast, mandarin oranges.  
Wed., Dec. 21: Cheeseburgers, French fries, applesauce, pumpkin bar.  
Thurs., Dec. 22: Early release, no lunch.  
Fri., Dec. 23-Mon., Jan. 2: Winter break.

**Savage School**  
Thurs., Dec. 15: Chili.  
Fri., Dec. 16: No school.  
Mon., Dec. 19: Hot dogs.  
Tues., Dec. 20: Chicken drummies.  
Wed., Dec. 21: Meatloaf.  
Thurs., Dec. 22-Mon., Jan. 2: Winter break.

**Rau School**  
Thurs., Dec. 15: Meatballs, vegetable, fruit, salad bar.  
Fri., Dec. 16: No school.  
Mon., Dec. 19: Chicken nuggets, vegetable, fruit, salad bar.  
Tues., Dec. 20: Golden tray winner's choice, vegetable, fruit, salad bar.  
Wed., Dec. 21: Turkey, mashed potatoes, green bean casserole, vegetable, fruit, salad bar.  
Thurs., Dec. 22: No lunch served.  
Fri., Dec. 23-Mon., Jan. 2: Winter break.

**Froid School**  
Thurs., Dec. 15: Beef stroganoff over noodles, buns, veggies, fruit.  
Fri., Dec. 16: Fish patties on buns, fries, veggies, fruit.  
Mon., Dec. 19: Cheeseburger pockets, baked beans, chips, fruit.  
Tues., Dec. 20: Breakfast burritos, hash browns, gourguts, fruit.  
Wed., Dec. 21-Mon., Jan. 2: Winter break.

**Bainville School**  
Thurs., Dec. 15: Grilled chicken, French fries, peaches.  
Fri., Dec. 16: Christmas dinner.  
Mon., Dec. 19: Turkey pot pie over biscuits, mixed veggies, pears.  
Tues., Dec. 20: Taco in a bag, topping bar, mangoes.  
Wed., Dec. 21: Popcorn chicken bowl, corn, mandarins.  
Thurs., Dec. 22: Sack lunch, noon dismissal.  
Fri., Dec. 23-Mon., Jan. 2: No school.

**Richey School**  
Thurs., Dec. 15: Spaghetti & meatballs, carrots, cookies.  
Fri., Dec. 16: No school.  
Mon., Dec. 19: Christmas dinner.  
Tues., Dec. 20: Super nachos, veggie sticks, cookies.  
Wed., Dec. 21: Sack lunches.

**Thurs., Dec. 22-Mon, Jan. 2: Winter break.**

**Culbertson School**  
Thurs., Dec. 15: Chili, cinnamon rolls, peaches.  
Fri., Dec. 16: Chicken nuggets, tater tots, fruit cups.  
Mon., Dec. 19: Hot dogs, crinkle cut fries, applesauce.  
Tues., Dec. 20: Super nachos, refried beans, pears.  
Wed., Dec. 21: Chicken strips, green beans, mixed fruit.  
Thurs., Dec. 22: Sack lunch. 12 p.m. clock out.  
Fri., Dec. 23-Wed., Jan. 4: Winter break.

**Lambert School**  
Thurs., Dec. 15: Beef stroganoff, corn, fruit.  
Fri., Dec. 16: Fajitas, fresh veggies, fruit.  
Mon., Dec. 19: Goulash, corn, fruit, buns.  
Tues., Dec. 20: Chicken wraps, chips, fresh veggies, fruit.  
Wed., Dec. 21: Super nachos, fruit.  
Thurs., Dec. 22: Meat & cheese trays.  
Fri., Dec. 23-Tues., Jan. 3: Winter break.

**Fairview School**  
Thurs., Dec. 15: Christmas dinner, Senior Citizens, 1 p.m., ham & all the fixings  
Fri., Dec. 16: No school.  
Mon., Dec. 19: Spaghetti, garlic bread, veggie, fruit, fresh garden bar.  
Tues., Dec. 20: Chicken enchiladas, Spanish rice, veggie, fruit, fresh garden bar.  
Wed., Dec. 21: Chili, cinnamon rolls, veggie, fruit, fresh garden bar.  
Thurs., Dec. 22: Home-made pizza, fresh veggie, fruit, fresh garden bar.  
Fri., Dec. 23-Sun., Jan. 1: Winter break.

