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Wednesday, November 30, 2016

Volume 42 • Number 42

Earning The Pie!

Over 75 participants enjoyed the nice weather for the annual Turkey Trot at the **Connie Wold Wellness** Center in Watford City on Thanksgiving morning. (Photo by **Kathy Taylor**)



Barracuda Swim Club Offers Classes for All Ages, All Year

By Cheyenne Wiley

Barracuda Swim Club owner Faith Phelps had to nearly drown twice to get to where she is today. Though the incidents were childhood mishaps, Phelps spent years training and competing on swim teams to acquire the knowledge she now passes on to others.

Phelps offers swim lessons and water aerobic classes to all ages at the warm indoor pool at the Wyndham Microtel Inn and Suites. She instructs water aerobics Tuesday through Friday from 9 a.m. to 9:45 a.m. She also teaches swim lessons Monday through Friday until 11:30 a.m. Mommy and Me classes involve children under 3 years old and their mothers, and they are held on Mondays at 9:50 a.m.

"I will teach anyone who doesn't know how to swim," Phelps said. "I've had a lot of adults tell me they don't know how to swim, and I'd like to teach

them how.' The recently transplanted Arizona girl founded Barracuda Swim Club, LLC six months ago when she learned Sidney did not have a year-round

swim club or an indoor pool. Armed with her passion for swimming but no tools, Phelps took to Facebook to ask who would be interested in swim classes. The online post garnered much interest.

"I had so much response; my phone was blowing up," Phelps said.

She made a deal with a motel swimming pool, took out a loan, bought equipment, worked part-time at another job, and started the swim club.

"It happened so quickly," she said. "We had so many customers. At one point, we had over 100 spots filled, between kids

Get Your Tickets to Sidney Sportsman's **Night Out This** Saturday, Dec. 3rd

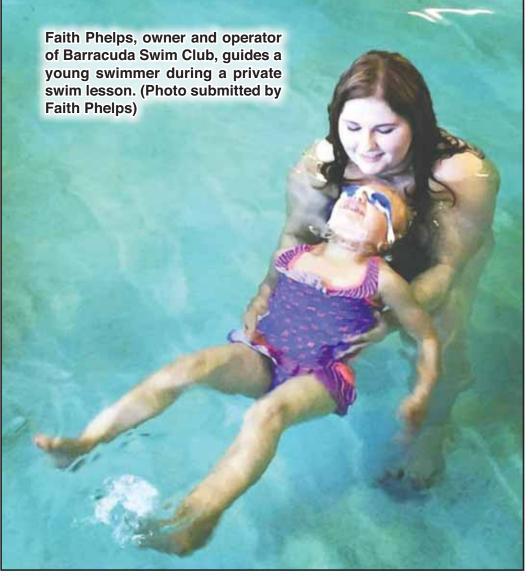
By Meagan Dotson

Ducks Unlimited is holding their Sidney Sportsman's Night Out, Saturday, Dec. 3rd at the Elks Lodge, 123 3rd St SW in Sidney. The event will be held from 6pm – 10pm and tickets are \$40 per single, \$60 per couple, \$15 for those 17 and under, or a Corporate Table for \$700, which seats eight and includes meals and an American Ruger .243.

There will be guns, raffles, and a live auction, and if anyone wears a camo or orange shirt to the evening's events, they will get a free raffle ticket.

Ducks Unlimited was founded in 1937 during the Dust Bowl when waterfowl populations dropped dramatically. Their mission is habitat conservation and today they are the largest and most effective private waterfowl and wetland conservation organization.

Online tickets are available at www.ducks.org/montana/ events until Dec. 2nd, or to purchase tickets via phone call Stacey at 406-489-2400.



in swim lessons and people in water aerobics."

Despite its move from the Holiday Inn to the Microtel swimming pool, the swim club remains successful. It has fewer participants than it once did, however, due to time constraints with motel guests using the pool. Phelps can only utilize the mornings for her classes now.

"We have the customers; we just don't have the most convenient hours for them," Phelps said. "Whatever parents can work out, I work with them."

Phelps has seen much success conquering children's fear

"I teach a nine-year-old who couldn't swim," Phelps said. "He hyperventilated when he looked at the water. Today, he swims back and forth across the pool all by himself, and he looks like he's been swimming his whole life. He could go be on the swim team if he wanted to."

Phelps said she could make a list of her students who at first could not get in the pool but now beg to jump in the water. Showing parents their child's results is a priority to her.

Jackie Laqua has seen "100% improvement" in her 3-yearold daughter.

"She was afraid of the water," Laqua said. Now her giggling, enthusiastic daughter smiles so big in the swimming pool that she chokes on the water.

Phelps said she believes trust is a major component in teaching people to feel comfortable swimming.

"Once they trust me, I can show them how to do things, and they immediately catch on," she said.

In Phelps' water aerobics classes, the ability to swim is not a requirement. The low-impact workouts are designed for those

with arthritis, joint replacements, or simply the desire to have fun. "It's awesome because it's for anybody," Phelps said. "I do the classes every single day and that's how I get my workout."

Water aerobics classes start at \$40 a month, and swim lessons start at \$68 for a group class. Private lessons are also available. Phelps currently offers special holiday prices. Barracuda Swim Club also has t-shirts, hoodies, and pants for sale.

To contact Faith Phelps, visit Barracuda Swim Club, LLC on Facebook or email barracudaswimclubllc@gmail.com. "For me, it feels like I don't have a job because I just do

what I like to do," she said.

Sidney Young **Professionals** Holding a Winter Clothing Drive, Dec. 8th - 16th

By Meagan Dotson

Sidney Young Professionals (SYP) will be holding a winter clothing drive Dec. 8th - 16th; donations can be dropped off at the donation box housed at Meadowlark Public House, 117 S Central Ave in Sidney. The kickoff begins during the SYP monthly meeting, Thursday, Dec. 8th at the Meadowlark Public House from 6pm - 8pm. The recently formed group is seeking donations other than coats, such as boots, hats, gloves, scarves, snow pants, socks, and long underwear in children's sizes. Donated items will be distributed to Richland County schools.

"We knew there was a need because we have educators on our board," explained SYP board member Katie Dasinger. "One of our goals is to fill the gaps between other organizations" service projects, such as the LYREC coat drive, Edward D. Jones toy drive, and the Lions' and Kiwanis' 'Gifts from the Heart' drives. We didn't want to detract from other fundraising events. so we focused on meeting supplemental needs."

