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Wednesday, January 8, 2014

Volume 39 • Number 47

MonDak Ag Days This Week

By Dianne Swanson

Richland County Ag Days will take place Thursday, January 9, 2014. Kick off the day with a KEYZ 660 breakfast and then go right into the educational sessions which will focus on agronomic topics and livestock production. There will also be a tour, whether actual or virtual. Thursday morning's speaker is Dr. Hanson, who will speak on "Farm Business Ownership, Family Succession and the Transfer of Business Management to the Next Generation". His talk will start at 8:30 a.m. and conclude about noon.

Friday, January 10, Richland County Extension will host the family program consisting of horticulture and other timely topics at their facility just north of Sidney.

The Richland County Fair Event Center will be filled on Thursday with exhibitors from a wide area featuring the best in agricultural products and services. The banquet Thursday evening will feature great food, and speaker Amanda Radke. Radke is a rancher, ag advocate, author and blogger from Mitchell, South Dakota. She writes for several magazines and posts to four or five blogs on a regular basis. She is also the author of the children's book "Levi's Lost Calf". FFA, which will celebrate its 75th Anniversary, will also be included in the evening's festivities.

Cowgirls-N-Conservation Jan. 21

The McKenzie County Soil Conservation District invites you to join them for a memorable evening of food, fellowship and entertainment January 21, from 5:30-9 p.m. Please RSVP by January 14, 2014 at 701-842-3628, EXT. 3.



Dummy Team Roping Event January 18

Cowboys and cowgirls, test your roping skills Saturday, January 18 at the VFW in Sidney during the Dummy Team Roping event. Entries will be taken from 3 to 4 p.m. with the roping to begin at 4:30. Kids will rope first. Pick 1 – Draw 1 will cost \$20.00. The top 15 will go to the short go for the Calcutta.

All proceeds benefit the Neal Hermanson 2014 Memorial Ranch Rodeo and Ranch Horse Competition. Proceeds from that rodeo then go to the empty Saddle Memorial Foundation. Those funds are used for scholarships and medical aid for area youth.

Brown to Present "The Top Ten Things Families Do To Break Up a Family Business"™ as Part of Taylor Ag Service's Grand Opening January 13



Jolene Brown

Article by Jolene Brown
Farmer and Professional Speaker

As a farmer and professional speaker, people in my audiences often confide in me. They tell me their stories about owning and working the farm with family members. Many are filled with anger, fear, disappointment and resentment. I listen carefully to their words and hearts. I share with them insight, realistic solutions, and tools to use. Then the next week I'm with a different audience. I hear the same stories with familiar plots.

Generation one is retired. (Well, he/she still comes to the farm and struggles with the transition from being the "independent boss" to being the "hired help" while still being the main capital investor.)

Generation two makes the management decisions and works very hard. (Communicates little, still trying to earn the unspoken respect of generation one. Worries about the estate plan of parents. Seeks to bring in the next generation for labor and please... not too many ideas.)

Generation three has many ideas, works very hard and brings those "in-laws" who ask questions. (He/she wants to be appreciated for energy and education and wants to know when he/she will be "old enough" to manage aspects of the farm. Exposure to technology and professions outside of agriculture have him/her asking questions, comparing and wanting answers.)

PROBLEM

In this generational diversity of needs and dreams, we have forgotten that sound business and transitional management must be based on more than genetics, tradition, assumptions and emotion.

THE RESULT?

We perpetuate what I call, "The Top Ten Stupid Things Families Do To Break Up Their Farm Operations."

1. Assuming all genetic relationships equal good working relationships
2. Believing the farm can financially support any and all family members who want to farm
3. Assuming others will / should / must change and not me
4. Presuming a conversation is a contract
5. Believing mind reading is an acceptable form of communication
6. Failing to build communication skills and farm/family meeting tools when the times are good so they'll be in place to use when the times get tough
7. Ignoring the in-laws, off farm family, and employees
8. Forgetting to use common courtesy
9. Having no legal and discussed estate, management transfer plan, or buy/sell agreement
10. Failing to celebrate

At my seminars, we face realities, laugh and learn, open eyes, and sometimes even wipe tears. We discover solutions and tools that give us choices to move our farm families from stupidity to intelligence. If not, I always have available the duct tape and a 2 x 4.

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www.JoleneBrown.com • Jolene@JoleneBrown.com

Jolene Brown will present "The Top Ten Mistakes That Break Up a Family Business," January 13 from 3 - 4:30 PM central time at the Outlaws' Convention Center in Watford City. Brown will also present "Wrinkles of Wit and Wisdom" following a 5:30 PM social and 6 PM dinner. RSVP by January 8 by calling 701-444-3772.

Older Adults Encouraged to Attend Stepping On Falls Prevention Program in Watford City

Are you an older adult who is perhaps afraid of falling, has fallen or is at risk of falling? If so, you will want to attend "Stepping On," a community-based seven-week program Wednesdays, January 29 to March 12. Each class will kickoff with an optional noon meal at a cost of \$10 at Outlaws Bar and Grill in Watford City. Sessions will follow at 12:30 pm to 2:30 pm at Outlaws. Pre-registration is requested prior to attending. Please contact the McKenzie County Extension Office at 701-444-3451 or e-mail Marcia.hellandsaas@nds.edu or contact Kathy Skarda at First International Bank at 701-842-2381 or by Friday, January 24 to express interest in this series.

Stepping On is sponsored by the McKenzie County Ex-

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

Richland County Centennial Farms & Ranches Workshop Jan. 21

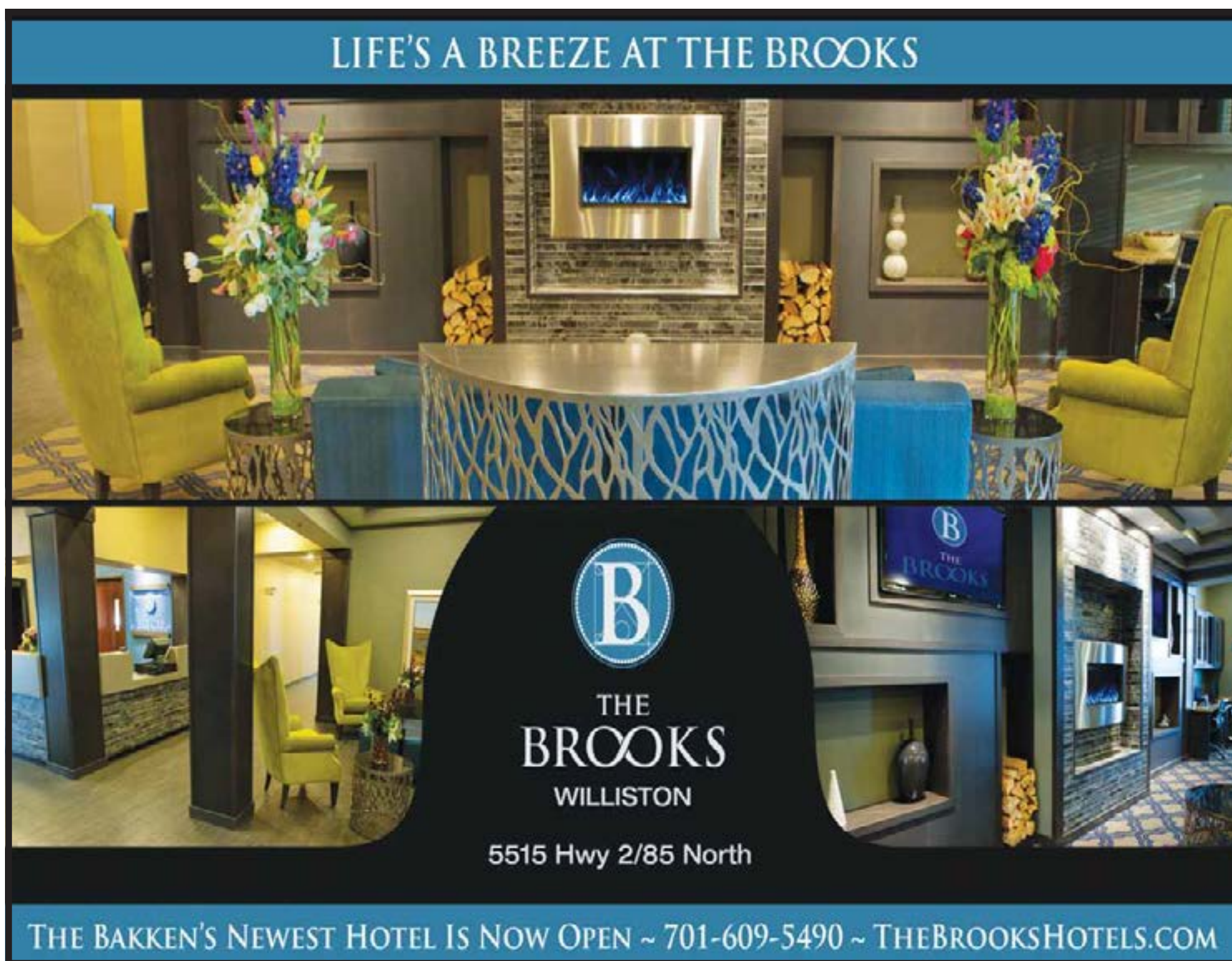
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Sidney Health Center Welcomes First Baby of 2014