**Alexander School**  
Thurs., Dec. 15: Popcorn chicken bowl, mashed potatoes, corn.  
Fri., Dec. 16: Slushburgers, sun chips.  
Mon., Dec. 19: Dino nuggets, fries..  
Tues., Dec. 20: Build your own pizza..  
Wed., Dec. 21: "Nacho" normal chips & dip bar.  
Thurs., Dec. 22-Mon., Jan. 2: Winter break.

**Watford City School**  
Thurs., Dec. 15: BBQ pulled pork pita, coleslaw, baked chips.  
Fri., Dec. 16: Chicken tenders, macaroni & cheese.  
Mon., Dec. 19: Cheeseburgers with cheese curds, baked beans.  
Tues., Dec. 20: Chef's choice.  
Wed., Dec. 21: Knoephla soup, crackers.  
Thurs., Dec. 22: Ham, mashed potatoes & gravy, dinner rolls, dessert.  
Fri., Dec. 23-Mon., Jan. 2: Winter break.

**Happy Holidays!**



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Interventional Pain Management RN	Patient Accounts Patient Financial Counselor
Dietitian	Radiology Radiology Technologist ARRT/CT RDMS RT/CT Nights
Environmental Services Floor Care Technician EVS Technician	Rehab Services Speech Language Pathologist
Engineering Maintenance Worker	Respiratory Services Respiratory Therapist
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**AREA RECOVERY GROUPS**

**MONDAYS:**  
12 p.m. — AA Monday Noon Group, Matthew House Office, 416 2nd St. NW, Sidney, MT.  
1 p.m. - 3 p.m. — Grief Recovery Support group, First Lutheran Church music room, Watford City.  
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

**TUESDAYS:**  
7 p.m. — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.  
7 p.m. — 24-hour Women's AA group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.  
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.

**WEDNESDAYS:**  
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.

**THURSDAYS:**  
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
7 p.m. — Al-Anon Meeting, Presbyterian Church, 316 4th Ave. NE, Watford City, ND.  
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

**FRIDAYS:**  
6:30 - p.m.- 5 Stones - Faith Based Recovery meeting, Sidney First Church of the Nazarene, 606 9th St. SW Back door is open.  
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
7 p.m. — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.

**SATURDAYS:**  
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
7 p.m. — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.  
7 p.m. — AA 24 group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.

**SUNDAYS:**  
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
7 p.m. — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.

# Fairview Lighting Of The Bridge Ornament Available At Merchants Bank

**By Dianne Swanson**  
A limited number of the inaugural Fairview Chamber of Commerce Christmas

ornaments by Jeremy D. Krieger are still available at Merchants Bank in Fairview for just \$15.

The dazzling gold colored ornament features the annual Lighting of the Bridge, complete with

fireworks. The first in the Jeremy Dean collection, this collectible ornament will enhance any Christmas tree, and make a memorable gift for young and old. Future ornaments will feature events or history of Fairview, a town that Krieger is proud to call home. "I love the history of our town," he said. The ornaments are my way of celebrating it." Stickers featuring the exciting new Fairview logo are available also. Perfect for customizing everything from back packs and car windows to water bottles, stickers are only \$3 each.



Merchants Bank is located on Ellery Ave., Fairview, right on Main Street and is open from 9 a.m. - 4 p.m. Monday through Friday. Call 406-742-5203 and ask for Jeremy or email him at jkrieger@merchantsbankfairview.com to place your order.

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For many people, standing, walking, or running can be extremely painful in and around the big toe. For most, the diagnosis is a bunion. The treatment for bunions begins with conservative measures aimed at reducing pain and slowing down the progression of the bunion, but it won't fix the bunion.

For mild or moderate bunions, the miniBunion™ is a new surgical option that is providing patients with a rapid return to real life.

The procedure involves:

- Making a small incision less than one-inch on the side of the foot;
- Realigning bones and inserting a micro-implant;
- Closing the incision;
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Compared to traditional procedures, patients undergoing minimally invasive procedures like the miniBunion™, have an earlier return to activities, reduced pain and swelling, significantly smaller scar, and a faster return to walking.

Discover more about miniBunion™ Surgery or schedule an appointment with Dr. Ravindra Joshi at 701-444-8730.