SYP is a business service with the purpose of creating networking opportunities and outreach through events and classes, as well as developing a social element that highlights what Sidney has to offer outside of work. It was also formed as a way to address the high turnover of young professionals in the area, acting as a resource for businesses to help them recruit and retain employees.

SYP meets the second Thursday of the month, and is open to anyone in Richland County. There is no cost to attend, however the group asks for at-the-door donations to help cover the costs of the monthly meetings.

The Dec. 8th meeting will start with appetizers and social, and includes a 30-minute program, addressing some of the needs of young professionals in the area. They invite the pubic to visit with them about their organization when dropping off donations.

For more information about SYP, contact Richland Economic Development Corp at 406-482-4679, or visit their Facebook

The 12 Days of Christmas will be Celebrated with Rough Rider Style, **Beginning Dec. 1st**

By Meagan Dotson

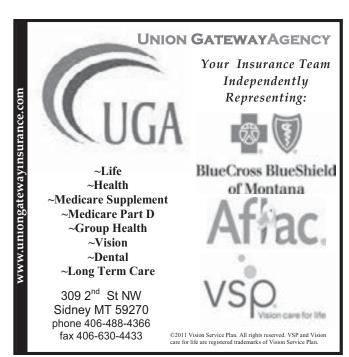
Join the Rough Rider Center in Watford City for the 12 Days of Christmas, beginning Dec. 1st with free hot dogs and chips from 5pm - 7pm, and a Lighting Ceremony at 6pm. Dec. 2nd stop by the Rough Rider Center and mail letters to Santa at their North Pole Mail Box from 5pm - 7pm, and on the third day of Christmas, have a French toast breakfast with Santa from 9am - 11am. On the fourth day of Christmas, there will be caroling on the concourse from 5pm - 7pm, with special guests singing at 6pm. On the fifth day of Christmas decorate and hang golden rings on the tree outside of the center from 5pm - 7pm and come back the next day during the same times for reading time with Mother Goose. On the seventh day of Christmas, purchase a swan at the Rough Rider Center receptionist desk and race your swan down the slides at 6pm; swans can be purchased from Nov. 25th - Dec. 7th, with all the proceeds going towards the Giving Tree at Social Services. The winning swan gets a stocking filled with goodies! Dec. 8th the center will be open from 5pm - 7pm with Eight Maids a Milking at 6pm. Meadowlark Dance Studio will perform at 6pm on Dec. 9th, and from 11am - noon Badlands Gymnastics will be performing, with free chili from noon - 1pm. On the eleventh day of Christmas, stop by the Rough Rider Center from 2pm - 4pm with a special performance at 3pm. And last, but not least, on the twelfth day of Christmas, the center will be open from 5pm - 7pm with a special performance of drummers at 5:30pm. There will be hot chocolate and apple cider available each day as well as singing the 12 Days of Christmas. All times are central times; for more information, contact the Rough Rider Center at 701-842-3665.

MNAXLP



Sports Injuries • DOT Physicals

Personal Injuries & Pain Conditions





Sidney Pickup

& Delivery:

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.

p.m. - AA Group, Northern Pump & Compression

Watford City. Call 770-3603 or 770-2675 for directions or

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

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.

8 p.m. - AA meetings, Trinity Lutheran Church Ed. Bldg,

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. bldg., 214 S. Lincoln Ave, Sidney.

STATISTIC **LAKE WATER LEVEL REPORT** Sakakawea Current Elevation......1839.3 One Year Ago1840.9 Release For Day (C.F.S.)13,000 **SIDNEY WEATHER DATA** Source: MSU Eastern Agricultural Research Center Date High Low

Nov. 2750240.00

Total YTD Precipitation14.54

Evelyn Noftsker, 97 Fairview, MT

Funeral services for Evelyn Noftsker, 97, of Fairview, MT were held at 3 p.m. Monday, November 28 at the Fulkerson-Stevenson Memorial Chapel in Sidney, MT with Pastor Kelly Sloan and Pastor Larry Hanson officiating.

An additional service was held at 10 a.m., Tuesday, November 29 at Stevenson Memorial Chapel in Baker, MT with Pastor Larry Hanson officiating.

Burial was at Bonneville Cemetery in Baker, MT.

Pictures, remembrances and condolences may be shared with the family at www.fulkersons.com.

Evelyn died Wednesday, November 23 at Roosevelt Medical Center in Culbertson, MT.

MonDak **Christmas Dec. 4**

The 30th Annual MonDak Christmas will be celebrated Sunday, December 4, 2016 at the MonDak Heritage Center. Admission is free and there will be activities for all ages.

This fun afternoon will include live musical performances by the Sidney Public Schools 5th Grade Choir and others still being scheduled, a fundraiser bake sale, free yarn ornament creation and photos with Santa! Additionally, the Christmas trees and wreaths from the Parade of Trees will be on display.

The photographic exhibit "Chasing Time: Montana's One Room Schools, A Photographic Essay by Neil Chaput de Saintonge and Keith Graham" will be displayed at the MDHC from November 30 until February 1st. To celebrate the contributions those schools make to the heritage of Montana, a portion of the funds raised that day will benefit the Rural Schools in Richland County and we will also accept donations of school supplies on their behalf through Christmas.

This event is also a perfect time to shop for unique gifts by local artists in the MonDak's gift shop where new books, art, and new artists have been added in recent weeks. It will also be time to stock up on baked goodies at the MonDak's annual

If you are interested in donating baked goods to the bake sale or participating in the entertainment, please contact Leann at 406-433-3500.

This event is FREE and open to the public, although donations for photos with Santa are appreciated. Sunday, doors open 1:30 pm. Refreshments will be served. We hope to see

For further information please contact the MonDak Heritage Center, mdhc@richland.org or call 406-433-3500.

Williston Builders **Association names New Executive Officer**

The Williston Area Builders Association is pleased to announce the hiring of their new Executive Officer, Mariah Bates.

Mariah grew up in coastal New Hampshire until she graduated high school and left for college. She then attended college at Colorado Mesa University in Grand Junction, Colorado where she received her Bachelors of Business Degree with a double major in Marketing and Entrepreneurship. Mariah moved to Williston, North Dakota with her husband Pace in February of this year.

