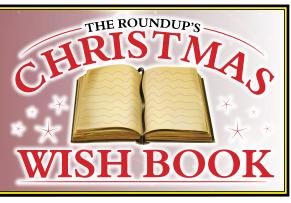


**INSIDE THIS ISSUE:** Need gift ideas this holiday season? Check out page 8!



Golden Special Section on page 10

# Montana Supreme Court Candidate Katherine Bidegaray Holds Meet & Greet In Sidney

Montana 7th Judicial District Judge Katherine Bidegaray held a meet and greet with area residents on Dec. 7 at the Sidney Yellowstone Mercantile in downtown Sidney. Bidegaray is running for the seat of Montana State Supreme Court Associate Justice currently held by Dirk Sandefur.

Bidegaray is a native Montanan, born in Sidney and raise on a farm/ranch in rural Richland County. After finishing high school in Culbertson, she attended the University of Montana and received her B.A.s in political science and philosophy. She then received her Juris Doctorate from the University of Montana School of Law.

Bidegaray began her professional career serving as an Insurance Department Staff Attorney, and later as Deputy Securities Commissioner at the Montana State Auditor's Office. Upon her return to Eastern Montana, Bidegaray practiced law in Sidney involving estate planning, probate, real estate



District Court bench of the Montana 7th Judicial District which includes Richland, Dawson, Wibaux, McCone and Prairie counties. Biderelying upon a good knowledge of the law," Bidegaray stated. "I have consistently set aside my personal preferences to decide cases." in times of unprecedented attacks on the judiciary, individual rights and the rule of law. All of which are key to a healthy democracy," judiciary and who cherish the preservation of the rule of law."

For more information about Bidegaray's campaign

"Cookies With Cops" To Be Held At Fairview Senior Center Thursday, Dec. 14

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By Jaymi Mozeak Drug Free Communities in collaboration with Richland County Housing Authority and the Fairview Police Department will be holding their 2nd annual "Cookies with Cops" event at the Fairview Senior Center on Thursday, Dec. 14 from 5:30-7 p.m. There will also be a "Cookies with Cops" event in Sidney but the date is to be determined and will not be until January.

This year there will be a Christmas picture frame ornament craft, cookies as a snack, and pictures with Santa and the police officers. Drug Free Communities volunteers at the Fairview event are bringing a Polaroid camera so attendees can get physical pictures back in just a few minutes. The new activity was suggested to engage more people, but to stay in theme, cookies will be provided for refreshments. The event is still new so there is plenty of room to change things around. Feedback is always appreciated. The "Cookies with Cops" event is done as an opportunity for the community to interact with local law enforcement to build relationships with the community's protectors and the people they serve. "Cookies with Cops" is a completely free, family friendly event that is open to everyone in the community. Adults and children of all ages may attend and they do not have to live on Richland County Housing Authority properties to be welcome. "Cookies with Cops" would not have been possible without a grant to Drug Free Communities, volunteers from Americorp, Drug Free Communities, and Richland County Housing Authority, and, of course, the Fairview Police and Richland County Sheriff officers who participate.

transactions, agricultural law, oil and gas, family law and criminal law. She also served as a hearing examiner for the Montana Office of Public Instruction. In 2002, she was elected to the garay is currently serving her fourth term as Montana District Court Judge.

"As a judge I've tried always to act with impartiality, independence, rationality, fairness and reasonableness while developing and Bidegaray's main goals as Montana Supreme Court Justice are to protect Montanan's rights, public lands and provide checks and balances to the executive and legislative branches of government. "We are living she said. "Basically, we need people on the Montana Supreme Court who are committed to the separation of powers that our Montana constitution requires, who understand the critical importance of an independent or to make a donation visit her campaign website bidegarayformontana.com or the campaign Facebook page "Bidegaray for Montana Supreme Court".



Alexander Christmas Stroll

Alexander held their "Christmas Stroll" on Thursday, Dec. 7. The rain caused over 20 vendors to be moved inside the school, but it didn't stop a good time had by all. Pictured is Nash Nieuwsma, 2, giving "knuckles" to Santa but only while being held by Mom, Tarynn. (Photo by Robyn Heck)



### **Food Bank Donation**

(Pictured L-R) Rev. Tim Tharp, Violet Tharp, Candy Markwald stand by the truckload of donated food and items to the Richland County Food Bank by the VFW Auxiliary; First Lutheran Church of Savage; Grace Lutheran Church of Skaar, ND; and Savage Schools and a check for meat and milk.

Tharp presented the food bank with the check for \$4,152. \$2,652.87 of it collected locally and \$1,500 of it matching funds from the VFW Foundation, donated to the food bank for meat and dairy on top of the 692 lbs. of food donated during the food drive at the VFW and several Richland County churches. (Photo by Jaymi Mozeak)

# \$142,000 Coming For Richland County Street Safety Improvements From Bipartisan Infrastructure Law

(U.S. Senate) – As a direct result from his bipartisan "Infrastructure Investment and Jobs Act (IIJA)", U.S. Senator Jon Tester secured \$142,662 in Safe Streets for All funding for Richland County to improve street safety.

Tester worked with five Republicans and four Democrats to negotiate the IIJA and was the only member of Montana's Congressional delegation to vote for the bill.

"Montanans count on safe streets to stay connected, grow their small businesses, and support their communities," said Tester. "These targeted resources will help Richland County plan for the future and ensure that folks can count on safe travel for years to come. I'm proud to have worked across the aisle to deliver these dollars through my bipartisan infrastructure law, and I'm looking forward to seeing them be put to good use.

Funding from Tester's bipartisan IIJA will be delivered to Richland County in the form of a Safe Streets for All grant to develop a comprehensive safety action plan that will ultimately improve street safety.

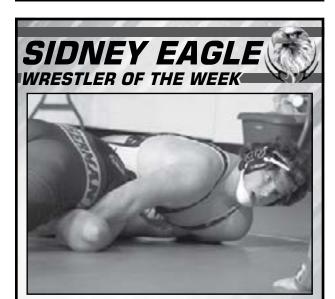
Tester secured significant wins for Montana in the legislation, including \$2.82 billion for Montana's roads, highways and bridges; \$2.5 billion to complete all authorized Indian water rights settlements; \$1 billion to complete all authorized rural water projects through the Bureau of Reclamation; \$65 billion to deploy broadband to areas across the country that lack internet access and additionally make online connectivity affordable; and \$3.37 billion to reduce wildfire risk nationwide, among others. Tester also worked to ensure that all iron, steel, and construction materials used for these projects must be made in America.

A full list of Montana provisions in Tester's bipartisan infrastructure law can be found at https://www.tester.senate.gov/newsroom/ press-releases/pr-8721/.

Yellowstone Chiropractic Clinic (406)-433-4757 222 2nd. Ave. SW 1-866-433-4757 Sidney, MT 59270 Dr. Ryan Laqua Chiropractic Physician & Certified Medical Examiner Sports Injurics
DOT Physicals Personal Injuries & Pain Conditions







# Is This The End For Soccer In Sidney?

#### Submitted

Greetings Sidney soccer fans, thank you to all who have volunteered your time in support of the Sidney Soccer Association over the years. The core of our soccer board has been ready to step down for the last three years. During that time we have repeatedly tried, but unsuccessfully found replacements for these positions. Each of us has enjoyed serving the club and giving back to the community with 40+ collective years of service. However, we've decided that it is time to put our proverbial foot in the sand and insist on finding replacements for our executive board positions. In the absence of replacements, we will shut the doors on the 2024 season.