Pictured are (L-R) Chase Cvancara and Shannon Nelson with their son, Brantley.

Submitted by Rita Steinbeisser
Brantley Lane Cvancara was the first baby born at Sidney Health Center in 2014. Shannon Nelson and Chase Cvancara of Cartwright, ND welcomed their baby boy on January 2 at 9:07 a.m. He weighed 7 pounds 7.2 ounces and measured 20 inches long.
For being the first baby born at Sidney Health Center in 2014, Brantley and his parents received a gift basket full of baby items valued at more than \$350 from the Sidney Health Center Volunteers who staff the Caring Corner Gift Shop and the Good Cents Store.
Although Brantley was the first baby born in 2014, 2013 was a busy year for the obstetric department. In the past year, 134 babies were delivered at Sidney Health

Center averaging 11 babies per month. Seventy-five of the babies were girls while fifty-nine were boys.
Sidney Health Center has two female Obstetrician Gynecologists who provide essential obstetrical services to women living in the Mon-Dak region including preconception counseling, genetic screening and diagnosis as well as management of both low and high risk pregnancies through delivery and follow-up care. Dr. Shari Twigg has been practicing in Sidney since 2011 and Dr. Chastity Edwards joined Dr. Twigg's practice in November 2013.
The Sidney Health Center obstetric and newborn units feature Labor, Delivery, Recovery, Postpartum (LDRP) rooms. These rooms are equipped with Jacuzzi tubs and Hill-Rom birthing beds. During labor, options for pain medication are offered. A trained and experienced OB and Nursery Staff is available 24 hours a day.
The obstetric department also offers a One-Day Childbirth Class four times per year. Instructors, Joyce Schulz, RN and Katharine King, RN will review the following topics: relaxation, anatomy and physiology of childbirth, types of delivery, anesthesia, breast feeding and child care. The session is free of charge; however, donations up to \$25 are gladly accepted to cover expenses.
For more information about the Sidney Health Center obstetric department, please call (406) 488-2146 or visit us online at www.sidneyhealth.org. To make an appointment with Dr. Twigg or Dr. Edwards, please call their office at (406) 488-2577.

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Watford City Area Chamber of Commerce & Economic Development Corporation Annual Meeting
Wednesday, Jan. 22
Outlaws' Bar & Grill Ballroom
Featuring Mark Haggerty's
"Windfall or Missed Opportunity? How North Dakota Returns Oil Revenue Compared to Other States"

Social Hour 6 pm
Dinner 7 pm

\$50 per person
RSVP to The Chamber office at 701-580-4348
or email wcchamber@restel.com

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Guest Speaker Jolene Brown, CSP Presents:
"The Top Ten Mistakes That Break Up a Family Business!"™
Monday, Jan. 13, 2014 • 3 - 4:30pm
FREE to PUBLIC • Outlaws' Convention Center

We can prevent many daily aggravations and farm family catastrophes if we learn from the mistakes of others. The "Top Ten Things Families Do To Break Up Their Business"™ is for members of all generations who wish to or are working together. This session provides great insight and practical ideas to improve farm family communications. You'll receive four valuable and tested take-home tools to increase productivity, profitability and peace of mind. From conversations to contracts, from assumptions to clarification, from complaints to celebrations, we'll open our eyes and save fighting on the way to the funeral home.



Jolene Brown

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AREA RECOVERY GROUPS

MONDAYS:
Noon — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
6 p.m. — Al-Anon, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
7 p.m. — AA meeting, Fairview Alliance Church, 704 S. Western Ave, Fairview.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

TUESDAYS:
7 p.m. — NA meeting, Fellowship Baptist Church 2181 W. Holly St. (across from the fairgrounds), Sidney.
7 p.m. — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

WEDNESDAYS:
5:30 p.m. — Sober Life Young People’s NAAA 12- step recovery group, 25 yr. old & younger, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
8 p.m. — Al-Anon, Sanford Room, McKenzie Co. Public Library, Watford City.

THURSDAYS:
8 p.m. — NA meeting, Millers’ Corner, 2201 W. Holly St., Sidney.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

SATURDAYS:
10 a.m. — Gamblers Anonymous at Millers’ Corner, Sidney.
9 a.m. & 7 p.m. — AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.
8 p.m. — NA meeting, Fellowship Baptist Church, 2181 W. Holly St. (across from the fairgrounds), Sidney.

SUNDAYS:
6:30 p.m. — “BUTT OUT” Support group, 309 S. Central Ave.
7 p.m. — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney

STATISTICS

Lake Water Level Report

Sakakawea Fort Peck

Current Elevation.....	1833.0	2223.0
Last Week’s Elev.	1833.0	2223.1
One Year Ago	1829.3	2234.0
Release For Day (C.F.S.)	17,000	6,500

WATFORD CITY WEATHER DATA

Source: North Dakota Agricultural Weather Network

Date	High	Low	Precip.
Dec. 29	11	0	0.00
Dec. 30	18	7	0.05
Dec. 31	10	-3	0.09
Jan. 1	3	0	0.06
Jan. 2	-10	-7	0.03
Jan. 3	36	33	0.00
Jan. 4	29	-5	0.00
YTD Rainfall			21.94

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Dec. 30	17	03	0.00
Dec. 31	04	-2	0.00
Jan. 1	08	03	0.00
Jan. 2	26	-14	0.00
Jan. 3	44	12	0.07
Jan. 4	12	-6	0.00
Jan. 5	-5	-19	0.00
Average YTD Precipitation			28.87

MSU Offers Free Calendar Featuring Wheat Pests of Montana

Submitted by MSU News Service

A free 2014 calendar featuring wheat pests of Montana is now available at Montana State University and MSU Extension offices around the state.