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## SHS Speech, Drama & Debate Team Results, Laurel



Front row: Brooke Watson, Amber Brown, Emma Cundiff, Cedar Hovde, Josie Simonsen, Ivy Cross and Thaylan Fisher; back, Emma Pust, Kyle Pust, Colten Dahl, Whisper Enriquez, Noah Thiel and Bronte Bennion. (Photo submitted by Christy Pierce)



Brooke Watson & Whisper Enriquez 6th Dramatic Theatre; Amber Brown & Emma Pust 7th Dramatic Theatre. (Photo submitted by Christy Pierce)

Submitted by Christy Pierce

The Sidney Speech, Drama and Debate team competed in Laurel on Saturday, Dec. 10. There were 14 schools and over 300 competitors. The Drama Team placed 3rd in class A sweeps.

Drama Team Results: Dramatic Solo: 3rd Emma Cundiff; Humorous Solo: 5th Cedar Hovde; Dramatic Theatre: 6th Brooke Watson and Whisper Enriquez; 7th Emma Pust and Amber Brown.

Speech & Debate Team Results: Original Oratory: 4th Colten Dahl; Impromptu Speaking: 5th Colten Dahl; Informative Speaking: 8th Noah Thiel.

The Team is off until the first of the year.

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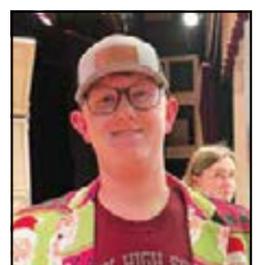
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Noah Thiel 8th Original Oratory. (Photo submitted by Christy Pierce)



Colten Dahl 5th Original Oratory and 5th Impromptu Speaking. (Photo submitted by Christy Pierce)



Emma Cundiff 3rd Dramatic Solo. (Photo submitted by Christy Pierce)



# Revolving Loan Fund Awarded To Feiler

**Submitted by Leslie Messer, Richland Economic Development Corp Executive Director**  
 Richland Economic Development Corp is pleased to announce that the Revolving Loan Fund (RLF) committee has awarded its 19th loan for the purchase of a building in Sidney. Jamey Feiler was approved for a loan to purchase the old "Mitchell Oilfield" office building.

Feiler completed an application in partnership with her lead lender, Chad Molden, Stockman Bank, Sidney, and presented this project to the RLF committee for review. The funding request was to purchase the building and equipment.

Feiler started working in the oilfield insulation industry in 2011. She worked for companies such as Miller Insulation, Kinder Morgan, and ONEOK, before taking a division manager position for Gemini Resources. PCS Insulation is a Sidney MT based company specializing in the manufacturing and sale of removable insulated blankets for oilfield sites as well as windshield protection

for Ag equipment, heavy equipment, and equipment transportation.

The RLF committee is pleased to assist Feiler in this business venture. The intent of the RLF is to offer an additional tool to support new business and business expansion projects. Chad Molden states, "We are so pleased to assist a new and emerging manufacturing business to grow in Sidney, MT. The use of the RLF funds enabled Stockman Bank to partner with REDC to leverage our traditional lending programs."

Richland Economic Development Corp encourages existing businesses and new business startup projects

to consider the RLF as a resource. The RLF loan pool of \$1,000,000 is not free money, but an investment made by the Richland County Commissioners, to assist in the development of business in our economy. The application and review process are achievable and done in conjunction with the area financial institutions in Richland County.

If you or someone you know is thinking of expanding or launching a new business in Richland County, contact any of the local financial institutions or Richland Economic Development Corp today for an application!

**Pictured from left, Chad Molden, Stockman Bank; Jamey Feiler, PCS Insulation; and Leslie Messer, REDC. (Submitted photo)**



# Continental Resources Announce Lawler as President & CEO

OKLAHOMACITY, Dec. 6, 2022 /PRNewswire/ -- Continental Resources, Inc. announced has President and Chief Operating Officer (COO) Doug Lawler will assume the role of President and Chief Executive Officer (CEO).

"Doug is a transformative leader who will build on all we have achieved in our company's 55-years. Doug is exactly the right person to inspire our employees and grow our company and our culture as we meet the world's energy challenges. Operating as a private company unlocks endless possibilities, and I look forward to working with Doug as we fiercely champion American energy for decades to come," said Founder and Chairman Harold Hamm.