All board positions are administrative and require no knowledge of soccer. The current board members will help usher in and mentor new leadership during the upcoming months and throughout this upcoming soccer season, but will not do so without a new board in place. All board positions must be filled by Jan. 8 for the 2024 season to move forward. If you would like more information on how to help, please contact the soccer board at sidneysoccerassoc@gmail.com or via Facebook Messenger on our page, Sidney Soccer Association. The next soccer board meeting is scheduled for Jan. 8, 2024, @ 6 p.m. at Sidney Middle School.

The loss of a soccer program would be a devastating blow to the community. We've seen, first hand, the positive effects that the game has had on our children and our children's friends. Not only has it helped in their character development, but it has also helped them become more well-rounded athletes. If we cannot find suitable replacements for the open positions, the next generation will lose access to the game that plays a vital role in our children's development.

The positions that need to be filled are President, Vice-president, Secretary, Treasurer, Registrar, and other members at large.

# U.S. Hwy 2 – **Culbertson Project** Substantially Complete

### Submitted by Ella Currier, Strategies 360

Culbertson - The Montana Department of Transportation (MDT) and Knife River Construction have substantially completed the U.S. 2 - Culbertson project.

The project reconstructed approximately one mile of US Highway 2 (US 2) in Culbertson, beginning west of 3rd Ave. W. and continuing east towards the Culbertson Museum. In addition to rehabilitating the roadway surface, crews installed new curb, gutter, storm drainage, sidewalks, and signage throughout the project area.

"We thank the public for their patience and support throughout this project," said Pete Davies, MDT Glendive District Project Manager. "This project connects two recently constructed projects along US Highway 2 on either side of Culbertson as well as our project on MT Highway 16 and Broadway Ave. coming into Culbertson from the south."

Improving Montana's thousands of miles of state roads and highways is a vital component of Vision Zero. Vision Zero is an ongoing statewide collaboration among hundreds of agencies and organizations, with a goal of zero deaths and zero serious injuries on Montana's roadways.

Crews may return later this year or next spring to complete signage and light pole installation, weather and other factors permitting. Traffic control will be in place as this work is completed and is expected to have minimal impact on the traveling public.

Members of the public can find more information on the project webpage: https://www.mdt.mt.gov/pubinvolve/ us2culbertson.



THE ROUNDUP: PO Box 1207 •111 West Main • Sidney, MT 406-433-3306 • Fax: 406-433-4114 • Email: classads@esidney.com

### **RICHLAND COUNTY**

Events in Sidney unless otherwise listed. MT. Wed., Dec. 13

10 a.m. - Sabrina Ramey "Made of Prairie" and Miniature Art Show - through Jan. 13. - Thriving In The MonDak Chill Exhibit - through Feb. 3 - MonDak Heritage Center, 120 3rd Ave. SE. Tues.-Fri., 10 a.m.-4 p.m.; Sat., 1-4 p.m. For more info call 406-433-3500, or visit https://mondakheritagecenter.org/. Thurs., Dec. 14

10 a.m. - Partnership for Promise Coalition Meeting Facilitating collaboration with a variety of partners & youth oriented organizations to provide youth in Richland Co. with safe spaces, healthy start, caring adults, marketable skills, & opportunities to serve. Richland Co. Boys & Girls Club, 205 3rd Ave. SE 11:30 a.m. - Richland Red Hatters Lunch Meeting

Cattle-Ac. To RSVP call Paula, 406-489-2843 or Margaret, 406-489-1535.

p.m. - Senior Citizens Christmas Dinner At Fairview School All senior citizens are invited to come to the Fairview School for Christmas Dinner. 5:30-7 p.m. - Fairview Police & Richland Co. Housing

Authority Cookies With Cops - Free event, fun for the whole family. Cookies & crafts provided. Fairview Senior Center & Fire Hall.

Fri., Dec. 15

7 p.m. - Dance Night At The MonDak - Dance lessons & social. Guest instructor: Allan Dance Studio. Country swing & Two Step More! Members - \$10 and Not yet members - \$15. MonDak Heritage Center, 120 3rd Ave. SE. For more info call 406-433-3500.

Fri., Dec. 15, 1-6 p.m.; & Sat., Dec. 16, 3-6 p.m. Santa Is Coming - Free event. Call, 406-480-5634, to make an appointment for your family to visit with Santa & Mrs. Claus & have your picture taken. Sidney Church of the Nazarene, 606 9th St. SW. Sat., Dec. 16

9 a.m.-1 p.m. - WOTM Bake Sale - Sidney Moose Lodge.

11 a.m.-2 p.m. - Santa Is Coming To Ace Hardware Bring you camera and a smile! Ace Hardware, 500 N Central Ave.

Sat., Dec. 16, 7 p.m. & Sun., Dec. 17, 10 a.m. - Worship The King Limitless Christmas Concert

Fun, family friendly Christmas experience. At 5:30 p.m., Dec. 16, they will be a Christmas wonderland in the gymnasium filled with cookie decorating, Christmas ornament decorating, bounce houses, & a hot cocoa bar, followed by the Christmas concert, 414 E. Main. Fri., Dec. 22

6 p.m. - A Hometown Holiday Benefit for Janaye Rayman (Brown) - Goodwill donation holiday dinner, silent auction & Christmas market, family friendly games & music. Sidney Elks Lodge, 123 3rd St. SW. To donate text or call Kaila Forbes, 406-489-0702

6 p.m. - Community Christmas Movie & Sock Donation - Brought to you by: Prevention Services of Richland County & Drug Free Communities. Richland County Event Center, 2118 W. Holly St. Mon., Dec. 25

11 a.m.-2 p.m. - Knights of Columbus Christmas **Dinner** - Turkey, ham & all the trimmings. Free will offering. Everyone invited, volunteers welcome. St. Matthew's Parish Center, 310 7th St. SE. Delivery available by calling 406-433-2510 Christmas morning.

### MCKENZIE COUNTY

Events in Watford City unless otherwise listed. CT. Now Through Dec. 27 (Mon.-Sat.)

0 a.m.-5 p.m. - Doug Engberg "Art on Leather" - A beautiful 25-piece exhibit featuring wildlife & landscapes of western ND burned & painted on leather. Free & open to the public. Long X Art Gallery 100 2nd Ave. SW Fri., Dec. 15

4:30-7:30 - Rally For Riley Woods (Crooke) & Family (Alexander) - Spaghetti feed & silent auction. Silent auction items can be dropped off at the Alexander School or by calling Stacey at 701-770-1892. New Alexander Fire Hall, 520 Elk St.

Sat., Dec. 16

10 a.m.-noon - Art For Tots - Ages 2-Kindergarten.

### CALEB KLEINKE 285#

He was second at The Eagle and pinned his way to first in Glasgow. Congratulations, Caleb. You are the Sidney Eagle Wrestler of the week! This week sponsored by Stockman Bank





LAKE WATER LEVEL REPORT	
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Current Elevation	
Last Week's Elev	
Last Week's Elev One Year Ago	
Release For Day (C.F.S.)	

### SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date		High	Low	Precip.
Dec.	4		21	0.040
Dec.	5			0.000
Dec.	6		32	0.000
Dec.	7		25	0.120
Dec.	8		25	0.030
Dec.	10			0.000
Total 2	2023 Y	TD Precipitation	13.644	

Please direct questions or comments about the completion of the project or the public involvement process to Natascha Robinson at nataschar@strategies360.com or 406-282-4657

# **Mid-Rivers Communications Awards Education Technology Grants**

Submitted by Erin Lutts, Mid-Rivers Communications

Mid-Rivers Communications is proud to announce the recipients of its 2023 Education Technology Grants. Grants are awarded to educational and non-profit entities with an educational mission to benefit members and customers in the Mid-Rivers service area. Montana law requires that the cooperative's Fund for Education, funded with unclaimed capital credit dollars, be used for educational purposes.

Grants were awarded to 12 applicants totaling \$80,000.

• \$10,000 to the Boys & Girls Club of Richland County for virtual reality equipment and workforce readiness curriculum through Transfr VR.

• \$8,500 to Circle Public Schools to help purchase the laptops for the 24-25 school year for the school's 1-to-1 laptop program.

• \$8,000 to Garfield County Fire Foundation to develop the FireFacts fire safety training website.

• \$7,500 to Washington Middle School in Glendive for the purchase of Tech Tubs.

• \$7,500 to Winnett High School for Newline Interactive Smart Boards in the classrooms.

 \$7,500 to Prairie Elk Colony School for a Smart Board and classroom laptops.

• \$7,000 to Dawson County High School visual media productions class for the purchase of new cameras.

• \$7,000 to Roy Public School for the purchase of a large screen Smart TV to be used for school and community education

 \$6,000 to Roy Elementary School for the purchase of iPads to be used in kindergarten and 1st grade classrooms.

• \$4,500 to Lewistown Junior High School for the purchase of technology education equipment.

• \$4,000 to Miss Heather's Pre-K in Circle to purchase a Smart Board for the Pre-K classroom.

• \$2,500 to the Miles City Public Library to update and add several new pieces of equipment including computers, iPads, and a Smart TV.

Rural schools and other educational entities often feel the connectivity gap due to limited funding sources. Mid-Rivers is pleased to be able to offer these 2023 Fund for Education Grants to assist in addressing those needs.

General Manager/CEO Michael Candelaria says, "As an active member of our communities, Mid-Rivers Communications is dedicated to helping our schools, libraries and non-profits meet the challenge of addressing rural technology needs."

Fun monthly art class geared for tots, preschoolers & kindergartners. Painting, weaving, coloring, drawing, clay & more! \$15 per kid. Long X Arts Gallery, 100 2nd Ave. SW. For more info visit longxarts.com or call 701-770-8659.

6:30 p.m. - Rhianna's Dance Studio Winter Dance Recital 2023 - Showcasing all the fall season dances. Watford City High School, 2313 Wolves Den Parkway Sun., Dec. 17

3:30 p.m. - Johnson Corners Christian Academy Annual Soup Supper & Sweets Auction - Soups served at 4 p.m., live auction at 5 p.m. with sweets, live auction, guns, special donations & baskets. Rough Rider Center, 2209 Wolves Den Parkway. Tues., Dec. 19

2-4 p.m. - Food Pantry Handouts - First Lutheran Church, 212 2nd St. NW. For more info call 701-444-3244

Fri., Dec. 22

2-4p.m. - Milk & Cookies Mug Class - Paint an adorable mug for your (or Santa's) milk & cookies! All ages welcome. \$20 per mug. Long X Arts Gallery, 100 2nd Ave. SW. For more info visit longxarts.com or call 701-770-8659.

### WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT. Now Through-Sun., Dec. 31

5:30-9:30 p.m. - 2023 Spring Lake Park Holiday Lights Drive - Take & go kids crafts, interactive exhibits, elf on the shelf bingo, photo stations & 1000s of twinkling lights. \$5 per car. Sat., Dec. 16

1-6 p.m. - Santa At Safari Trampoline - Free gift raffle & presents for kids, 3206 26th St. W.

9 a.m.-3 p.m. - Santa's Workshop Craft & Vendor Show - Get those last minute gifts for all of your loved ones. Raymond Family Community Center, 1002 11th St. W.

7 p.m. - Harmonic Presents: Winter Wonderland -Free community concert filled with favorite holiday tunes performed by talented youth & special guests. Williston High School, 4200 32nd St. W.

Fri., Dec. 22

5 p.m. - Williston Police Department First Ever Blacklight Snowball Fight - Free event where kids can battle their parents or members of the WPD in a (fake) snowball fight, under blacklight! Kids can decorate their own mini Christmas Tree! Drinks & snacks will be available. Raymond Family Community Center 1002 11th St. W.

### **DAWSON COUNTY**

Events in Glendive unless otherwise listed. MT. Fri., Dec. 15

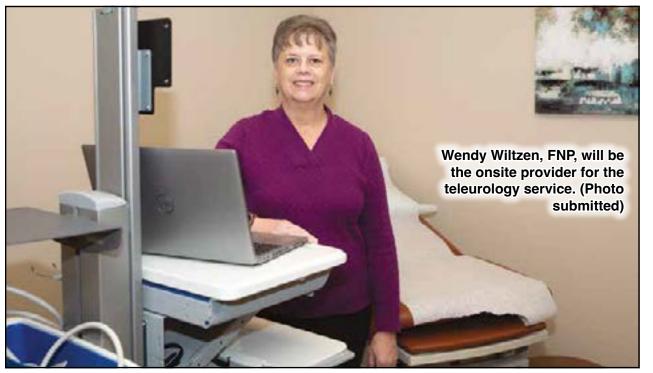
10 a.m.- Sensory Story-Time - Toddlers & preschoolers listen to a story & then create crafts or engage in activities that support the weekly reading theme. Glendive Public Library 200 S Kendrick Ave.

Sat., Dec. 16, 9 a.m.-4 p.m. & Sun., Dec. 17, 10 a.m.-4 p.m.

Last Chance Gift Show - Arts, Crafts, & Vendors Show. Great variety of unique & custom gifts! EPEC, 313 S. Merrill Ave. Thurs., Dec. 21

6 p.m. - Friends of the Library Brains & Brews Trivia Test your knowledge, enjoy a brew, & be a supporter of your library. Up to 4 people per team, entry fee \$10 or be your own team for \$3 per player. Cross Country Brewing 320 E Allard St.

# **TeleUrology Service Coming To Sidney Health Center**



Sidney – Sidney Health Center is pleased to partner with VirtuCare, a leading provider of urologic services, to improve access to premier urologic care for residents living in the MonDak region through the use of telemedicine.

VirtuCare, a leading teleurology consultative service headquartered in Nashville, TN, specializes in connecting board-certified urologists with rural communities. Through a collaborative approach, Sidney Health Center's clinic will accomplished urologists, leveraging telemedicine to address a broad spectrum of common urological issues. This essential service bridges the gap, providing area residents access to urology specialists facilitated by an onsite advanced practice provider.

Wendy Wiltzen, who has practiced as Family Nurse Practitioner for more than 20 years, will be available to consult and treat patients with diverse urologic conditions on a referral basis. Patients can schedule

Arts Building situated on the Sidney Health Center campus, located on 12th Ave. SW, Sidney.