Growing up in the construction industry around her father and uncles who owned and operated their own businesses as builders, developers, general contractors, roofers, and more, she was exposed to the lifestyle, needs and culture of the

With her experience in business, marketing, and outreach, combined with her entrepreneurial spirit, Mariah is determined and ambitious about WABA and all that she can do to grow it. Her willingness to reach out, meet new people, build new relationships and network herself will be an essential asset to the growth of this association.

We would like to welcome her to the team and encourage you all to meet her. With her help we hope to grow the association, bring its members closer together and expand our reach within our area of Burke, Divide, Mountrail, McKenzie and Williams County.

"We're excited to have Mariah as our new Executive Officer," said Bob Horab WABA president. "She will help us grow in all the communities we serve."

"Mariah has jumped into the role with ease, I see the Williston Builders membership growing, with her marketing and entrepreneurship degree she will help us create more value especially in the slowdown when it is needed. She is already taking on our largest event, the Home Show, and is also helping us start a new chapter in Watford City. Keep your eyes on the Williston Builders. Good things are coming your way," said Ken

For more information on the Williston Area Builders Association and how you can join contact Mariah at 701-572-5744 or at eo@willistonbuilders.com.

Sidney Elks Lodge 1782 Hoop Shoot

The Sidney Elks Lodge will hold their Hoop Shoot December 3 at West Side Elementary. Registration will begin at 11:15 a.m. and the contest will start at noon.

The Elks Hoop Shoot, funded by the Elks National Foundation, is a free throw contest for children ages 8 to 13. Contestants' age group is determined by their age as of April 1, 2017.

For more information, contact the Sidney Elks Hoop Shoot Director, Lee Hurst at 406-480-5236.

API honors OpWorks, XTO, TrainND and **Eslinger**

The Williston Basin API recognized four groups and individuals for their achievements in relation to the oil and gas industry. The following were honored with 2016 Williston API Achievement Awards: OpWorks, Industry Innovation award; XTO Energy, Community Service award; TrainND Northwest, Outstanding Achievement Group award; and Brent Eslinger, Outstanding Achievement Individual award.

The API's next meeting is Dec. 6 at 6:30 p.m. at the Grand Williston Hotel. **MNAXLP**



RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Wed., Nov. 30

10 a.m.-4 p.m. - Chasing Time: Montana's One Room Schools - Free and open to the public. This event will continue through Jan. 28, 2017. Tuesday through Friday, 10 a.m.-4 p.m., Saturdays 1-4 p.m. MonDak Heritage Center. Fri., Dec. 2

4-8 p.m. - St. Matthew's Craft Bazaar - This event continues on Dec. 3 from 10 a.m.-4 p.m. Lunch will be available. 310 7th St. SE, Sidney. For more information call Kelly 406-482-5878, evenings.

Sat., Dec. 3

11:15 a.m. - Sidney Elks Hoop Shoot - Free throw contest for children ages 8-13. For more information contact Lee Hurst, 406-480-5236. West Sidney Elementary.

1:30-3:30 p.m. - MonDak Christmas - Free entertainment,

Sun., Dec. 4

photos with Santa, refreshments, crafts for kids. Annual bake sale. Free and open to the public. MonDak Heritage Center. 3 p.m. - Community Christmas Concert - Come help us ring in the Christmas Season! Admission: Bring a can or box of food for the Richland County Food Bank. Sidney Middle School Auditorium. For more information call 488-1666. Mon., Dec. 5 6:30 p.m. - Fairview Yoga Toy Drive - Fairview Yoga will be

waving their fee for class to anyone who brings a new or gently used toy to donate to a child in need. The toy drive will also be on Dec. 7. For questions call Kayla Fox, 209-263-1336 or Tammi Eldridge Warren, 406-480-9273. Tues., Dec. 6 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.

6 p.m. - Create a winter wonderland in time for Christmas. Support the sophomore class and have a blast. Savage High School. \$26 per person. For more information call Ms. Henwood, 776-2317 extension 217.

Wed., Dec. 7

9 a.m.-4 p.m. - QuickBooks for Farmers - Learn how to track and manage income, expenses, bank loans, farm budgets and more. \$99 fee. Preregister by December 2 with the Job Service Sidney, 406-433-1204.

Fri., Dec. 9

11:30 a.m. - Richland Red Hatters Christmas Lunch - Rod Iron. RSVP by Dec. 7, call Sylvia, 798-3882 or Margaret, 488-

Sat., Dec. 10

7 a.m.-1 p.m. - Gifts From The Heart - Shopping for any Richland County resident with children, ages 0-18, who feels they are in need may participate. Masonic Lodge, on Main Street across from the court house. 9:30 a.m. - Annual Bake Sale & Auction - Free refreshments

served, everyone welcome. Peoples Congregational Church, 405 10th Ave. SW, Sidney. 406-433-3707. 10 a.m. - Santa Run - Run starts at Shops at Fox Run, 10

a.m., 5K; 11 a.m., 1 mile. Registration fee \$25. For more information and to register, https://runsignup.com/RACE/MT/ Sidney/SantaFunRun2016. Wed., Dec. 14

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. Sat., Dec. 17

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.

ROOSEVELT COUNTY

Events in Bainville unless otherwise listed. MT Zone. Sat., Dec. 3

10 a.m.-3 p.m. - Bainville Winter Bazaar - Bainville High School, multipurpose room, 400 Tubman Street, Bainville, MT.

McKenzie County Events in Watford City unless otherwise listed. CT Zone

7 p.m. - A Magical Medora Christmas Concert - Featuring past and present Stars of Medora. Tickets available at First International Bank & Trust, Cornerstone Bank, Dakota West Credit Union, BNC and at the door. Watford City High School Amphitheater

Thurs., Dec. 15

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., Nov. 30

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. Nov. 30- & Dec. 1, photos with Santa, craft night and ice sculptor demo, Dec. 4, 5, 7 & 8, photos with Santa & Craft Night. Spring Lake Park, Williston.

Thurs., Dec. 1 4-8 p.m. - Downtown Holiday Stroll - Free kids activities, street activities, ugly sweater discounts 21+, shop specials all day, downtown Williston.

5 p.m. - Christmas Tree Lighting Ceremony - This event will be held at 26th Street and 2nd Avenue West, Williston, ND. Fri., Dec. 2

5:30-8:30 p.m. - Reindeer Games Family Fun Night -Holiday activities your kids will love. Free admittance with one donated non-perishable food bank item per person. Williston State College, Skadeland Gym. For more information go to willistonfriendlyfaces@gmail.com.