Titled “The Good, the Bad and the Ugly,” the calendar shows Pesticide Education Specialist Cecil Tharp on the cover with a noxious weed in his mouth and his hands at his sides, holding his weapons against weeds and insects. Among the “good” — featured in January, April, July and October — is MSU’s Schutter Diagnostic Lab which processes more than 2,000 samples every year to identify diseases, insects, plants and mushrooms. Among the “bad” — showcased in February, May, August and November -- is the evolution of agricultural pests to survive control measures. Among the “ugly,” seen in the remaining months, are improper pesticide use and herbicide resistance.

“The management of pests can be a daunting task, complicated by multiple management options, a wide array of pests, complicated safety issues and revenue losses,” Tharp said. “The calendar was a parody of the ‘Good, Bad and Ugly’ movie starring Clint Eastwood because pest managers are in a showdown that they need to be prepared for through education and good management decisions.”

Each month in the calendar contains colorful photos of subjects that include MSU students and staff, noxious weeds, insect pests, sheep, Montana fields, and MSU research centers. A memorable year, 2014 is the 100-year anniversary of the creation of the national Cooperative Extension System. In addition to other significant dates, the calendar notes that “The Good, the Bad and the Ugly” movie premiered in Italian theaters on Dec. 15, 1966 and Dec. 23, 1967 in U.S. theatres.

The calendar project was spearheaded by MSU Extension Plant Pathology Specialist Mary Burrows and produced by MSU faculty and staff with a grant from the Montana Wheat and Barley Committee.

To view the calendar online, go to <http://www.msuextension.org/plantpath/pdfs/IPM%20calendar%202014.pdf>

For a free calendar, visit local MSU Extension offices or contact Burrows at mburrows@montana.edu or (406) 994-7766.

MSU Extension seeks EcoStar Pollution Prevention Award Applicants, Nominees

Submitted by Sepp Jannotta

Montana small businesses and non-profits from all arenas, including agriculture, manufacturing, education, hospital-ity, healthcare, etc., are encouraged to apply for recognition of their outstanding pollution prevention efforts through the MSU Extension Pollution Prevention EcoStar Award program.

The EcoStar program, now in its 14th year, recognizes Montana businesses and organizations that are championing pollution prevention by: surpassing state and federal requirements to reduce solid and hazardous waste gener-ation; conserving valuable resources such as water, energy and clean air; and serving as role models for the state with their pollution-prevention efforts. EcoStar award winners receive recognition through media exposure and networking opportunities.

“The Ecostar award provides well-deserved recognition to Montanans who are diligently working to preserve and protect our environmental resources while creating a sustainable busi-ness model. It is also an opportunity to lead by example and demonstrate to other businesses how they can save money while protecting Montana’s environment,” said Jenny Gros-senbacher, Extension coordinator for the Pollution Prevention Ecostar Award program. “Last year’s 22 Ecostar winners from 17 Montana communities saved more than \$427,700 for their businesses, in part by saving more than 6.9 million gallons of water, conserving more than 2.5 billion British thermal units (BTUs) in heating, and reducing 41,493 pounds of hazardous waste. This is a significant impact on the state of Montana and serves as an excellent model for business.”

To be considered for the 2013 EcoStar award program, complete an online application before January 30, 2014, at <http://www.mtp2.org/ecostar.html>. Nominations are also accepted for this voluntary and non-regulatory program by contacting Jenny Grossenbacher at jenniferg@montana.edu.

More information, including past winners and applications, can be found online at <http://www.mtp2.org/ecostar.html>.

Roundup WEB.COM EVENTS

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Richland County
Events in Sidney unless otherwise listed. MT Zone.

Thurs., Jan. 9
7 a.m. — AG Days, Richland County Fair Event Center.
5 p.m. — TOPS, Crestwood NW entrance, Weigh-ins 5-5:30 p.m. Meeting 5:30-6 p.m.

Fri., Jan. 10
9 a.m. — AG Days, Richland County Extension Conference Room. Featuring gardening & beekeeping.
11:30 a.m. — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.
6:30 - 7:30 am— Men’s Breakfast Fellowship, Sidney Lutheran Brethren Church.
6:00 p.m. — AG Days Banquet with speaker Amanda Radke.

Sun., Jan. 12
12:30 - 5 pm — Annual Lutefisk and Meatball Dinner, First Lutheran Church, Savage.
1 p.m. — Savage Senior Center cards & potluck .
6 - 7:30 pm — Open skating, Ranger Arena, 801 7th Ave. SW.
6:45 p.m. — Sidney Moose Lodge Bingo, early bird 6:45 p.m. & regular session 7 p.m.

Mon., Jan. 13
11:30 a.m. — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.
6:30 p.m. — Sidney Moose Lodge Pinochle games.

Wed., Jan. 15
12 - 1 p.m. — Parents Cafe, Sidney Middle School band room, bring your lunch, we’ll supply the coffee & tea. Please stop in school office and check in. For more info call Melissa Dean 406-433-4097.

Thurs., Jan. 16
5 p.m. — TOPS, Crestwood NW entrance, Weigh-ins 5-5:30 p.m. Meeting 5:30-6 p.m.

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

Wed., Jan. 8
1 p.m. — Bingo, Watford City Senior Center, 205 5th St. NW, for more info call 842-3760.

Thurs., Jan. 9
7 p.m.— Pinochle, Watford City Senior Center, 205 5th St. NW, for more info call 842-3760.

Tues., Jan. 14
9 - 11 a.m. — Watford City MOPS group meeing at the Cross Point Church (304 2nd Ave. NE) , daycare available for small fee, for more info contact Angie Hartel @ 701-842-4552.

OTHER SURROUNDING COUNTIES

Wed., Jan. 8
12 - 1 pm — Lunch ‘n’ Learn of 2014, Community Room, Glendive Public Library. We will have Jim Devine & Sandy Stinnett, from Beaver Creek Brewery, as guest speakers.

FORT BUFORD HISTORY BOOK CLUB
Jan. 9
7 pm — Missouri Yellowstone Confluence Interpretive Center, for more info call 701-572-9034.

Notice

We welcome all events from schools, non profit organizations, churches, clubs, community, public meetings, and all other events. Call Kristi at 406-433-3306, email: classads@esidney.com, or just stop by The Roundup Newspaper, 111 West Main or PO Box 1207. The Roundup provides free Fax service at Meuchel Computer Services, Watford City, ND, for all news, photos & advertising copy. You may drop your Roundup payments at Meuchels.

View all monthly events on our calendar at www.roundupweb.com.

Short Video Highlights New Beef to School Movement in Montana

Submitted by Nancy Moore

Do you know where the meat in your child's school lunch comes from? Does he or she know? With national-scale food distribution systems the norm, it can be difficult to know the place of origin of the beef or chicken served in school cafeterias. In Montana, a movement is underway to take the mystery out of meat by bringing more local livestock into the lunchroom. A new video produced by National Center for Appropriate Technology's FoodCorps Montana highlights the burgeoning Beef to School movement that serves to connect students with Montana's rich ranching heritage, support local economies, and unite Montana

communities through food.

In the video, Kalispell Public Schools Foodservice Director Jenny Montague explains how her district's local beef purchases contribute to the economy in the Flathead Valley. "We have been able to spend \$35,000 locally that would have gone to a national distributor," she says of the 2012-2013 school year and the district's new business partnership with local meat processor, Lower Valley Meats.