"I do not take lightly the immense privilege to lead one of the world's premier exploration and production companies. Since joining Continental, I have seen first-hand the impact of our unique 'Culture of the Possible' as we continue to raise the bar for our industry. I am honored to have the opportunity to work side by side with Harold, one of our industry's great icons, as we

champion American energy," said Lawler. Lawler has spent over three decades in the oil and gas industry and joined Continental in February 2022. Lawler will transition to President and CEO at the start of 2023 upon the retirement of William Berry.

"I want to thank Bill for his service, not only to Continental, but to the entire industry. Continental is better today than we were three years ago thanks to Bill's leadership and teamwork. He helped secure our entry into the Powder River and Permian Basins and

was instrumental in leading our recent investment into carbon capture and sequestration with Summit Carbon Solutions. He has been keenly focused on ensuring the next generation of leadership at Continental which leads us to this pivotal moment," Hamm said.

"Serving as CEO of this incredible company has been the privilege of a lifetime. I want to thank Harold for the opportunity and wish Doug and the entire Continental team even greater success," said Berry. "I look forward to continuing to contribute to Continental

in a strategic advisory role, as well as my continued involvement on the Board of Directors for the Hamm Institute for American Energy."

in a strategic advisory role, as well as my continued involvement on the Board of Directors for the Hamm Institute for American Energy."

in a strategic advisory role, as well as my continued involvement on the Board of Directors for the Hamm Institute for American Energy."



**Doug Lawler**



**Bill Berry**

# MDU Resources Announces Five-Year Capital Investment Plan

BISMARCK, ND, Nov. 22, 2022 /PRNewswire/ -- MDU Resources Group, Inc. (NYSE: MDU) recently announced its plans to make capital investments totaling \$3.5 billion over the five-year period from 2023 to 2027.

"Our capital investment plan includes a number of key projects that are expected to provide organic growth across our businesses, with particular emphasis on upgrades and expansions to our electric transmission and distribution infrastructure and our natural gas transportation and distribution systems," said David L. Goodin, MDU Resources president and CEO. "These capital investments encompass all our businesses while we continue to make progress toward our strategic initiatives of creating two pure-play public companies."

On Aug. 4, the company announced its intent to separate Knife River Corporation, which is expected to be effected as a tax-free spinoff to MDU Resources shareholders. In addition, on Nov. 3, the company announced a strategic review process for MDU Construction Services Group, Inc. The company plans to provide a progress update in mid-December on its strategic initiatives.

MDU Resources plans to make substantial investments in its utility operations with a 27% increase in capital expenditures compared to the previous five years. The company anticipates its electric and natural gas utilities will grow rate base by approximately 6-7% annually over the next five years on a compound basis. Customer growth is expected to continue at a rate of 1-2% annually across the company's eight-state service territory.

The outlined capital investment plan includes meeting service needs related to customer growth as well as replacing, expanding and modernizing infrastructure within the electric and natural gas distribution systems. These infrastructure investments will provide enhanced reliability and safety across the company's systems, in addition to serving a growing customer base. The plan includes construction of transmission and substations, power production upgrades and improvements, and the recently announced Jamestown-to-Ellendale 345-kilovolt transmission project in North Dakota, which is estimated to cost \$439 million and of which the company expects to invest 50% or \$220 million, recovered through a MISO rate.

Capital investments at the pipeline business reflect a continued focus on organic growth. The plan includes several expansion projects, including the previously announced Wahpeton Expansion project in North Dakota, which collectively would add more than 300 million cubic feet per day of incremental natural gas transportation capacity. These projects support industrial customers, local distribution companies and electric power generation natural gas demand. Additionally, some projects also will help reduce natural gas flaring in the Bakken while allowing producers to move more gas to market. This business is focused on growth through additional system expansions and potential industrial-related projects.

At Knife River, the construction materials business, capital expenditures will be focused primarily on organic expansion opportunities and normal equipment and plant replacements and upgrades. The company expects public sector workload growth from infrastructure spending

initiatives, specifically benefiting from the Infrastructure Investment and Jobs Act and Inflation Reduction Act providing long-term opportunities across the company's footprint.