"The partnership with VirtuCare represents a significant step forward in enhancing our urology service, prioritizing efficiency and patient-centered care," stated Jennifer Doty, Sidney Health Center CEO. "We are committed to providing the best possible care for our patients, and VirtuCare's support will play an integral role in achieving this goal."

"VirtuCare is excited

Center to optimize their urology clinic," said Dr. Joe Pazona, VirtuCare CEO. "Our mission is to support healthcare providers in their auest to deliver superior patient care. This partnership reaffirms our commitment to that mission."

Sidney Health Center's teleurology clinic can be reached at 406.488.2546. The clinic is now scheduling appointments for January 2024.

# Chet Builds A Strong Foundation For Kindergarten

Submitted by Shelby Reidle, Children's Librarian, Sidney-**Richland County Library** 

Chet Bouchard, age 2, recently completed a huge milestone by reading 1,000 books within one year! He accomplished this feat by reading 3-5 books before bed each night. He loves construction books, including "Diggersaurs" and "Demolition", and he also has a soft spot for "Nibbles" and "Chicka Chicka Boom Boom". His days are filled with snuggling his bears, riding his strider bike, playing with tractors, helping mom cook, and helping dad take care of the cows. When he grows up, Chet wants to be a cowboy, drive tractors, excavators, garbage trucks, and mixer trucks. Chet is the son of Brady and Megan Bouchard.

To encourage a love of reading in children, the Sidney-Richland County

Library is promoting "1,000 Books before Kindergarten", a nationwide program that encourages parents and caregivers to read aloud with their children every day. Research continually shows that children who are read aloud to every day before kindergarten will have higher scores and more success when they begin school. Most importantly, sharing books with children promotes a lifelong love of books and learning.

The theme of the Sidney-Richland County Library program is "Reading is Magic". Children receive a small prize at each 100-level milestone, and at the end of the program, participants earn a certificate and T-shirt for successful completion. This program is free for children ages 0-5 and their families. Stop by the library to sign up today!









Chet Bouchard, recently completed the 1000 Books Before **Kindergarten Program** at the Sidney-Richland County Library. (Submitted photo)

# Sidney High School Speech, Drama **& Debate Teams Compete In Laurel**

Submitted by **Christy Pierce** 

Sidney High School Speech Drama and Debate Teams competed in Laurel against 18 schools with over 200 competitors.

The Drama Team placed 3rd with Junior Cedar Hovde leading the team with 1st place in Humorous Solo.

Dramatic Theatre: 4th - Luca Verville and Alyssa Batchelor, 5th - Raine Bones & Sam Pacarro.

Classic Theatre: 7th - Brooke Watson & Sophie Pust.

The Speech and Debate Team took 5th. Informative Speaking:

3rd - Kyle Pust; 4th - Mason Quick. Original Oratory: 4th -



Cedar Hovde 1st in Humorous Solo. (Photo by Christy Pierce)

> Tytus Carter, 7th - Nicholas Jordstad.

Public Forum Debate: 6th - Thaylan Fisher and Audrey Oprica.

The team will be at Park County next weekend.





### Gairrett Joins Kiwanis

Reece Gairrett became the newest member of the Sidney Kiwanis Club on Thursday, Nov. 30. Gairrett is the general manager of Ace Hardware in Sidney. (Pictured L-R) Sponsor, Joe Bradley; Gairrett; and sponsor, Leif Anderson.

Kiwanis is a global organization dedicated to changing the world one child and one community at a time. The Sidney club meets every Thursday at noon at the Moose Lodge. (Photo submitted)

# Christmas Movie & Sock **Donation Event Coming** To Sidney Dec. 22

### Bv Javmi Mozeak

Eastern Montana Community Mental Health Center Prevention Services and Richland County Drug Free Communities is having their first ever Christmas movie and Sock Donation event in the Richland County Event Center Friday, Dec. 22.

They will be showing "Elf" and attendees will be treated to hot cocoa during the movie. Those who come are expected to wear Christmas pajamas, bring socks, and their own blankets. The staff of Drug Free Communities provide chairs for those who do not have blankets to sit on.

During the movie the audience will be asked to roll up their socks in preparation of the next part of the event. After the movie, all the rolled-up socks become indoor snowball replacements and the battle is on. An anonymous donor who will not be attending donated extra socks so that if families are not able to buy socks they may still participate in the snowball fight.

The free event is the idea of Lauren Rogers, prevention specialist, and was created as another fun thing for kids to do over the winter months. This will be a family friendly event and people of all walks of life are welcome to attend.

Follow Drug Free Communities on Facebook for updates on the event.

# **Holidays Are About Family, Friends & Food! How Would You Like That Holiday Meal To Taste Better Than Ever!**

Submitted by Jacklyn Damm, Tobacco Education Specialist, Richland County Health Department

Everyone knows that smoking is one of the single worst things we can do to our bodies. Tobacco addiction is one of the biggest killers in the world today. However, our bodies can recover from the fatal harm tobacco may cause. Our bodies are so incredible, they can start to heal themself from the dangers of smoking in a matter of minutes.

When you stop smoking, within 20 minutes your heart rate drops, and your blood pressure returns to normal.

After a single day of quitting, the risk of having a heart attack begins to decrease. It becomes easier to exercise because the level of good cholesterol rises.

After one day, the risk of heart disease and smoking-related high blood pressure drops. In this short amount of time, people's oxygen levels will have risen, making exercise easier.

Two days of quitting, because smoking damages the nerve endings responsible for taste and smell, people will experience a heightened sense of taste and smell.

From 1-3 months, circulation in the body will continue to improve, and your lung capacity, oxygen levels, and levels of cardiovascular endurance will continue to improve.

After three months of stopping, women's fertility is improved, and the risk of giving birth prematurely is decreased.

After six months, quitters will stop coughing up as much mucus and phlegm, and their airways will be much less inflamed.

After nine months of quitting, the lungs will have significantly healed themselves. The delicate hair-like structures, called cilia, will have recovered from the constant toll of smoke

After one year of quitting, a person's risk of coronary heart disease will be cut in half. The risk of this disease will continue to decrease.

After three years of stopping smoking, the risk of a heart attack will have decreased to that of a non-smoker.

If you quit smoking, not only will your holiday meal taste better, but you have also given yourself the gift of much better health. Set a quit date today and start reaping the rewards of feeling healthy.

If you are ready to be a quitter, call the Quit Line at 1-800-Quit Now, or go on line to www.QuitNowMontana. com This could be your best holiday ever!