Fifth generation rancher Cole Mannix understands the motives behind Montana's Beef to School movement perhaps better than anyone. In the video, Mannix says, "Good food and responsibly produced food is very important. We need to prioritize that.

We need to prioritize it with our checkbooks. We need to prioritize it with our policies. We need to put our money where our mouth is. And where else to do that but in our schools?"

FoodCorps Montana is one program helping to establish the crucial partnerships between school foodservice directors, processors, and producers that will bring more Montana beef to school lunch trays, more money to local economies, and more Montana communities together around good food. Another is the Montana Beef to School Coalition, a group of various stakeholders that are working together to increase the amount of local beef that is served in school lunches across the state.

Naval Academy Summer Seminar

Submitted by Jim Rickman

The United States Naval Academy Summer Seminar offers the opportunity for rising high school seniors (current juniors) to visit the Naval Academy for one week during the summer. Students will experience all aspects of the Naval Academy including the academic program and midshipman life. Furthermore, students will receive an overview of Navy and Marine Corps service options. If you think you are interested in pursuing an appointment to one of the nation's service academies and serving your country as an officer, you should seriously consider attending the Naval Academy's Summer Seminar. The application period opens on January 16. Learn more about the program and apply on the Admissions page of the Naval Academy web site, www.usna.edu.

COWGIRLS-N-CONSERVATION

January 21st, 2014 • 5:30 PM - 9 PM

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Housing Incentive Fund Fully Capitalized In Only Eight Months

State Taxpayers Readily Support Affordable Housing Development

Submitted by Sarah Mudder

The North Dakota Industrial Commission announced today that the North Dakota Housing Finance Agency (NDHFA) has fully capitalized the state's affordable housing development program only eight months after it was reauthorized.

"As North Dakota grows, affordable housing development has become one of our top priorities," said members of the North Dakota Industrial Commission in a joint statement. "The Housing Incentive Fund has been a huge boost in creating affordable housing units in communities all over the state."

The Commission, consisting of Governor Jack Dalrymple as chairman, Agriculture Commissioner Doug Goehring and Attorney General Wayne Stenehjem, oversees NDHFA's housing development efforts and advocated for reauthorization of the highly successful Housing Incentive Fund (HIF) program that was first created in 2011.

HIF was reauthorized during the 2013 Legislative Session and NDHFA received a \$15.4 million general fund appropriation and was given the authority to further capi-

talize the program by issuing \$20 million in state tax credits by Dec. 31, 2014. Strong public support resulted in the HIF being fully funded well in advance of the deadline.

Almost 450 contributions were received with the greatest monetary support coming from the banking community. Twenty-eight financial institutions contributed more than \$11.3 million combined. Forty-two contributions were made by businesses totaling \$3.6 million. More than \$5 million was directed to the fund by 378 individual taxpayers; the average household contributing \$13,500.

"With North Dakota's strong, diversified economy contributing to statewide growth that is expected to continue well into the future, affordable housing choices are more important than ever," said Jolene Kline, NDHFA executive director. "Greater understanding of this need by the public allowed for the rapid capitalization of the fund."

In November, NDHFA announced that in only two funding rounds, it had committed all of HIF program dollars to 34 projects, leveraging \$150 million in construction financing. The program will

create 934 housing units, 220 are set aside for households that provide essential community services in energy-impacted communities including education, law enforcement, and medical personnel. Approximately one-third of the developments will provide housing for special needs households including disabled, homeless and elderly individuals and families.

The projects funded by the HIF program will be located in Arnegard, Beach, Bismarck, Burlington, Crosby, Devils Lake, Dickinson, Dunn Center, Fargo, Grafton, Hettinger, Jamestown, Lignite, Mandan, Minot, New Rockford, Turtle Lake, Watford City and Williston.

North Dakota Housing Finance Agency is a self-supporting state agency that finances the creation and rehabilitation of affordable housing across North Dakota. The North Dakota Industrial Commission oversees the agency. To learn more about HIF and developments it supports, contact Kline or Bill Hourigan at (800) 292-8621 or info@ndhfa.org. Information is also available online at ndhousingincentivefund.org.

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Guest Opinion:

Striking a Balance on Sage Grouse

By Mack Cole
President of Montanans
for Responsible Energy
Development

How best to protect Montana's sage grouse population has been a top priority for agriculture and industry groups alike. Finding a solution that sufficiently protects these birds, while not posing an undue burden on those trying to make a living is no easy task. To make the issue even more difficult is the looming threat of Endangered Species Act listing that could result if a sage grouse management plan is not put into place that satisfies the federal government. In short, it is in the best interest of all Montanans to be proactive in preventing the sage grouse from being listed under the ESA.

If the sage grouse is listed as threatened or endangered, both public and private land access and surface activity would be restricted to such a degree that it would pose a serious handicap to job creation in our state. In fact, the harsh and restrictive consequences of the sage grouse being listed would, in many instances, completely shut down resources development operations in Montana, causing a negative ripple effect for the hundreds of businesses that support

them and potentially killing thousands of jobs.

It's a worst-case scenario for the parts of Montana with sage grouse habitat—but it's a scenario that we've seen play out before with ESA listings.

We all remember the tragedy that followed the listing of the spotted owl, which brought about the downfall of the timber industry in the Northwest and left timber resources and the economic opportunities from those resources to stand largely untouched and unmanaged. Closer to home, it wasn't too long ago that wolves were listed as a protected species under the ESA in Montana. After their reintroduction, the economy was injured significantly as wolves wreaked havoc on livestock and wildlife populations across the state.

The lessons learned from ESA listing of spotted owls and wolves need to be in the foreground for state officials now grappling with sage grouse.

It's clear that no good can come from the federal government meddling in the affairs of Montanans. We need our elected officials to act responsibly to prevent more federal government overreach on Montanans and our economy.

Governor Bullock has taken a good first step toward protecting Montana's sage grouse population by appointing an Advisory Council tasked with developing a management plan that satisfies the federal government and prevents listing. The governor saw this problem coming and has been working to spare Montanans the economic disaster that would result if the sage grouse were listed under the ESA. But we must be careful that the "cure" isn't worse than the bite of an ESA listing. A "Montana plan" that is too restrictive could be as bad, or worse, than the effects of listing.

The Council would be well advised to alter their plan to more closely match that of Wyoming, which has already had its management plan approved. Montana's draft plan treats resource development much more stringently than does Wyoming's approved plan. For instance, Wyoming's plan restricts surface activity in core sage grouse areas by limiting surface disturbance to 5%. In other words, 95% of the surface in core sage grouse areas is off limits. Montana is following that lead, but the United States Fish & Wildlife Service wants more. They want up to 97% of the surface restricted—public

and private! Placing such a severe handicap on our ability to create jobs would have far reaching economic impacts in our state.

While it is important to protect the sage grouse, over regulation does not lead to better protection. It only serves to further restrict the development of natural resources and land use, and handicap Montana's energy industry in the process.

A state-driven protection

and management process has already seen tremendous success in neighboring states like Wyoming that have been able to strike a balance between effective management and providing protection for the sage grouse—and Montana would be well served to keep the federal government out of our state and follow the example set by Wyoming.

I applaud Governor Bullock and his Sage Grouse Advisory Council for all the

work that they have done, but we still have a long way to go before a balance is struck that allows for the continued growth and development of Montana's energy industry.

Mack Cole is the President of Montanans for Responsible Energy Development (MRED), a nonprofit organized to promote the responsible development of Montana's energy resources.