Capital expenditures at MDU Construction Services Group, the construction services business, will be focused primarily on normal equipment replacements and upgrades. The company also expects public sector workload growth for this business from the Infrastructure Investment

	CAPITAL EXPENDITURES			
	2022	2023	2024	2025-2027
	Forecast	Forecast	Forecast	Forecast
	(In millions)			
<b>Regulated energy delivery</b>				
Electric	\$155	\$112	\$127	\$136
Natural gas distribution	235	254	315	280
Pipeline	71	145	117	127
	463	481	559	543
<b>Construction materials and services</b>				
Construction materials and contracting	189	125	183	173
Construction services	47	38	34	34
	236	163	217	207
<b>Total</b>	\$699	\$644	\$772	\$750

and Jobs Act and Inflation Reduction Act. The capital program is subject to continued review and modification by the company. Actual expenditures may vary from the estimates due to changes in load growth, regulatory decisions and other factors. Acquisitions would be incremental to the company's 2023 to 2027 outlined capital investment plan. The company will provide updates as it identifies opportunities outside the plan.

and Jobs Act and Inflation Reduction Act.

The capital program is subject to continued review and modification by the company. Actual expenditures may vary from the estimates due to changes in load growth, regulatory decisions and other factors. Acquisitions would be incremental to the company's 2023 to 2027 outlined capital investment plan. The company will provide updates as it identifies opportunities outside the plan.

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**WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR**

*We want to give a very special thank you to the Watford City community and the surrounding area for your support during this past year!*

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# Approach The Holiday Season With A Whole-Person Health Mentality

**(BPT) - By Rhonda L. Randall, D.O., Chief Medical Officer at UnitedHealthcare**

The holiday season can evoke a range of strong emotions. While stereotypically associated with feelings of joy and excitement, the holiday months can also be ridden with physical and mental demands - from cooking meals and hosting family, to entertaining and traveling - which may trigger less-than-jolly experiences.

In fact, studies show the holiday season brings an increase in stress for many of us, and for the majority of those with pre-existing mental health conditions (64%), their symptoms may worsen.

With the holiday season in full gear, recognizing the intrinsic connection between our mental and physical health may be more important than ever. If your mental health is suffering, your physical health may suffer and vice versa - which may mean our nationwide decline in mental wellbeing has potential physical consequences.

How can we better prepare for this potential one-two punch to our health? Approaching this holiday season with a whole-person health perspective - acknowledging that social, emotional, economic and environmental conditions may affect your health - can make all the difference, empowering each of us to develop a system that integrates practices to boost physical and emotional health.

### Learn And Recognize Your Triggers And Responses

The first step to developing healthy coping mechanisms and managing your response is pinpointing your triggers. Some unhealthy responses to stress include smoking, drinking or eating too much, and lashing out at others. If you notice any of these feelings arise, pay attention to what might have triggered the response and consider the following tips to help mitigate your response:

1. Deep breathing and guided meditation. Meditation trains your mind to focus

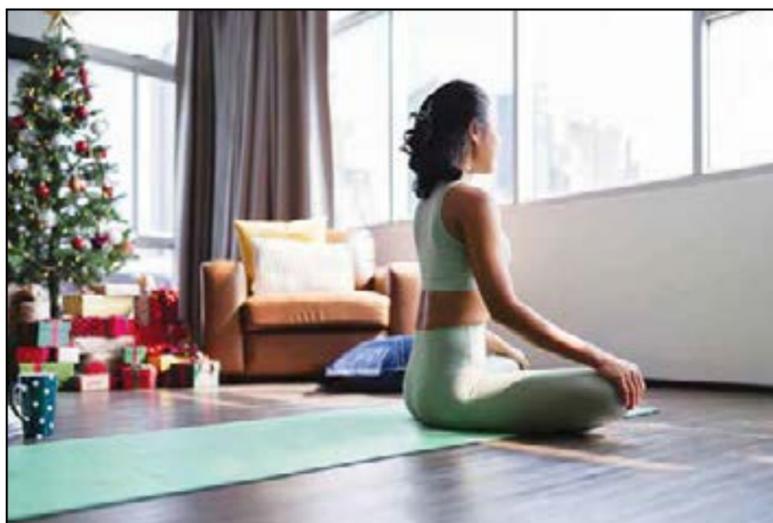
and redirect your thoughts. This technique is linked to reductions in anxiety, improved responses to stress and may help improve depression symptoms and reduce negative thoughts.