7-9:30 p.m. - The Reason: A Family Christmas Experience - A high energy night of music and a family Christmas experience designed to celebrate and share the reason for the season featuring Brandon Heath and Nichole Nordeman. New Hope Church, 721 26th St. W, Williston.

Sat., Dec. 3

5 p.m. - Festival of Trees Gala- Holiday themed formal event; 5 p.m., social hour; 6 p.m., dinner followed by tree auction and dance. Skad Gym, Williston State College. Purchase tickets at Clothing Connection, 1008 Main, Williston, 701-713-4383 or check the Friendly Faces facebook page for more information.

Fri., Dec. 9

Williston Economic Development Holiday Open House -The public is invited for food, beverages, door prizes and networking opportunities. Center for Development.

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone Fri., Dec. 2

6-9 p.m. - Kids-Mas Christmas - Dawson County Boys & Girls Club will offer wrapping from 6-9 p.m. Kids shopping 6-8 p.m.; parents of the control of the cont Ave., Glendive, MT. 406-377-3876.

7 p.m. - Charles Dickens' A Christmas Carol - Dawson Community College, 300 College Drive, Glendive, MT. This event is also at 7 p.m. on Dec. 3 and 3 p.m. on Dec. 4. For more information contact Joe Peterson, 406-377-9459.

Sat., Dec. 3 11:30 a.m.-2 p.m. & 4:30-7 p.m. - Lutefisk and Meatball Dinner - Tickets sold at the door, adults-13 years, \$15; 6-12, \$6. under 6, free. Zion Lutheran Church, 401 Riverview,

Glendive, MT. Sun., Dec. 4 4 p.m. - Nutcracker Performance - Performed by La Donna's School of Dance. DCHS, 900 N. Merrill Ave., Glendive, MT.

Sat., Dec. 10

6 p.m. - Down Home Christmas Dinner - An evening of fun, food and a good time. No host cocktail hour, silent auction, live auction, buffet style dinner. \$25 per person. Moose Lodge, Glendive, MT. To get tickets call 377-7999 or stop by the Boys and Girls Club of Dawson County, 111 West Bell Street, Glendive, MT.

Sidney Football All-Conference & All-State Honors



All Conference Honors, top from left, Jace Johnson, Honorable Mention kicker; Sawyor Thogerson, 2nd Team All Conference full back and middle line backer; Max Peters, 1st Team All Conference defensive end and Honorable Mention left tackle; Jared Steinbeisser, 2nd Team All Conference safety; Brenley Steinbeisser, 1st Team All Conference offensive tackle and defensive tackle; Garret Leland, 1st team All Conference offensive guard; Layne Swigart, Honorable Mention defensive end; bottom from left, Carter Hughes, Honorable Mention offensive guard; Dawson McGlothlin, 1st Team All Conference defensive back and quarterback; Justin Candee, 2nd Team All Conference center; Trace Jones, 1st Team All Conference cornerback and 2nd team wide receiver; Michael McGinnis, 1st team All Conference safety and Honorable mention wide receiver; Alec Lovegren, 1st team All Conference running back and 2nd team All Conference outside linebacker. Not pictured is Ian Aldrich, 1st team all conference kicker. (Photo by Kathy Johnson.)



All State Honors, Garret Leland, offensive guard; Dawson McGlotlin, quarterback; Alec Lovegren, running back. Bottom, Brenley Steinbeisser, defensive back; Trace Jones, cornerback; Michael McGinnis, safety. (Photo by Kathy Johnson.)

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Everything Roundup on the web.





Pictured are members of the Yellowstone Valley Trailblazers 4-H Club with items that were collected for local senior citizens.

Yellowstone Valley **Trailblazers Collects Donations** for Local Seniors

Submitted by Mya Jorgensen, Yellowstone Valley **Trailblazers Reporter**

The Yellowstone Valley Trailblazers 4-H Club recently collected donations to fill wish lists for the Senior Citizens Center and the Sunrise Manor both in Savage. Members of the club wanted to give back to our community during the Thanksgiving holiday, and it was suggested a lot of people could be helped by collecting donations for the Senior Citizens Center and the Sunrise Manor. The Yellowstone Valley Trailblazers and their families provided many items including hams, vegetables, soups, dinner rolls, pies, paper towels, puzzles and much more. The Seniors Citizens Center and the Sunrise Manor were very grateful and excited when the donations were delivered.

Enjoy a Christmas Classic Event at Fox Run Dec. 9th & 10th

By Meagan Dotson

The Shops at Fox Run will be holding a Christmas Classic event Friday, Dec. 9th and Saturday, Dec. 10th with great sales and specials both days; store owners invite the community to kick off the holiday season, and they welcome Eastern A Tip Off Tournament sports fans to stop by and enjoy activities and great shopping, too.

Saturday, retail shops will be having their Christmas open houses where customers can register for door prizes.

The businesses at Fox Run and Run the World Sidney Run Club have partnered together to hold a Santa Fun Run that day, beginning at Fox Run, 404 N Central Ave in Sidney. The 5K run starts at 10am, and a 1 mile run/walk for families starts at 11am; participants are invited to put on their best ugly sweater or dress up in Santa or elf-wear. Runners can register the day of at High Caliber Sports, but to ensure that you get a 2016 Santa Fun Run T-shirt, pre-register online at https://runsignup.com/Race/MT/Sidney/SantaFunRun2016 by Nov. 30th (today). Registration is \$25 per person and part of the proceeds will benefit the Richland County Christmas Coalition "Gifts from the Heart", which donates Christmas gifts to children in need.

From noon to 4pm, 4-H vendors will be outside the stores selling tasty treats, and carolers will be outside spreading Christmas cheer. Bright Beginnings Preschoolers will be filling Reynolds Market with the festive sounds of Christmas carols inside the store at 1pm. Santa will be arriving in style at 1pm, also, and will be inside Reynolds Market at 1:30 so parents and grandparents can take pictures of their little ones with him.

So, come out to the shops at Fox Run for a Christmas

Classic event to remember! **MNAXLP**







Sidney Mayor Visits West Side 1st Graders

Sidney Mayor Rick Norby was the guest reader for West Side first grade class on Nov. 21. Norby read the story "Mayor for a Day" and answered questions from the students. (Photo submitted)



The Sidney Chamber held their annual Parade of Lights and Christmas Stroll on Nov. 26. This year's theme was "Christmas Around the World." Above is the Reynolds Market float with the Reynolds mascot Foxy and Kayla Reynolds handing out candy to parade watchers.