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Sidney Planning
Board Meeting
Jan. 21

The City/County Planning Board meeting is scheduled for Tuesday, January 21st, 2014 at 7:00 p.m. The meeting will be held at the Richland County Extension Office Conference Room located at 1499 N. Central Avenue in Sidney. To obtain a copy of the Planning Board Agenda or for more information please contact the Richland County Planner Office at (406) 433-6886.

Watchable
Wildlife
Checkoff on
State Tax Form

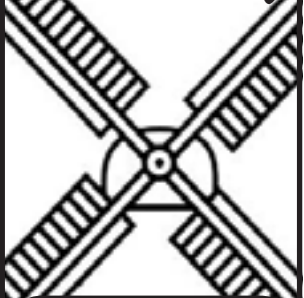
North Dakota citizens with an interest in supporting wildlife conservation programs are reminded to look for the Watchable Wildlife checkoff on the state tax form.

The 2013 state income tax form gives wildlife enthusiasts an opportunity to support nongame wildlife like songbirds and birds of prey, while at the same time contributing to programs that help everyone enjoy all wildlife.

The checkoff – whether you are receiving a refund or having to pay in – is an easy way to voluntarily contribute to sustain this long-standing program. In addition, direct donations to the program are accepted any time of year.

To learn more about Watchable Wildlife program activities, visit the North Dakota Game and Fish Department website at gf.nd.gov.

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Kadin Lefors takes down his opponent in the individual tournament on Sunday.



Kade Graves pins his opponent from MatPac of Bismarck in the dual tournament on Saturday in Fargo at the FargoDome.



Zander Dean pins his opponent en route to a 3rd place finish in the individual tournament in Fargo. (Photos by Erin Graves)

Nonresident Any-Deer Bow Licenses

The North Dakota Game and Fish Department will have 172 any-deer bow licenses available to nonresidents in 2014.

The deadline for applying is March 1. A lottery will be held if more applications are received than licenses available. Any remaining licenses after March 1 will be issued on a first-come, first-served basis. Applicants can apply together as a party. A separate check is required for each application.

The nonresident any-deer bow application is available at the Game and Fish website, gf.nd.gov. The application must be printed and sent in to the department.

The number of nonresident any-deer bow licenses available is 15 percent of the previous year's mule deer gun license allocation. The Game and Fish Department issued 1,150 antlered mule deer licenses in the 2013 deer gun lottery.

Rumble on the Red Tournament

The Sidney Wrestling Club competed at the Rumble on the Red Tournament in Fargo on Dec. 28th and 29th. On Saturday, the team competed in a youth dual tournament. Members of the dual team were in grades Kindergarten through 6th. Members of this team from Sidney were: Reece Graves, Owen Lonski, Zander Dean, Kade Graves, Aden Graves, Grady Nelson, Chace Waters, Everett Jensen, Riley Waters, Jett Jones, Brodey Skogen, Cash Cundiff, Keelen Geiser, Trey Schepens, Kadin LeFors, Deegan Carranza, Tucker Nevins, Russell Young and Kendell Young. Also joining the team from Glendive was Colton Zody, from Terry Riley Forcella from Williston, Fynn and Comstock Krenz, from Glasgow Kaden Zimmerman and Terrell White from Wolf Point. Sidney went 2-2 for a 4th Place finish in dual competition with wins over Tech Team from Fargo 67-22, Aberdeen, SD 64-21, and losses to Scott West from Minnesota 24-63, and MatPac from Bismarck 33-51. On Sunday, the members competed in an individual tournament with Zander Dean and Trey Schepens placing 3rd and Chace Waters in 1st.



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DEQ Urges Homeowners to Test for Radon

Submitted by Paul Tschida
January is Radon Awareness Month, and the Montana Department of Environmental Quality (DEQ) is urging Montanans to protect their health by testing their homes for radon gas.

Radon is an invisible, odorless gas that occurs naturally from the decay of uranium and radium in many Montana soils and can accumulate inside homes. Studies indicate elevated levels of the gas are the second leading cause of lung cancer overall. Nationally, more than 22,000 people each year die from lung cancer linked to exposure to radon.

In Montana, historic radon testing shows that radon gas is present in varying levels in homes throughout the state. The amount of radon depends largely on the underlying geology of the

area. Radon is measured in picocuries per liter (pCi/L). The Environmental Protection Agency (EPA) identifies 4.0 pCi/L as the “action level” for radon.

“Testing for radon is the best way to know if people in your home are at risk from this cancer-causing gas,” said John Podolinsky of DEQ’s Radon Control Program. “Radon is a problem that can be easily fixed, and we encourage all Montanans to first test their homes,” Podolinsky added.

Podolinsky said that fewer than 80 percent of American homes have been tested for radon even though the tests are easy and inexpensive to do. Radon can build to unhealthy levels, especially during colder months when windows and doors are kept closed. This radioactive gas can seep into homes from underground and can reach

harmful levels if trapped indoors. Ventilating radon gas from under the basement floor or crawlspace is a common way to solve the problem and can cost as little as \$500 to \$2,000 to do.

Montana residents can obtain a free radon test kit from their county health departments, based on availability. Low-cost radon kits are also available on-line or at local hardware stores. Once the radon level in a home is determined, the results should be discussed with a radon mitigation contractor, particularly when levels test above the action level.

For more information about radon, contact the DEQ Radon Control Program toll-free at 1-800-546-0483 or visit the web site at www.deq.mt.gov, your county environmental health department, or EPA’s radon website at: <http://www.epa.gov/radon/>.

Sidney Adult Education Classes Winter Quarter 2014

Adult Education Classes for Winter/Spring 2014
Please call Sidney High School (433-2330) to register or for more information.

Mondays & Thursdays, Starting January 20th & 23rd
Zumba - Instructor: Ludmilla Keller (433-1206)

Location	Room	Time	Fee
SHS	SHS Commons	5:30 - 6:30pm	\$20

Tuesdays, Starting January 14th
Creative Sewing 101 - Instructor: Sara McMillen (489-0483)

Location	Room	Time	Fee
Quilts & More	NA	10am - 1pm	\$30

Tuesdays, Starting January 14th
Wood Projects - Instructor: Roger Merritt (433-2330 or 798-3368)

Location	Room	Time	Fee
SHS	503	6 - 9pm	\$30

Tuesdays, Starting February 4th
Beading Class - Instructor: Dianne Etzel (488-6487)

Location	Room	Time	Fee
SHS	Commons	6 - 9pm	\$20

Wednesdays, Starting January 15th
Table Place - Instructor: Christi Wirth (482-3366)

Location	Room	Time	Fee
Quilts & More	NA	10am - 1pm	\$20

Wednesdays, Starting January 15th
Women’s Volleyball - Instructor: Amber Ryckman (701-390-3436)

Location	Room	Time	Fee
Central School	Gym	7 - 9pm	\$20

Wednesdays, Starting January 16th
Men’s Volleyball - Instructor: Dennis Marker

Location	Room	Time	Fee
SHS	Gym	7 - 9pm	\$20

Thursdays, Starting January 16th
Fast and Furious - Instructor: Kelly Markle (482-3366)

Location	Room	Time	Fee
Quilts & More	NA	10am - 1pm	\$20

Thursdays, Starting January 23rd
Culinary Education

Location	Room	Time	Fee
SHS	106	6 - 8pm	\$30

Saturdays, Starting January 16th
Traditional Log Cabin - Instructor: Deb Bradley (482-3366)

Location	Room	Time	Fee
Quilts & More	NA	10am - 1pm	\$20

Check the Sidney Public School website for more information (click on “Resources”):
<http://sidney.k12.mt.us>

Dummy Team Roping



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DRC Releases Film On Living With The Oil Boom

Submitted by Tie Shank
The Dakota Resource Council (DRC) out of Bismarck, ND has recently released a film on living with the oil boom. It's titled: This is Our Country: Living with the Wild West Oil Boom.