### ROUNDUP, WEDNESDAY, DECEMBER 13, 2023 5A MNAXI P Sidney Gymnastics Dickinson Dullum Qualifier Results

### Submitted by **Kelly Deming**

The Sidney Gymnastics team competed in the Dickinson Dullum Qualifier Saturday, Dec. 2. This is their first meet of the year held in Dickinson. This is the first year the club has competed in the Xcel division and the results are as follows:

Gold Team 109.85 1st Adriene Leintz: Vault 7.60, Bars 9.10 (2nd, tie), Beam 8.10, Floor 8.90, All Around 33.70

Brynlee Deming: Vault 8.15, Bars 8.85, Beam 8.85, Floor 9.05 (5th, tie), All Around 34.90

Camryn Frank: Vault 9.25 (1st), Bars 8.15, Beam 9.10 (4th, tie), Floor 9.00, All Around 35.50 (4th, tie)

Hallie Bergstedt: Vault

Roandapweb.cc

7.70, Bars 8.40, Beam 8.00, Floor 8.75, All Around 32.85 Kenzie Koch: Vault 9.00

(1st), Bars 8.85 (5th), Beam 8.80, Floor 8.75, All Around 35.40 (2nd) Malia Larson: Vault 9.05

(4th), Bars 8.95, Beam 9.15 (3rd), Floor 8.60, All Around 35.75 (3rd)

Myra Wieland: Vault 9.15 (2nd, tie), Bars 8.70, Beam 9.45 (1st), Floor 9.60 (1st), All Around 36.90 (1st)

Paisley Obergfell: Vault 8.55, Bars 9.00, Beam 8.15, Floor 8.90, All Around 34.60 Silver Team 107.25 6th Allie Franzen: Vault 8.75, Bars 8.90, Beam 8.85 (3rd), Floor 8.50, All Around

35.00 (4th) Eden Fisher: Vault 8.80, Bars 8.90, Beam 8.80, Floor 9.10 (3rd, tie), All Around



Sidney Gymnastics Gold Team Placed 1st. (Photo submitted by Kelly Deming)

35.60 (5th)

Elice Winter: Vault 8.05, Bars 8.85, Beam 9.0, Floor 9.05 (3rd, tie), All Around 34.95

Kambree Wheeler: Vault 8.15, Bars 8.60, Beam 8.60, Floor 9.10 (3rd, tie), All Around 34.45

Morgan Murphy: Vault 8.70, Bars 8.20, Beam 8.90, Floor 9.05 (3rd, tie), All Around 34.85 Rikki Elenberger: Vault

9.05 (5th, tie), Bars 8.65, Beam 8.10, Floor 9.00 (1st, tie), All Around 34.80

8.60, Bars 8.15, Beam 8.20, Floor 8.65, All Around 33.60 **Bronze Team** 108.25 3rd place Bentley Messer: Vault 9.25, Bars 9.05, Beam 8.80,

Skye Alvstad: Vault

(Photo submitted by Kelly Deming) Floor 8.45, All Around 35.55 8.75, All Around 35.15

Sidney Gymnastics Bronze Team Placed 3rd.

Hadley Leintz: Vault 9.35, Bars 9.00, Beam 9.20, Floor 9.15 (2nd), All Around 36.70 (5th)

Lena Leintz: Vault 9.15, Bars 8.80, Beam 8.60, Floor 8.75, All Around 35.30

Lily Tollett: Vault 9.00, Bars 9.00, Beam 8.40, Floor Tegan Turnbull: Vault

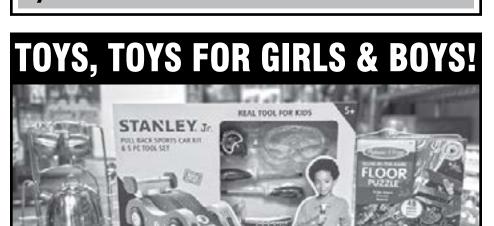
8.60; Bars 9.05; Beam 8.60; Floor 8.90; All Around 35.15

Head coach, Melanie Morrill, and assistant coaches, Rachelle Ellis and Brooke Morrill, coach them. They headed to Bismarck to compete Dec. 9-10, next.





Lyle Can Be Reached At 406-480-5999





dryer in 2018. The roof is asphalt shingle (T-locks 2001) and the siding and windows are original to the home. The basement is 3/4 finished with a family room, bedroom, bathroom. A sump pump is located in the basement. The detached double garage was built in 2002 and has a large work bench area.

2016. The water heated was replaced in 2020 and the washer/

Haugland's Action Auction, 12520 104th St. NW • Ambrose, ND 58833 www.haudlandsactionauction.com • Phone 701-965-6234 • FAX: 701-965-5234 Amber Haugland, #693 Auctioneer • Bruce Johnson, #2006 Auctioneer • Diane Haugland, #235 Clerk



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# **BRED COW SPECIAL DEC. 16TH 2023**

# **Bred Cows Start Selling at 12:00PM MST**

- Circle B, LLC 219 Head of F-1 Black Baldy Heifers, Bull Bred to GDAR (LBW) Bulls, Start Calving Last Week of March, Heifers will weigh 1000 to 1050#'s
- Doug Grandchamp 30 Bred Heifers, Black Bred to LBW Black Bull, All Shots Given when Preg Tested & also Injectable Dectomax, Start Calving March 19th
- Ryan Ross 50 Black Angus Bred Heifers, Bred Black, Start Calving April 1st for 30 Days, All off 1 Ranch
- Ryan Ross 20 Red Angus Bred Heifers, Bred to Stockmarket & Merlin Sons Red Angus Bulls, Start Calving April 1st for 21 Days
- Circle B, LLC 49 Bred Heifers, Black Angus, Bred Black to Gartner Denowh Bulls, Calving May 15th to June 15th, Shots: Ultra Choice 7, Virashield 6 VL5 + HB, Guardian, Wormed w/ Safeguard, Poured W/Cleanup
- Tim Franzen -230 Black & BWF Bred Cows, Complete Dispersion, Coming 3 Year Olds to Solid Mouth, 70-75 of these are Coming 3 Year Olds, Bred to Registered Black Angus Bulls, Calving March 27th for 60 days, Calves Weaned of the Cows Oct 18th, Shots: Vira-Shied 6, Wormed in the Fall
- Brinda Panasuk 149 Bred Cows, 3 & 4 Year Old's & 90 Bred Heifers, Black Angus & Red Angus, Bred Black, Total Dispersion, Start Calving April 1st, Poured & PregGuard at Preg Testing
- Joel Gorrell -35 Head of Coming 4 Year Olds, Bred Black to DeGrand Bulls, Cows are 3/4 Angus & 1/4 Simm, Originated off Beggar Ranch, Start Calving April 3rd
- Nathan Muri -30 Bred Cows, Bred Black, 3 Years Olds, Calving April 25th for 50 days, Shots; Preg Guard in May, Multi-Min Injectable
- Reid Ranch 40 to 50 Black Bred Cows, Bred Black to Sons of Ace, 3 to 5 Year Old's, Start Calving April 5th for 55 Days
- Bruce Johnson 120 Red Angus Bred Cows, Bred Red, Complete Dispersion, 30 Heifers and 90 Cows, 30 - 2 Year Old's, 30 - 3 Year Old's, 20 - 5 to 8 Year Old's, 10 - 10 Year Old's, Start Calving April 15th
- Randy Searer 30 Black 3 to 5 Year Olds, Bred Black, Start Calving March 25th
- Randy Searer 15 Red Angus 3 to 5 Year Olds, Bred Charlois, Start Calving March 25th
- Garth & Wayne Harmon 80 Bred Cows, Complete Dispersion, Black Angus Bred Black, 4 Year Old's to Short Term



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# Edward Jones Offices Donate Collected Gifts To "Gifts From The Heart"

#### By Jaymi Mozeak

After about five weeks of hosting collection sites for "Gifts from the Heart", the financial advisors and employees of Edwards Jones offices across Sidney donated the goods that were donated to the offices on Friday, Dec. 8, the day before the event.