Sidney Sportsman's Night Out Saturday, December 3, 2016 Elks Lodge • 123 3rd St SW • Sidney, MT

Doors Open at 6pm Guns, Raffles & Live Auction \$40 - Single | \$60 - Couple \$700 - Corporate Table



Corporate Tables - Get 8 Seats & Meals Plus an American Ruger .243

For tickets, call Stacey at 406-489-2004 or go to www.ducks.org/montana/events

County Agent Update Bv Danielle Steinhoff New Romaine - Rolette County gardener "Full, sturdy plants. De-

Lettuce is a Winner!

Romaine lettuce has become one of the most popular vegetables in our North Dakota Home Garden Variety Trials. It's more popular than our leaf lettuce, butterhead lettuce and iceberg lettuce trials - combined. Gardeners in these trials have discovered romaine lettuce is easy to grow and delicious.

This summer, 33 families compared the new romaine variety 'Fusion' with 'Green Forest', a standout performer in ND for years.

'Fusion' is a cross between leaf and romaine lettuce. Gardeners discovered it had the best qualities of both: the wavy leaves of leaf lettuce and the crisp texture of romaine.

'Fusion' tolerated the summer heat and resisted going to seed. Some gardeners harvested all summer. They enjoyed its mild flavor and its ability to regrow after each harvest. They commented:

"I liked its glossy green color and ruffled edges. Milder and superior taste.'

licious, mild flavor. Heads were quite large and did not go to seed until late. I was still picking in August and sharing with neighbors."

- Mountrail County gar-

Twenty-five of the 33 (76%) gardeners preferred 'Fusion' over 'Green Forest' and 31 (94%) gardeners recommended 'Fusion' for North Dakota. That's a winner! Look for 'Fusion' in your 2017 cat-

Would you like to join our research team? Everyone is welcome! Go to www.ag.ndsu. edu/homegardenvarietytrials/.

Edamame for North Dakota

Do you want a healthy snack? Try edamame. What's

Edamame are soybeans harvested when young, before the seeds inside the pods harden. The pods are boiled or steamed before served.

When living in Taiwan, I learned edamame is a snack as popular as potato chips or peanuts in the USA. A bowl of edamame would always

ulbertson

appear whenever a group of people gathered together. We would shell the pods and pop the sweet seeds into our mouths. Edamame was especially popular with beer.

The key to great edamame is to eat it when it is fresh. Farmers in Taiwan would harvest the crop in the middle of the night (when the sugar content was highest) and then freeze it immediately to export to Japan.

Fresh edamame is a delight, but the Asian varieties struggle to ripen before frost in North Dakota. The variety 'Envy' matures early and has performed best in research trials, but its yields are low and its flavor is only satisfactory.

Both of the above topics are from the North Dakota State University Extension Service Yard and Garden Report. This year we compared 'Envy' with 'Tohya'. The performance of 'Tohya' was remarkable. It was earlier and more productive. The pods were bigger and the seeds were more delicious. I invite you to try 'Tohya' next year. You can prepare it like lima beans for dinner, or eat it as a snack any time!

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Christmas Around the World BINGO

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The service of remembrance will be on

Sun, Dec 4 at 1 pm in the Chapel of Fulkerson-Stevenson Funeral Home in Sidney, MT.

Anyone who has lost a loved one is invited to attend the service. A tree will be set up and decorated with ornaments brought by family members. The ornaments may simply be a small picture, name or favorite ornament. These may be dropped off ahead of time should you not be able to attend or bring the ornament

when you attend the service.

Refreshments served following the service.

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Remembrances & condolences may be shared with family at: www.fulkersons.com

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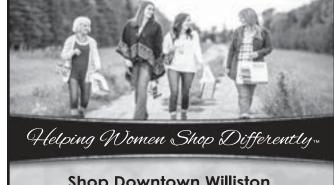
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Sidney School

Thurs., Dec. 1: Chicken patty, cheesy potatoes, mandarin oranges.

Fri., Dec. 2: Corn dog, tater tots, applesauce.

Mon., Dec. 5: Turkey gravy over potatoes, peach cups, dinner roll. Tues., Dec. 6: Cheeseburgers, french fries, strawberry banana

Wed., Dec. 7: Biscuits and gravy, hash brown, orange juice.

Savage School Thurs., Dec. 1: Chicken drum-

mies, mashed potatoes with gravy, carrots, peaches, milk. Fri., Dec. 2: Sub sandwiches,

fries, pineapple, lettuce, pickles. Mon., Dec. 5: Taco/shell, refried beans, lettuce cups, cheese, peas, pineapple. Tues., Dec. 6: Tater tot casserole,

green beans and carrots, peaches. milk.

Wed., Dec. 7: Ham and cheese sandwich, vegetable soup or potato soup, pears, milk.

Froid School

Thurs., Dec. 1: Chicken fajitas, lettuce mix, chips with cheese, taco bar, fruit, milk.

Fri., Dec. 2: Corn dogs, three bean salad, salad bar, fruit, milk. Mon., Dec. 5: Tomato soup, grilled cheese sandwiches, lettuce mix, salad bar, fruit, milk. Tues., Dec. 6: Biscuits with sausage gravy, hash browns, salad bar, fruit, blueberries, milk.

Wed., Dec. 7: Roast pork, au gratin potatoes, veggies, buns, dessert, salad bar, fruit, milk.

Bainville School Thurs., Dec. 1: Sweet-n-sour

chicken, stir fry veggies, egg rolls, pineapple. Fri., Dec. 2: Sloppy joes, chips,

fruit. Mon., Dec. 5: Chicken strips,

french fries, cauliflower, applesauce.

Tues., Dec. 6: Taco in a bag, refried beans, fruit, taco bar. Wed., Dec. 7: Chicken noodle hot dish, mixed veggies, fruit.

Culbertson School Thurs., Dec. 1: Cheeseburgers,

fries, fruit, milk. Fri., Dec. 2: Cream of broccoli soup, ham sandwiches, fruit, milk. Mon., Dec. 5: Twice baked pota-

toes, fruit, milk. Tues.. Dec. 6: Philly cheese steak on hoagies, chips, fruit, milk.