The film was produced by D&N Cinematics LLC out of Bismarck, ND and narrated by Michael Farley. Per the DRC website, DRC Communications Director Sean Arithson said, "The film features everyday North Dakotans talking about how the chaotic development of the Bakken has affected lives and livelihoods."

We often hear about the Bakken's prosperous economy, businesses growing by leaps and bounds and of the numerous job opportunities, but the DRC takes this film one step further and speaks with local farmers and ranchers who are feeling the effects of the oil boom. In the beginning of the film, narrator Michael Farley states that North Dakota is the #2 oil producing state in the nation behind Texas, North Dakota is the fastest growing state in the nation and that farmers, ranchers and small town locals are being pushed to the wayside to make way for the influx of people arriving in North

Dakota to stake their claim in the oil boom.

Jim and Norma Stenslie, formerly of New Town, ND were among several interviewed in the film. In 1968 the Stenslie's bought a lot on the shores of Lake Sakakawea near New Town. In 1969 they built their family home and began raising their children there. The Stenslie's recently sold that home and moved out of the area due to the negative impacts the "wild west" mentality of North Dakota's current oil development brought with it. They commented that they were both "angry and sad." Jim stated, "We weren't meant to live in that kind of chaos and unpredictability," while his wife Norma stated, "Why don't we care about the farmers?"

Donny Nelson of Keene, ND is also interviewed and in the film multiple times. Nelson states, "We're being sacrificial lands for the rest of the country. It was a beautiful place to live. It was very productive land, good people and you didn't lock your doors. It was the way America was supposed to be and now come look at it."

Rob Sand of Kildeer, ND commented, "It's not safe. So many women do not feel safe and probably for good reason. It makes me sad."



Theodora Bird Bear of Mandaree, ND and chair on the DRC Oil & Task Force said, "You see a yellowish haze on the horizon and that was never there before. You know if you can see it, you're breathing it." She later goes on to say, "If we don't take care of our earth, our earth can't take care of us."

Throughout the film Farley adds information: "Housing prices have skyrocketed. Crime has become an issue across the Bakken: theft, vandalism, drug rings, prostitution, assaults and homicides. Things this area has never seen have now become common to us."

Associate Professor of Psychology, DRC member, Dr. Anne Marguerite Coyle of Jamestown, ND speaks frequently in the film, "If a state isn't prepared to deal with an industry, the industry shouldn't be proceeding at the rate they are. It should be at a manageable rate. It's not meshed up. It's an industry that's going crazy and that's still lagging behind, still trying to catch up with regulatory enforcement. That should tell the state government 'We've got to slow down. We can't keep issuing all these permits. We should back off.'" She goes on to say, "I cannot believe that a state

government would allow such a boom without first allowing that infrastructure and having all of the safety protocol in place first."

The film ends with a quote by Theodore Roosevelt, "Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance."

Dakota Resource Council is a nonprofit, grassroots activist organization which

was formed in 1978 to protect North Dakota's land, air, water, rural communities and agricultural economy. DRC is working for preservation of family farms, enforcement of corporate farming laws, soil and water conservation, regulation of coal mining and oil and gas development, protection of groundwater and clean air, renewable energy, and sound management of solid and toxic wastes.

For more information call the Dakota Resource Council at (701) 224-8587

You can also view the film at <http://vimeo.com/82246373>

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Tuesday, Jan. 21 at 6pm

at the MonDak Heritage Center

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This free workshop is designed to help individuals research the history of their farm or ranch which has been in the same family in Richland County for at least 100 years. Worksheets will be available at the Heritage Center or you can download them at www.themondak.org

Save this date: Richland County Centennial June 13-18
Info call 406-433-3500 or email: mdhc@richland.org



How Flu Spreads

Submitted by Julie Brodhead RN
Person to Person
People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

To avoid this, people should stay away from sick people and stay home if sick. It also is important to wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first. Eating utensils can be washed either in a dishwasher or by hand with water and soap and do not need to be cleaned separately. Further, frequently touched surfaces should be cleaned and disinfected at home, work and school, especially if someone is ill.

The Flu Is Contagious
Most healthy adults may be able to infect other people beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

Flu Complications
Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, sinus and ear infections are examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

Flu Severity
Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

What flu viruses are spreading,
How much flu vaccine is available,
When vaccine is available,
How many people get vaccinated, and
How well the flu vaccine is matched to flu viruses that are causing illness.

Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older.

Get Vaccinated, cover cough, wash hands and stay home if you are ill.

Sources: <http://www.cdc.gov/flu/about/disease/spread.htm> & <http://www.cdc.gov/flu/about/disease/symptoms.htm>

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Sports Booster WEEKLY SCHEDULE

Wrestling

Fri & Sat, Jan. 10 & 11
Sidney JV at Miles City, 6 pm
Sidney Varsity at Miles City, 7 pm

Gymnastics

Sat & Sun, Jan. 11 & 12
Sidney at Minot, TBA

Basketball

Thursday, Jan. 9
Watford City Boys at Killdeer, 8 pm
Glendive at Sidney Girls, 4/5:30/7 pm

Friday, Jan. 10
Watford City Boys at Beach, 8 pm
R&L at Bainville Girls, 6 pm
R&L at Bainville Boys, 7:30 pm
Froid Girls at Fairview, 6 pm
Froid Boys at Fairview, 7:30 pm
MonDak at Brockton Girls, 6 pm
MonDak at Brockton Boys, 7:30 pm
Circle at Savage Girls, 6 pm
Circle at Savage Boys, 7:30 pm

Saturday, Jan. 11
Bainville Girls at MonDak, 6 pm
Bainville Boys at MonDak, 7:30 pm
Frazer at R&L Girls, 6 pm
Frazer at R&L Boys, 7:30 pm
Lustre at Brockton Girls, 6 pm
Lustre at Brockton Boys, 7:30 pm
Savage Girls at Fairview, 6 pm
Savage Boys at Fairview, 7:30 pm
Plentywood at Sidney Boys, 1/2:30/4 pm
Plentywood at Sidney Girls, 1/2:30/4 pm
Circle at Culbertson Girls, 6 pm
Circle at Culbertson Boys, 7:30 pm

Monday, Jan. 13
New Town at Watford City Girls, 7:30 pm

Tuesday, Jan. 14
Watford City Boys at Tioga, 7:30 pm
Bainville Girls at Trenton, 6 pm

Hockey

Fri - Sun, Jan. 10 - 12
Watford City Bantam at Fargo Bantam Classic, TBA

Friday, Jan. 10
Grand Forks at Watford City Jr. Gold, 8 pm
Bismarck at Sidney Girls U19, 7 pm

Saturday, Jan. 11
Bismarck at Watford City Girls 19U 11 am
Watford City Squirts at Minot, 12 pm & 4:45 pm
Dickinson at Watford City PeeWee, 1 pm
Hazen at Sidney Girls U19, 5 pm
Dickinson Black at Sidney Squirts, 11 am & 2 pm
Sidney PeeWee at Minot, 1:15 pm
Grand Forks at Sidney Jr. Gold, 7 pm

Sunday, Jan. 12
Langdon at Sidney Girls U19, 10 am
Sidney Bantam at Williston, 11:45 am
Langdon at Sidney Jr. Gold, 1 pm

Speech & Drama

Saturday, Jan. 11
Sidney at Glendive, TBA
Culbertson at Glendive, TBA

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St. Matthew's Youth Group will take pizza orders until January 20th. Choose 12-inch size Cheese, Pepperoni or Canadian Bacon Pizza; \$8 per pizza with payment upon order. Cash or check payable to St. Matthew's Ministry Fund. Pizzas are made fresh & sealed – ready for pick up on Sunday, January 26th. Pick up between 10:30 am to 12 noon at the St. Matthew's Parish Center Gym at 310 7th ST SE, Sidney. Pizzas are ready to take & bake to eat or freeze for later! Place your order with a youth from the church or call parish center at 433-2510 during business hours.