All four Edward Jones offices in Sidney offer their offices up as collection sites every year. According to Lana Watson, Jerry Hughes' office, "(They) put reminders in the Thanksgiving cards they send out to clients and the other offices mail out postcards inviting clients to donate to "Gifts from the Heart" at their offices." There is no pressure from corporate or demand from a district manager somewhere. Each individual office decided at some point to do this on their own. They have been doing it for over 20 years, so long, in fact, that no one knows who first decided to start donating to the event or why. Now, it is a tradition, and something they can do for the community.

Toys were not the only items the only items they accepted as donations. Nonperishable foods; clothing;

and gift cards were also acceptable donations. The Edward Jones offices of Sidney are just a few of the businesses all around Sidney that host, donate, or help out in some other way to "Gifts from the Heart".

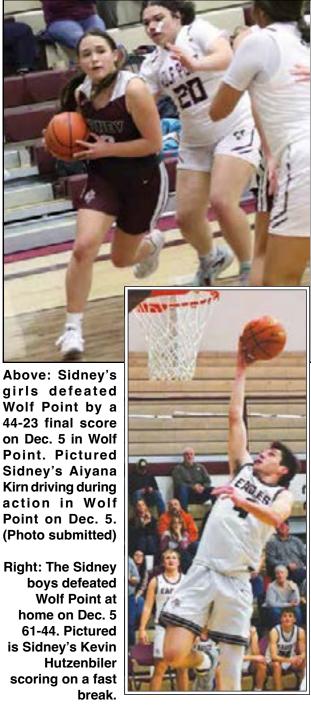


Pictured (L-R) Sidney Edward Jones Financial Advisors Jerry Hughes, Jace Johnson, Nick Lonski, Lauren Sukut, and Jamie Malsam all provide donation hubs for "Gifts from the Heart" at their offices every year. (Photo by Jaymi Mozeak)





Sidney Basketball Action





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MNAXIP

ROUNDUP, WEDNESDAY, DECEMBER 13, 2023 7A



### Kelly Family Recognized for Donation

Savage School recognizing Doug and Becky Kelly for the generous donation to Savage Schools to resurface the gymnasium floor. Pictured are Doug and Becky Kelly along with members of the Savage High School Boys & Girls basketball teams and school administration. (Submitted by Toni Zieske)

Savage Takes on

**R&L** at Home



Savage Boys Warriors Best R&L Fusion 56-31 on Dec 7. Pictured right: Zane Pilgeram makes a basket for Savage in the 56-31 win against Richey/ Lambert. (Submitted by Toni Zieske)

# CHECK OUT OUR GREAT GIFT IDEAS!



The Fairview Warriors boys & girls basketball teams traveled to Red Lodge, to play in the Class B Woodden Memorial Basketball Tournament on Dec. 8-9. Both boys and girls worked hard but came up short the Red Lodge Rams on Friday and the Columbus Cougars on Saturday. They will travel to Sidney on Thursday, Dec. 14 to play the Sidney Eagles.

Friday, Dec. 8: Fairview Girls, Red Lodge 46- Fairview 42; Fairview Boys, Red Lodge 54-Fairview 40 Saturday, Dec. 9: Fair-

view Boys, Fairview 38, Columbus 49; Fairview Girls, Fairview 32, Columbus 63



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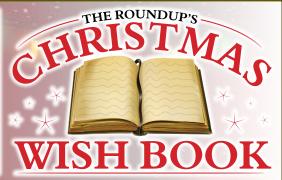


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8A ROUNDUP, WEDNESDAY, DECEMBER 13, 2023

### MNAXLP







# **Spring Lake Park Holiday More Williston Lights Drive Williston**

 Enjoy thousands of holiday lights Nov. 25-Dec. 31, in over 75 displays every evening, 5:30-9:30 p.m. from inside your vehicle.

• Tune to 107.1 for holiday music! Entry fee is \$5 per car.

 Check out the lighted photo op spots throughout the park. If in use, be courteous! Wait for the other party to finish before approaching.

 Plan to come often? Buy a book of 10 single use passes for \$40 (a \$10 savings) from the Visitors Center, 212 34th St W. or call us at 701-774-9041.

· You can also fill up your Holiday Lights Drive punch card and get an additional night free.

• Punch cards are available at the gate house while supplies last.

Featured Nights At The Holiday Lights Drive:

Wednesday, Dec. 13-Thursday, Dec. 14: Unicorn Nights - Drive slowly so you don't miss our live unicorns hanging out in the keel boat parking lot! Take-home crafts will be distributed from the gate house for kids in the car while supplies last.

Sunday, Dec. 17: Luminary Sunday - Traditionally held the Sunday before Christmas, the evening features hundreds of additional lights in luminary bags lighting up the park along the roadway. Don't miss this one-night event. Take-home crafts will be distributed from the gate house for kids in the

car while supplies last.

Monday, Dec. 18-Tuesday, Dec. 19: Reindeer Nights - The reindeer are visiting Williston! You can find them in our drive by display in the keel boat parking lot. Take-home crafts will be distributed from the gate house for kids in the car while supplies last.

Wednesday, Dec. 20: Bumble the Abominable Snowman Night - Can you spot the Abominable Snowmonster? Sometimes Bumble is hiding, but other times you might drive right by him! This themed night comes with a take-home craft for children in the vehicle while supplies last.

Thursday, Dec. 21: Sledding - Bring your sled! Park in the amphitheater parking lot at the bottom of the first hill after the ticket booth. We plan to have extra lights on the sledding hill, and Salvation Army plans to be on hand to hand out hot cocoa. There will also be a take-home craft distributed from the gate house for kids in the car while supplies last.

Satuday, Dec. 23: Cookie Decorating Kit -What would the holidays be without holiday treats? Individual cookie kits are available to kids in the car while supplies last!

Tuesday, Dec. 26: The Great Elf Send Off - The Elf on the Shelf has been busy keeping an eye on you all month and deserves a party before heading back to the

# **Community Enhancement** Applications Due Dec. 15

Each year, the Williston City Commission and STAR Fund Advisory board allocate up to \$50,000 for nonprofit groups and organizations to fund activities and projects that improve the quality of life in and around the Williston area. Grant recipients in the past include: Upper Missouri District Health Unit Safe Seats Program, Maah Daah Hey Trail, Williston Sea Lions, Western North Dakota Honor Flight and many others.

The Community Enhancement Grant program is made possible through the Williston STAR Fund which was creat-

ed to help provide financial support for economic and community development projects that create jobs. The funds are derived from a voter approved 1% city sales tax through June 30, 2030. Seventy-five percent of the collections benefit infrastructure needs and property tax relief while 25% assists projects that promote a vibrant and sustainable community.The deadline to apply is Friday, Dec.15, 2023 at 5 p.m. Applications may be emailed, mailed or delivered to Williston Economic Development. The STAR Fund Advisory Board will meet to evaluate the applications mid-January 2024. Nonprofit organizations may pick up applications at the Williston Economic Development Office, 113 4th St. E. or fill out online at www. willistondevelopment.com For more information contact Brenda Schmidt at 701-577-8110 or brendasc@ ci.williston.nd.us

Drive and see if you can find all the miniature elves partying around the park, visible from your car. This is also your last night to complete the Elf on the Shelf bingo card! Take home crafts will be distributed from the gate house for kids in the car

> while supplies last. Thursday, Dec. 28: Meet the First Responders - Follow the lights! Come meet Williston's 1st Responders at the Lights Drive, parked in the keel boat parking lot. Take-home crafts will be distributed from the gate house for kids in the car while supplies last.