Wed., Dec. 7: Chicken breast, baby bakers, carrots, fruit, milk. **Richey School**

Thurs., Dec. 1: Cheeseburger, fries, corn, fruit cocktail, milk.

Fri., Dec. 2: Tuna noodle casserole, peas, peaches, milk. Mon., Dec. 5: Green bean casserole, dinner roll, pears, milk. Tues., Dec. 6: Deli sandwich,

pickle spear, chips, mandarin oranges, milk. Wed., Dec. 7: Super potato oles,

fresh veggies, applesauce, milk.

Lambert School Thurs., Dec. 1: Burrito, fresh

veggies, jello, fruit, milk. Fri., Dec. 2: Italian dunkers, green beans, pears, milk. Mon., Dec. 5: Egg rolls, stir fry

veggies, rice, pineapple, milk. Tues., Dec. 6: Tater tot hot dish, salad, buns, fruit cocktail, milk. Wed., Dec. 7: Ham and turkey sub, fresh veggies, chips, broccoli

salad, peaches, milk. **Watford City**

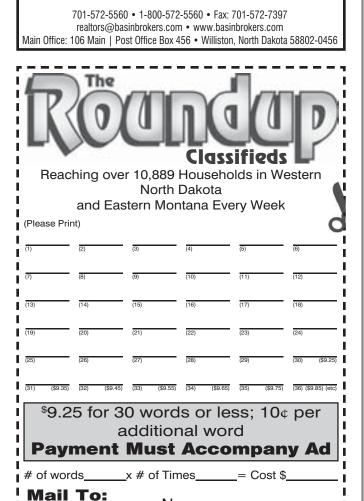
Thurs., Dec. 1: Chicken strips, mashed potatoes with gravy, biscuit, steamed carrots, cinnamon applesauce.

Fri., Dec. 2: Sausage pizza, steamed broccoli, orange wedges, fruit snacks.

Mon., Dec. 5: Crispitos, breakfast potatoes, carrot sticks with dip, mandarin oranges. Tues., Dec. 6: Hot ham and

cheese croissant, potato wedges, veggie medley, pineapple.

Wed., Dec. 7: Super nachos, mexican rice, corn, grapes, cinnamon grahams.



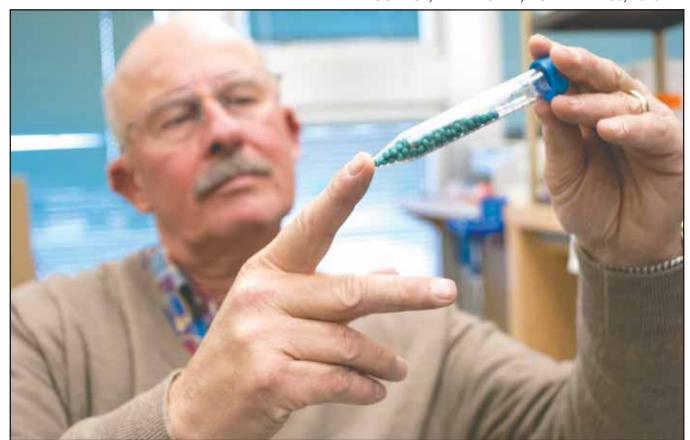
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Breakthrough Ag Technology from MSU Registered for **Commercial** Use



From MSU News Service

A naturally occurring bacterium discovered by Montana State University has been registered for commercial use and sale by the U.S. Environmental Protection Agency for its impressive plant-disease fighting capabilities.

This is the first time MSU has had a technology registered by the EPA for commercial use, a significant milestone in the university's research and technology transfer history. Canada has published an intent to register the bacterium for use and other countries are expected to follow suit.

The disease-fighting bacterium, BmJ WG, was discovered and named "Bacillus mycoides isolate J" by Barry Jacobsen, associate director of the Montana Agricultural Experiment Station and professor of plant sciences and plant pathology in MSU's College of Agriculture.

It is currently licensed for use by Certis USA, one of the world's leading manufacturers and distributors of biotreatments for plant pests and diseases.

Jacobsen originally isolated the bacterium in 1994 from a field of sugar beets near Sidney, Montana that had been devastated by a catastrophic Cercospora leaf spot outbreak. Jacobsen's early research showed the

Pictured above: MSU College of Agriculture Professor Barry Jacobsen holds a sample of an agricultural disease-fighting technology that could save farmers around the world millions of dollars. MSU research has shown the technology, a naturally occurring bacterium dubbed BmJ, works on a wide array of crops and diseases and initiates an innate immune response by activating a gene found in most plants. (MSU Photo by Kelly Gorham.)

bacterium activated the natural immune defenses of plants against bacterial, viral and fungal diseases.

"When I first started working with this I thought we really had something special with which to protect sugar beets," Jacobsen said. "Subsequent research by Certis discovered it could do more than I ever dreamed. It is so gratifying to see how this will help protect so many different crops around the world."

Certis' research found the bacterium can be effective in fighting off diseases in almonds, all citrus crops, all cole crops - broccoli, Brussel sprouts, cabbage, cauliflower, etc. - all cucurbits - squash, zucchini, pumpkins - tomatoes, peppers, eggplants, tomatillo, okra, lettuce, legumes, pecans, apples, pears and other pome fruits, potatoes, spinach and sugar beets.

The patented BmJ spray, called LifeGard, is expected to provide farmers with an effective and natural alternative to traditional chemical crop treatments. It was just approved by

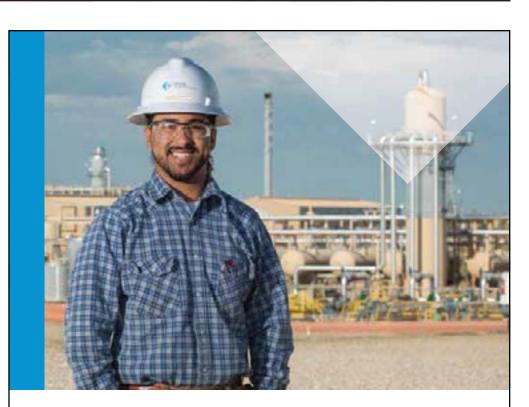
the Organic Material Review Institute for use in organic production. Attorneys with the international patent law firm Cooley were instrumental in counseling MSU throughout the patent procurement and licensing phases of BmJ's

development. That BmJ's journey to a commercial product took 22 years is illustrative of the challenges of moving scientific discoveries into the marketplace, said Renee Reijo Pera, MSU vice president of research and

economic development. "It is not easy moving a discovery in basic science into the marketplace," Reijo Pera said. "But the potential benefits of such work can be enormous -- world changing. In the case of the BmJ, this will benefit farmers not only in Montana, but across the globe. This is a great example of what a landgrant university like MSU can do to improve our world. It's a very proud day for us."