2014

January 9-10

The Event Center

Richland County Fairgrounds, Sidney, MT

THURSDAY, JAN. 9

Trade Show Hours:
Thu: 8:00 am to 6:00 pm

Trade Show Vendors
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FRIDAY, JAN. 10

Everyone Welcome!

7:00..... **660 KEYZ Country Breakfast**
8:00..... Trade Show Opens
8:30 - 12:30 ... **"Planning to Transition the Farm/Ranch" - Ron Hanson**
8:30Pt. 1: You can buy our family farm, but remember that I still own it
9:30Pt. 2: How much did your lawyer cost our family farm estate?
10:30Pt. 3: What if the "what if" actually happens in our family?
11:30Pt. 4: Keeping your farm in the family for the next generation - Is there a plan?
12:30..... Lunch Break
1:30 - 2:30 **"Beef Quality Assurance" - Bill Pelton** (Agribusiness Consultant)
2:30 - 3:30 **"Looking Beyond Our Own Pasture Gates" Amanda Radke** (Editor, BEEF Daily Blog)
3:30 - 4:30 **"Soil Health" - Mark Henning** (NRCS Area Agronomist)
5:00..... **Social** (Sponsors: Prewitt's/Sidney Livestock Center and 1st Bank)
6:00..... **Banquet at Event Center:**
"When City & Country Collide" - Amanda Radke
Special recognition of Sidney FFA's 75th Anniversary
~ FFA and Alumni - Bring your jackets! ~

to be held at: Richland Co. Extension Conference Room

9:00 - 9:45Hydroponics Gardening - **Nathan Roth** (Sidney Gardener)
10:00 - 10:30 ...Master Gardener Class Overview - **Tim Fine** (MSU Extension)
10:30 - 11:00....Basic Beginner Beekeeping - **Jamie Selting** (NRCS, Sidney)
11:15 - 11:30....Community/School Garden Updates - **Tim Fine** (MSU Extension)
11:30 - 12:15....Back-To-Nature Gardening - **Karen Redlin** (Rural Gardener)

MONDAK AG DAYS BANQUET

Thursday, Jan. 9
6:00 pm at the Event Center

Tickets - \$30.00 ea.
Available at:
Stockman Bank
Sidney Chamber
Richland Co. Extension

Our Event Sponsor
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Amanda Radke is one of the U.S. beef industry's top social media "opinionators."
A 6th-generation rancher from Mitchell, SD and an award-winning ag journalist, Amanda produces the BEEF Daily Blog for BEEF magazine.



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Location: Sidney, MT
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- High school education and a degree in Power Plant Technology or equivalent work experience acceptable to the company. Mechanical and basic computer skills with ability to operate heavy work equipment and ability to work independently. Possess a valid motor vehicle driver's license.

Preferred Qualifications:

- Two years of power plant experience with advanced technical skills in mechanical, electrical and/or instrumentation maintenance. Highly motivated self-starter with good written/oral communication and interpersonal skills.

Position: Operator 3
Location: Sidney, MT
Major Responsibilities:

- Safely performs all duties associated with the operation and maintenance of all power plant auxiliary equipment. Responds to emergencies, scheduled and unscheduled overtime. Subject to rotating shifts.

Minimum Qualifications:

- Power Plant Technology certificate or equivalent work experience acceptable to the company. Ability to analyze problems and take corrective action. Possess good computer skills and ability to work independently. Possess a valid motor vehicle driver's license.

Preferred Qualifications:

- AAS in Power Plant Technology and/or two years power plant operational experience with advanced technical skills in mechanical, electrical and/or instrumentation maintenance. Highly motivated self-starter with good written/oral communication and interpersonal skills. Must be able to acquire a valid First Class Boiler Engineer License.

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1968 Piper PA-28 Cherokee 140: 3800 TTAf, 525 SMOH, KR85, AT150, 2 place intercom. Nice paint and interior w/fresh annual. **\$35,000.**

1972 Beechcraft B55 Baron 3330 TTAf: 1860TSMOH L&R, 10 SPOH L&R, B-5 auto pilot, GMA340, GNA430, KX155, KN64, KT76, KR85, GTX327, vertical compass, Rosen's, tanis nice paint and interior. **\$49,000.**

1976 B-55 Baron:
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Lunch Menus

Sidney School
Thurs., Jan. 9: Burritos, tossed salad, applesauce, krispie treat.
Fri., Jan. 10: PB & J, potato soup, pineapple.
Mon., Jan. 13: Chicken patty sandwich, cheesy potatoes, apricots.
Tues., Jan. 14: Meatballs in gravy, mashed potatoes, corn, pears, hot roll.
Weds., Jan. 15: Ham & cheese wrap, chicken noodle soup, banana, carrot sticks.

Fairview School
Thurs., Jan. 9: French dip, chips, broccoli, fruit.
Fri., Jan. 10: NO SCHOOL.
Mon., Jan. 13: Chicken legs, mashed potatoes, cream style corn, fruit.
Tues., Jan. 14: Pizza hot-dish, tossed salad, fruit, garlic toast.
Weds., Jan. 15: Cowboy beans, pasta salad, carrots.

Richey School
Thurs., Jan. 9: Pizza pasta, bread sticks, green beans, peach fruit cups.
Fri., Jan. 10: Chicken drum-mies, baked potato bar, fruit, chocolate pudding.
Mon., Jan. 13: Steak fingers, mac & cheese, broccoli nor-mandy, fruit.
Tues., Jan. 14: Super na-chos, fresh veggies, fruit jello.
Weds., Jan 15: Chicken alfredo, green beans, oranges, oatmeal raisin cookie bars.

Savage School
Thurs., Jan. 9:Super nachos, refried beans, man-darin oranges.
Fri., Jan. 10: Scalloped po-tatoes/ham, carrots, pears, pudding.
Mon., Jan. 13: Sloppy joes, potato wedges, peaches.
Tues., Jan. 14:Country fried steaks, mashed potatoes/gra-vy, peas/carrots, applesauce.
Weds., Jan. 15: Chili, caramel rolls, cheese sticks, pineapple.

Rau School
Thurs., Jan. 9 : Lasagna, salad, pears, bread sticks.
Fri., Jan.10: Pizza rollup, chips, fresh veggies, fruit.
Mon., Jan. 13: Chicken strips, scalloped potatoes, carrots, applesauce.
Tues., Jan. 14: Tacos, tater tots, salad, pineapple.
Weds., Jan. 15: Cook's Choice.