North Pole! Visit the Lights

Saturday, Dec. 30: New Year's Eve Eve - Bring the kids for a spin through the Lights Drive to celebrate their own mini New Year's celebration, saving Dec. 31 for your own plans, if you have them! We will be handing out party favors at the gate house for kids in the car while supplies last.

Other activities, weather permitting:

Wednesday Night Havrides with Ironhide: Hayrides are available on Nov. 29, Dec. 6 and Dec. 13 for up to 10 people or two families per ride, maximum (whichever threshold is met first). Check in with the driver in the parking lot of the keel boat to verify availability.

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Hayrides are first come, first served, 6-8 p.m.

Elf On the Shelf Bingo: Play bingo with us! Every night through Dec. 26, our larger-than-life size Elf on the Shelf will be moved in the park. Find him and mark off the corresponding square with the date on your bingo card! Cards are available at the Lights Drive gate. Complete a row and return your winning card to the Williston Convention & Visitors Bureau for a prize!

Self-Guided Photo Opportunities: Check out all the Holiday Lights Drive photo stops! Can you find them all? If another party is using the photo op, please wait until they finish to approach. If you are using the photo op spot and notice a vehicle waiting, please finish in a timely manner and return to your vehicle so others can see it. Refer to the map from the gate house for specific locations.

Letters to Santa: Write your letter to Santa and leave it in the red mailbox at the keelboat. These are picked up daily and replied to, if a return address is provided! You can use the blank letter form you receive at the Lights Drive gate. Feel free to ask for more if you have multiple kids (or kids at heart) in the vehicle!

We Give Personal

**Attention To** 

# **Holiday Events** To Come

#### By Jaymi Mozeak

Getting swiftly through December and there are still some fun Christmas events coming up in Williston.

The Spring Lake Park Drive is continuing from 5:30-9:30 p.m. every day through Dec. 31. There will be take-and-go kids crafts, interactive exibits, an elf on the shelf bingo, photo station, and thousands of twinkling lights. Admission is \$5 per car.

Dec 16 will be a very busy day. There will by a Santa's Workshop Craft and Vendor Show at the Raymond Family Community Center from 11 a.m.-5 p.m. The first 100 kids get a free Christmas swag bag. Santa photos will be taken by Radd Photos from 1-4 p.m. for \$20. There will be plenty of opportunities to get that last minute Christmas gift. There will be a used toy giveaway at the Train ND Building and Familyworks' 1st Annual Christmas Giveaway at the Williston Public Library from 1-5 p.m. Santa will be at Safari Trampoline from 1-6 p.m., along with a free gift raffle and presents for kids. Harmonic is presenting Winter Wonderland at the Williston High School starting at 7 p.m.

On Dec. 22, Williston Police Department will be hosting their first Blacklight Snowball Fight. The event is free and will be upstairs at the Raymond Family Community Center from 5-8 p.m. Drinks and snacks will be provided. Children under 12 must have an adult to supervise but, an adult can have up to 10 kids tagging along. Also, many of the small businesses in town are having special holiday sales throughout the month.

Williston is halfway through the month of December, yet there are still plenty of things to do, plenty of events to attend, and plenty of places to shop. Merry Christmas!







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# Boys & Girls Club Of The MonDak Food Boxes For Families

Submitted by Janelle Chamberlain Boys & Girls Clubs of the MonDak

Boys & Girls Club of the MonDak will once again be handing out Holiday Food Boxes for families in need this Holiday season. The distribution is set for Dec. 20 at the Boys & Girls Club Clubhouse, 201 3rd Ave. SE, Sidney. While the Richland County Food Bank dedicates their Holiday food box program to elderly and disabled community members, the Boys & Girls Club focuses on families with children in the household. Boys & Girls Club started the Holiday food box program in 2020 after witnessing the critical need for food security in our community while serving meals to families during the pandemic closures and throughout the summer. Today, food security for children and families is still a key part of the Club's mission. Thanks to partnerships with Montana Food Bank Network, Montana No Kid Hungry, OPI Summer Food Program, Reynolds Market, and The Market in Sidney, they provide food, at no cost, to families in multiple ways. Free weekend food backpacks are sent out to referred children in the county every week during the school year. During the summer, free lunches are available for kids and teens, and free food boxes are distributed to the community whenever supplies are available. All these services are open to any community family with children, even if the children are not members of the Club. These are in addition to all the nutritious breakfasts, lunches, and snacks provided to members all year long.

If you would like to donate towards the Holiday food boxes or any of the other BGC food programs, please contact Madison or Janelle at the Boys & Girls Club office at 406-433-6763 or email at ceo@richlandbgc.org or j.buxbaum@ richlandbgc.org.

Right: Boys & Girls Clubs of the MonDak, Richland Unit CEO Madison Miller with one of the many food boxes prepared to be handed out. (Submitted Photo)



Boys & Girls Clubs Of The MonDak Proud To Announce Bryndi Stedman & Aubrey Dockweiler As November Youths Of The Month Winners

### Submitted by Janelle Chamberlain Boys & Girls Clubs of the MonDak

Bryndi Stedman is the Clubhouse November Youth of the Month. Bryndi is the daughter of Matt and Teresa Stedman and has two siblings. Bryndi enjoys art class while at the club and her favorite subject in school is math.

Aubrey is our November Youth of the Month from the Base. She is in Tammy's Yellow group at the Boys & Girls Club and is in 5th grade. She is the daughter of Kelsie Reese and John Dockweiler and she has seven siblings. Aubrey's favorite activities at the Club are going outside and Tammy's art class. While she is at school, she enjoys art class and social studies. Aubrey would like to be an artist when she grows up. Boys & Girls Club would like to congratulate both girls on their achievement and demonstration of kindness and respect while at the Club!





Aubrey Dockweiler

Bryndi Stedman



# Sharing The Wealth

Submitted by Jodi Berry, CCTM, RCCOA/ and family can be profoundly fulfilling. When



### RCTS Director

Tis the Season of Giving! During this time, we get a lot of questions about gifting money so we'd like to share some great tips from Edward Jones. The full Edward Jones article can be found at: https://www. edwardjones.com.

"Whether it's helping a child or grandchild buy their first home, taking your family on a vacation or supporting a loved one in a meaningful endeavor, gifting money to friends done correctly, gifting can also provide estate, income and/or capital gains tax benefits. It may benefit your loved ones, and your own financial plan, to give while you're still living. Here's what you need to know about the gift tax and estate tax exemptions and how they can impact your giving strategy.