Many hands helped get BmJ where it is today. Jacobsen's early work was assisted by then post-doctoral research scientist Nina Zidack, now director of the MSU Potato Lab, and then doctoral student Rebecca Bargabus-Larson, both of whom are co-inventors. Also instrumental was Rebecca Mahurin, who served as director of MSU's Technology Transfer Office through BmJ's early development and now serves as special projects manager in the MSU Office of Research and Economic Development. In 2003, BmJ was licensed to Montana Microbial Products where its co-founder, Cliff Bradley, helped advance the research on the bacterium before it was ultimately licensed to Certis, USA.

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A Taste of Ethnic Christmas at Chateau de Mores Interpretive Center

Submitted by the State Historical Society of North Dakota

The public is invited to "A Taste of Ethnic Christmas" to be Ethnic Foundation. Cost is \$12 for adults and \$5 for children ages 6-12. Children under 6 are free.

The Chateau de Mores Interpretive Center near Medora is open Tuesday through Saturday, 9 a.m. - 5 p.m. (MT). For more information, contact the Chateau de Mores State Historic Site at 701.623.4355. Find out about additional upcoming educational programs sponsored by the State Historical Society of North Dakota at history.nd.gov/events.

held Dec. 11 from 10:30 a.m. to 2 p.m. at the Chateau de Mores Interpretive Center, Medora, North Dakota. Held in conjunction with Medora's Old Fashioned Cowboy Christmas, visitors can enjoy a served buffet featuring foods from the Northern Plains

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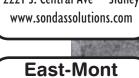
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DPHHS Offers Holiday Food Safety Tips

The holidays are a happy and often chaotic time of year for families. Food safety inadvertently can go by the wayside while people plan for visitors, budget for the holidays, and prepare for festivities.

The Department of Public Health and Human Services (DPHHS) is offering numerous food safety tips to help Montanans stay healthy this holiday season. "Being safe while preparing food is easier than people think," said Ed Evanson of the DPHHS Food and Consumer Safety Section. "Keeping these guidelines in mind will ensure that you can have a happy and healthy holiday season."

Safe Storage

- Make sure there is ample room in the refrigerator for everything that you plan on storing. Not having adequate room for air circulation may cause foods to not cool properly and may cause mechanical problems in the unit.
- Consider all the space that will be needed to store frozen and refrigerated items. You should also consider how you will keep foods hot and cold during mealtime and plan accordingly.

Handwashing

Handwashing is the most effective way to ensure that food contamination does not occur. You should wash your hands before food preparation begins, when switching between foods, after handling raw meats, or whenever your hands get dirty.

Fish and Wildlife Commission to meet in Helena Dec. 8

Submitted by Montana Fish Wildlife & Parks

The Montana Fish and Wildlife Commission will hold their regular monthly meeting Dec. 8 at its headquarters office in Helena.

The meeting will begin at 8:30 a.m. Audio and video of the meeting will be available at the Montana Fish, Wildlife and Parks regional offices. People will also be able to make public comments from regional offices through the live feed. Audio of the meeting will be streamed online at fwp.mt.gov.

The Commission will take final action on the following items, Biennial fishing access site rule; Biennial commercial use permit fee rule; Pine Grove Pond land donation; Avista cooperative management area biennial rule; grassland conservation leases; archery technology commission policy.

The Commission will also hear proposals for Wildlife Management Area biennial public use rules, 2017 spring turkey quotas and the Mount Silcox Wildlife Management Area forest management project.

Additionally, the American Fisheries Society will present its 2016 award for outstanding fish restoration project, and the Commission will hear a presentation on the mountain lion management plan.

FWP ensures its meetings are fully accessible to those with special needs. To request arrangements, call FWP at 406-444-3186.

Remember, to follow these steps for proper handwashing: first wet your hands with clean running water; then lather your hands with soap for 20 seconds, don't forget your nails and between your fingers; rinse your hands with water; and then dry them using a clean towel.

Thawing

- Turkeys should only be thawed in the refrigerator, in the microwave, or under cold running water; never on the counter. The first three methods allow the turkey to keep a safe temperature throughout, while the last does not.
- You should keep in mind that using your refrigerator to thaw your turkey may take three to four days, depending on what temperature you keep the refrigerator at and how big the
- It is important to remember not to rinse the turkey before cooking, as rinsing will only spread bacteria.

Safe Food Preparation

Use different cutting boards for vegetables and different types of meat. If multiple boards are not available, thoroughly wash the boards between uses.

Place food items in the refrigerator so contamination is prevented. This can be achieved by placing items that will not be cooked on the top shelf of the refrigerator, and then store raw meats according to cook temperatures. The best arrangement would be foods that have already been cooked and foods that will not be cooked on the top shelf, then raw pork, beef, seafood, and eggs, then raw ground meats, and raw poultry and game meat on the bottom shelf.

 For example, a vegetable tray and pie would be stored at the top of the refrigerator, raw beef and raw eggs would be stored in the middle, and the turkey and other poultry would be stored at the bottom.

Cooking

- The amount of time it takes to cook your turkey will depend on the size of the bird. A meat thermometer should be used to ensure that the entire turkey reaches 165° F.
- The thermometer should be used in three places: innermost part of the thigh, innermost part of the wing, and thickest part of the breast.
- Slow cooking or partially cooking the turkey should be avoided. If possible, cook the stuffing separately.
- Serve hot foods promptly after cooking to ensure that the food remains safe.

Leftovers

 Leftovers should be put away within 2 hours of eating. As with storing food before the feast, make sure there is ample room for air flow to ensure that everything cools properly. Store

Circle Farmer Wins Montana Farm Bureau Discussion Meet, Polaris

Submitted by Rebecca Colnar, AgNewsWire

Gil Gasper who serves as chair of the Montana Farm Bureau Young Farmers and Ranchers Committee was named winner of the YF&R Discussion Meet during the Montana Farm Bureau Awards Banquet Nov. 15. Gasper won a 2016 570 Polaris Ranger as well as an all-expense paid trip to Phoenix to compete in the national competition in January during the American Farm Bureau Annual Convention.