Tip: If you're confused where to start, consider trying out an emotional support, self-care app that may help you cope with mild stress, anxiety and depression.

2. Maintain physical exercise and good nutrition. Physical activity is linked to lower blood pressure and stress hormone levels, and gut health is directly linked to our mental health. This does not need to be complex or expensive - a 30-minute walk may help ease symptoms related to depression and anxiety, relieve stress and improve mood.

Tip: Many health plans offer wellness incentives and rewards programs for everyday healthy living, such as exercising, avoiding nicotine, or enrolling in a gym membership or other wellness programs.

3. Connect with your primary care provider. While



taking action to implement physical health and mindfulness practices may provide great benefits, remember that it is not a substitute for mental health treatment. If you find yourself continuing to struggle, consider talking to your primary care provider (PCP) about ways to feel better. Your PCP can also provide guidance on obtaining additional support

from a mental health professional. If you don't have a PCP, now is a great time to establish a relationship with one. You can get details on your health plan's website or app - or call the number on your member ID card.

Tip: If you are at home for the holidays and are having a hard time finding a quiet and private place to connect with a mental health

professional, or are concerned about financial pressures, some health insurers give members access to a provider virtually via an app on their phone or computer.

With a little preparation, we can help ourselves - and our loved ones - have happier, healthier holidays, and a fresh start for the new year ahead.

## Golden Roundup

### Prevent Missing Out On Activities: Get Your Flu Vaccine Today

(BPT) - Heavier jackets are out. Noses are running. Germs are thriving.

During this time of year, it's important to arm yourself with information on how you can help protect yourself from the flu. This may be especially important this winter, with COVID-19 variants still prevalent in some com-

munities. The Centers for Disease Control and Prevention (CDC) reported a decline in flu hospitalizations and deaths last season, citing masking and social distancing as likely contributions. However, reduced COVID-19 restrictions may result in increased influenza activity.

Getting a flu vaccine

may be the best way to protect yourself and your loved ones - and can help keep you from missing important events, like family gatherings over the holidays and into the new year.

If you're unsure if a flu vaccine is right for you, you're not alone. There can be a lot of confusion out there surrounding vaccines. To help, here are five common flu vaccine myths - and the facts behind them.

Myth 1: You can get the flu from the flu vaccine.

Every year, some people choose not to get a seasonal flu vaccine because they have heard you can get the flu from the vaccine. However,



that's not true. In fact, doctors strongly recommend getting the flu vaccine because it is the best way to help protect yourself from the flu. The

flu vaccine has a good safety record, it doesn't cause serious side effects and may even help reduce the seriousness of your symptoms if you do get the flu.

Myth 2: The flu vaccine isn't safe for older adults.

The flu vaccine is safe, simple and a smart choice - no matter your age. In fact, the flu vaccine is especially important if you're 65 or older because older adults are at higher risk for serious flu complications, which could result in a hospital stay.

Myth 3: The flu vaccine causes strong side effects.

Side effects from the flu vaccine are typically mild, if any happen at all. The most common side effects are soreness, redness or tenderness where the shot was given. A low-grade fever, headache or muscle aches may occur but usually only last a day or two. The flu vaccine also doesn't interact with other medications, so you don't have to worry about changing your medication routine.

Myth 4: I got a flu vaccine last year, so I'm fine for this year.

Even if you received a flu shot last year, the CDC recommends a yearly flu vaccine for optimal protection, due to the fact that a person's immunity from vaccination declines with time. Also, the flu viruses are constantly changing so the vaccine is updated each year, as needed.

Myth 5: I got the COVID-19 vaccine, or a booster, and so I can't get the flu vaccine.

The two vaccines are very different and protect you from different viruses. There are no interactions between the two vaccines. Both are recommended by the CDC to help maintain optimal health and you can save a trip by getting both vaccines at the same time.

Whether you are enrolled in Original Medicare or have a Medicare Advantage plan, your flu vaccine is covered at no additional cost. So don't wait - visit your doctor's office or a participating pharmacy and get your flu vaccine today.

This information is for educational purposes only and is not a substitute for the advice of a medical provider.

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