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2007 Cadillac DTS ST# 102148A, gray, 36,032 mi.....	\$16,999	2011 Chevy Silverado 2500HD Crew Cab ST# 177672, silver, LT, 44,478 mi.....	\$27,981	2007 Chevy Suburban 1500 ST# 201116, blue, 112,156 mi.....	\$16,499	2006 Ford Super Duty F350 DRW ST# C65418, white, supercab, 111,289 mi.....	\$7,900
2013 Chevy Malibu LT ST# 250051, white, 19,069 mi.....	\$17,989	2011 Chevy Silverado 2500HD Ext Cab Diesel ST# 236002A, silver, LT, 1 owner, 34,156 mi..	\$36,844	2007 GMC Sierra 2500HD Crew Cab ST# 502528A, 3/4 Crew ShortBX.....	\$23,333	2006 Ford Super Duty F350 SRW ST# B25997, crew cab.....	\$4,445
2013 Chevy Silverado 1500 Crew Cab ST# 146524, gray, 39,897 mi.....	SOLD!	2011 Chevy Silverado 2500HD Crew Cab ST# 150702, silver, LTZ, 34,544 mi.....	\$36,971	2007 Pontiac G6 GT ST# 251223, green, 112,682 mi.....	\$4,998	2005 Saturn Ion ST# 119024, black, Ion 3, 92,106 mi.....	SOLD!
2013 Chevy Silverado 1500 Tuscany Crew Cab ST# 150516, white, lifted+extras, 6,125 mi....	\$49,999	2011 Chevy Silverado 2500HD Crew Cab ST# 227949A, white, LTZ, 48,743 mi.....	\$33,495	2006 Chevy Silverado 1500 Crew Cab ST# 151295, blue, perfect, 1 owner, 36,076 mi..	\$21,999	2004 Ford Super Duty F250 ST# D50268, crew cab.....	\$14,998
2009 Chevy Suburban 2500 ST# 246142, 128,893 mi.....	\$19,999	2011 GMC Acadia ST# 200108A, silver, SLT1, 1 owner.....	\$28,939	2005 Chevy Malibu ST# 246647, gray, 100,945 mi.....	\$3,883	2004 Jeep Liberty ST# 133176A, white, sport, 132,697 mi.....	\$4,897
2013 GMC Sierra 2500HD Crew Cab ST# 194173A, white, 13,506 mi.....	\$37,234	2011 GMC Sierra 1500 Crew Cab ST# 124515, silver, 59,985 mi.....	\$25,852	2005 Chevy Silverado 1500 Crew Cab ST# 256478A, silver, 92,334 mi.....	\$11,449	2003 Dodge Caravan ST# 347650, extended sport van.....	\$6,969
2012 Chevy Camaro Convertible ST# 117251, white, 2SS, 7,710 mi.....	\$30,999	2011 GMC Sierra 3500HD Diesel ST# 186377, white, 116,120 mi.....	\$28,502	2005 Chevy Silverado 2500HD Crew Cab ST# 963158, silver, 4WD 16, 122,503 mi.....	\$15,499	2002 Ford Super Duty F350 SRW ST# C48036, white, reg cab.....	\$3,888
2012 Chevy Captiva Sport ST# 599377, silver, LS w/2LS, 26,328 mi.....	\$17,745	2011 GMC Terrain ST# 476568A, Mocha Steel, SLT1, 1 owner....	\$23,476	2003 GMC Yukon ST# 276937, green, 121,525 mi.....	SOLD!	2001 Ford Taurus ST# 266134, silver, 126,022 mi.....	\$2,880
2012 Chevy Equinox ST# 239043, blue, LTZ, 29,813 mi.....	\$25,795	2010 Pontiac Vibe ST# 407306, silver, AWD, 46,614 mi.....	\$12,999	2000 GMC New Sierra 1500 Ext Cab ST# 220075B, white, 201,441 mi.....	\$3,994	1990 Mercury Grand Marquis ST# 603384, silver, LS, 123,877 mi.....	SOLD!
2012 Chevy Impala ST# 270072, white, 33,473 mi.....	\$14,993	2009 Chevy Impala ST# 271861A, silver, 3.5LT, 28,984 mi.....	\$12,505	1999 Oldsmobile Alero ST# 389263, silver, GL, 104,120 mi.....	SOLD!	2000 Buick LeSabre ST# 185533.....	\$1,677
2012 Chevy Malibu ST# 283854, silver, LT w/2LT, 23,775 mi.....	\$15,999	2009 GMC Yukon ST# 236837A, white, SLT, 74,704 mi.....	\$25,998	1998 Chevy C/K 1500 ST# 140249, Ext Cab.....	\$2,499	2002 Nissan Sentra ST# 582260, green, 130,050 mi.....	\$1,961
2012 Chevy Tahoe ST# 305622, white, LTZ, 19,586 mi.....	\$45,339	2009 Pontiac G6 ST# 113015A, white, GT w/1SA, 65,936 mi.....	\$9,946	2013 Dodge Journey ST# 572879, orange, SXT, 18,556 mi.....	\$24,943	2003 Chevy 1500 HD Crew Cab LT ST# 210727, leather, black 125,439 mi.....	\$11,344
2012 Chevy Tahoe ST# 133454, silver, LT, 34,424 mi.....	\$38,887	2009 Pontiac G6 ST# 260903A, red, w/1SB, 49,633 mi.....	\$12,499	2013 Toyota Tundra Double Cab ST# 041809, black, SR5, 16,494 mi.....	\$28,395	2004 Dodge Durango SLT pkg. ST# 131500, brown, 110,214 mi.....	\$7,914
2012 GMC Acadia ST# 368284, gray, SLT1, 30,727 mi.....	\$31,693	2008 Chevy HHR LT ST# 568515, gray, 59,496 mi.....	\$9,394	2012 Ford Super Duty F350 SRW ST# A12254, black, crew cab, 73,193 mi.....	\$38,473	2010 GMC Sierra Crew Cab "All-Terrain" ST# 166014, white, 39,511 mi.....	\$25,966
2012 GMC Yukon Denali ST# 107010A, Gold Mist, 21,814 mi.....	\$46,678	2008 Chevy Silverado 1500 Crew Cab ST# 149031B, brown, 39,385 mi.....	\$23,977	2012 Nissan Murano 4DR AWD ST# 232478, silver, V6, AT, 25,245 mi.....	\$22,999	2008 GMC Yukon XL Denali ST# 211203.....	\$21,999
2012 GMC Yukon XL ST# 179235A, white, SLT, 58,001 mi.....	\$35,994	2008 Chevy Silverado 1500 Crew Cab ST# 101204, maroon, 42,929 mi.....	\$24,989	2011 Dodge Journey ST# 513829, maroon, LUX, 36,883 mi.....	\$22,787	2001 Chevy Crew Cab ST# 175034, blue, 1 owner, 58,477 mi.....	SOLD!
2011 Chevy Silverado 1500 LT ST# 190845, gray, ext cab, 47,676 mi.....	\$24,892	2008 Chevy Silverado 1500 Ext Cab ST# 274206, white, 116,648 mi.....	\$15,993	2010 Ford Explorer ST# A81660, blue, XLT, 67,535 mi.....	\$19,449	2013 Chevy 1500 Crew RMT pkg. ST# 181450A, blue/silver bottom, 13,080 mi..	\$41,983
		2008 GMC Sierra 1500 Ext Cab ST# 286758A 4WD 143, white, 114,050 mi....	\$15,996	2010 Mercury Mountaineer ST# J01221, red, premier, 43,268 mi.....	\$23,948	2012 Chevy Cruze RS ST# 346042, blue, sunroof, 14,458 mi.....	\$17,536



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