He bested three other competitors: Les Jensen of Circle, Charlie Hollenbeck of Molt and Shay Ritcher of Fort Benton during Monday night's competition. The competitors addressed how Farm Bureau can be a leader in the food labeling debate.

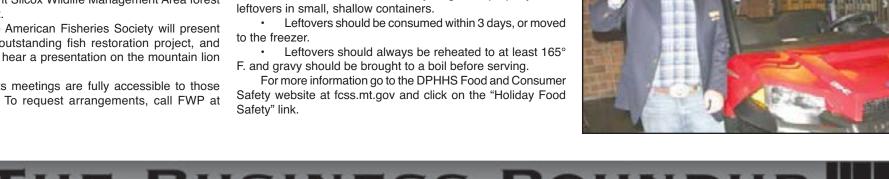
"We need to reach out to the consumer," noted Gasper, a Circle farmer, during the Discussion. "We want truth in labeling, and we need to stay positive in this discussion. As soon as farmers and ranchers become negative, we hurt ourselves. We need to create a united front as agricultural producers, work with legislators to craft policy and create opportunities to sell our product."

Gasper was thrilled with winning the competition. "The Discussion Meet gives you the opportunity to learn more about the endless amount of issues facing agriculture," the young farmer noted. "Plus, it's not every day you get to win a Polaris. My Ranger is going to work for me on the farm as soon as I aet it home.'

The Montana Farm Bureau thanks the following Polaris dealers for their generous sponsorship. Adventure Cycle & Sled INC, Dillon; JESCO Marine & Power Sports, Kalispell; Kurt's Polaris, Missoula; Kurt's Polaris, INC, Seeley Lake; Redline Sports, INC, Butte; Pure Bliss Cycle, Conrad; Gallatin Recreation, Bozeman; Helena Cycle Center, Helena; Hi-Line Polaris, Havre; Lewistown Honda & Polaris, Lewistown; Riverside Marine and Cycle, Miles City; Sports City Cyclery, Great Falls; Yellowstone Polaris, Billings.

The Montana Farm Bureau Federation Convention took place Nov. 13-16 at the DoubleTree and Northern Hotels in downtown Billings. The Montana Farm Bureau is the state's largest agricultural organization with more than 21,000 member families.







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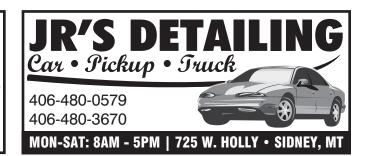
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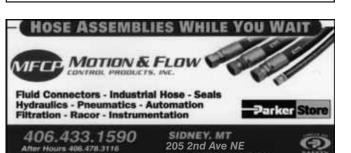


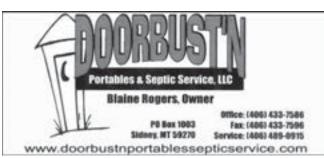




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Girl Scouts Fall Fun Night

The Sidney Girl
Scout Troops held
a fun night on Nov.
18 at Pella Lutheran
Church. The Scouts
collected canned
goods to be donated
to the food bank to
cover the cost of
entry dues. (Photo
submitted by Jeana
Barnhart)





MSU College of Agriculture Students Win More than \$400,000 in Scholarships

By Jenny Lavey, MSU News Service

BOZEMAN – The Montana State University College of Agriculture distributed more than \$400,000 in scholarships to more than 200 agriculture students at its annual student scholarship banquet held earlier this month.

The banquet, held during the college's annual Celebrate Agriculture event, attracted more than 300 Montana agricultural supporters and students.

College of Agriculture faculty and staff acknowledged agriculture students who received scholarships from a variety of donors during the 2016-2017 year, in addition to recognizing the college's 2016 Outstanding Agricultural Leader, Jim Hagenbarth. The banquet dinner featured a Montana-made meal highlighting local and regional foods and their agricultural producers.

With more than 110 distinct, named scholarships housed in the College of Agriculture, Montana businesses, families and individuals contributed scholarship donations in every size and shape, from a "full ride" (tuition and fees) to a silver belt buckle, according to Nora Smith, assistant dean of the College of Agriculture and Montana Agricultural Experiment Station.

"We are so fortunate to have such outstanding support for our students and such a commitment from our scholarship donors," Smith said. "Our donors understand the importance of keeping college accessible for Montana students, and they clearly see the value in investing in our agriculture future, which begins with our students."

The more than 200 College of Agriculture students who received scholarships represented every option and curriculum in the college's academic departments, with scholarships recipients averaging a 3.6 (out of 4.0) cumulative GPA, according to Smith.

The college's scholarship selection committee considered nearly 400 scholarship applications, Smith added, and noted that the committee consists of faculty from every department in the college. The committee is coordinated by Smith and Jessica Murdock, MSU College of Agriculture student services coordinator.

"These awards are not only going to students who are in financial need, but they are also awarded on merit and interests," Smith said. "The scholarships are going to high-achieving, motivated students who are engaged on and off campus, who are excelling in a variety of classroom environments. A lot of these students are really involved in the college's clubs and organizations as well."

The college hosts an online platform for scholarship applications for students, which streamlines the application process into a singular submission for the scholarship selection committee. That process gained particular notice in a national poll that ranked the College of Agriculture as the fourth best college of agriculture in the country, according to Campus Explorer.

Many of the scholarships provided to students come from current and historical Montana producers and generations of families who have long and storied connections to the college, according to Kevin Brown, senior development director for the College of Agriculture.

"What's remarkable about scholarship giving, particularly in the College of Agriculture, is the commitment to supporting the next generation of agricultural leaders – from all walks of life and from every industry," Brown said. "The agriculture community in Montana has a healthy and wonderful commitment to supporting current students who want to carry on MSU's agricultural legacy."

Some of the scholarship funds date as far back as the 1950s, and continue today bearing the name of a family member from a farm or ranch, or former MSU Cooperative Extension agents, or Montana Agricultural Experiment Station or college faculty, Brown said. Other scholarships are given from regional and local commercial agribusinesses, the Montana Wheat and Barley Committee, Montana FFA, Montana Cattlewomen's Association, First Security Bank, Alpha Zeta Society, statewide crop and beef producers and a host of College of Agriculture alumni.

The College of Agriculture includes six academic departments and seven off-campus research stations through the Montana Agricultural Experiment Station. More than 1,200 students from 44 states and 15 countries are represented in the college's student populace.

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