Annual Gift Tax Exclusion

The annual gift-tax exclusion is the amount of money you can give to

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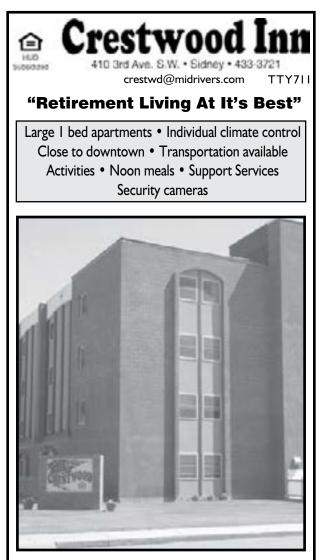
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Remembrances & condolences

may be shared with family at:

www.fulkersons.com

an individual in a single year without being subject to potential gift taxes. In 2023, that amount is \$17,000. The exclusion amount is per donor, per recipient, per year. For example, parents can each give this amount to each child every year. Any gift over the exclusion amount will count



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against your lifetime gift and estate tax exemption amounts. It's not until you've exhausted the lifetime amount that you, the gift giver, would owe gift taxes.

Lifetime Gift and Estate Tax Exemption Amount

The lifetime gifting and estate tax exclusion amount is separate from your annual gift tax exclusion amount. The limit in 2023 is \$12.92 million per person. Amounts given over your annual gift-tax exclusion limit reduce your lifetime limit. Using the lifetime exclusion amount by gifting during your life reduces the amount you're able to transfer estate tax free to your heirs when you pass away. Note: Giving amounts over the lifetime gifting and estate tax exclusion either during life

or death will incur up to a 40% tax.

The lifetime gifting and estate tax exemption amount will be reduced in 2025. Because of this, individuals who expect to have estates greater than \$5.49 million (\$10.98 million per couple), adjusted for inflation since 2017, may consider gifting up to the current limit of \$12.92 million (\$25.84 million per couple) prior to the change to lock in the taxfree transfer of assets at this higher amount."

For more information or further clarification of the above information, please read the full article published by Edward Jones. As always, it is a smart move to ensure you speak to a trusted financial advisor before making any large financial decisions.



1060 S. Central Ave. Ste. 2, Sidney, MT 406-433-5511 • don@nkbattorneys.com



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

#### WEDNESDAYS:

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

Thurs., Dec. 21: Cheeseburger casserole, peas,

Wed., Dec. 22: Christmas

#### **Fairview School**

Thurs., Dec. 14: Christmas dinner, Fairview honey glazed ham, garlic/parme-Tues., Dec. 19: Popcorn san roasted baby potatoes,

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- 8 p.m.— AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for
- 7 p.m. AA Welcome Home Group, Sunny's Family
- Hotline/Info 701-609-8663.

Mon., Dec. 18: Corn dogs. Tues., Dec. 19: Hamburger

gravy. Wed., Dec. 20: Chicken

fajitas. Thurs., Dec. 21: Grilled

cheese, tomato soup. Rau School

Thurs., Dec. 14: Peanut butter & jelly sandwiches, potato chips, carrots,

grapes. Fri., Dec. 15: No school. Mon., Dec. 18: Taco macaroni & cheese, green beans,

apples.

Mon., Dec. 18: Italian dunker, green beans, fruit.

Tues., Dec. 19: Chicken &

dumplings, fruit. Wed., Dec. 20: Chicken fried steak, mashed pota-

toes, corn, fruit.

fruit.

party.

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

### FRIDAYS:

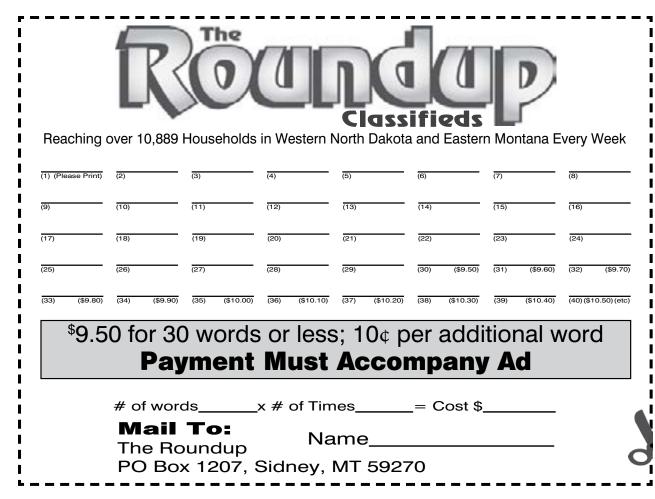
- 6:30 p.m.- 5 Stones Faith Based Recovery meeting, Sidney First Church of the Nazarene, 606 9th St. SW Back door is open.
- 7 p.m. Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT. 7 p.m. – AA Welcome Home Group, Sunny's Family
- Restaurant, 102 E. Main St., Sidney, MT, Central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

### SATURDAYS:

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

### SUNDAYS:

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



chicken, mashed potatoes & gravy, corn.

Wed., Dec. 20: Chili, cinnamon rolls, pineapple tidbits. Thurs., Dec. 21: Noon release, no lunch.

#### Froid School Thurs., Dec. 14: Chicken patties on buns, rice pilaf, veggies, fruit, salad bar. Fri., Dec. 15: No school. Mon., Dec. 18: Breakfast burritos, hash browns, gogurts, orange juice, salad

bar. Tues., Dec. 19: Hamburgers on buns, baked beans, chips, fruit, salad bar. Wed., Dec. 20: Roast turkey, mashed potatoes/gravy, buns, yams, Christmas

cookies, salad bar. Thurs., Dec. 21: Chicken nuggets, fries, veggies, fruit, salad bar.

**Bainville School** 

Thurs., Dec. 14: Chicken sandwiches, carrots, fruit cocktail.

Fri., Dec. 15: Lasagna, Caesar salad, pears. Mon., Dec. 18: Bronc

Bilquist Day! Breakfast for lunch, carrots, apples, no bake cookies.

Tues., Dec. 19: Quesadillas, mini peppers, mixed fruit.

Wed., Dec. 20: Cheeseburger macaroni, corn, orandes.

Thurs., Dec. 21: Chicken drumsticks, mashed potatoes, mixed veggies, grapes.

Fri., Dec. 22: Christmas dinner.

### **Richey School**

Thurs., Dec. 14: Chicken noodle soup, sandwiches, veggie sticks, cookies, fruit, salad bar. Fri., Dec. 15: No school. Mon., Dec. 18: Christmas dinner, fruit, salad bar. Tues., Dec. 19: Cook's choice, fruit, salad bar. Wed., Dec. 20: Chicken & waffles, veggies, fruit, salad bar. Thurs., Dec. 21: Tomato soup, grilled cheese, veg-

gies, fruit, salad bar. Fri., Dec. 22: Sack lunch. Culbertson School Thurs., Dec. 14: Cheesecandied dill carrots, cinna mon apples, fresh baked croissants.

Fri., Dec. 15: No school.

Mon., Dec. 18: Crispy chicken wraps, fresh garden bar. Tues., Dec. 19: Spaghetti, breadsticks, fresh garden bar.

Wed., Dec. 20: Taco in a bag, fresh garden bar.

Thurs., Dec. 21: Homemade pizza, fresh garden bar.

East Fairview School Thurs., Dec. 14: Cheesy chicken noodle casserole.

Fri., Dec. 15: No school. Mon., Dec. 18: Taco soup. Tues., Dec. 19: Hot ham & cheese.

Wed., Dec. 20: French dips. Thurs., Dec. 21: Ham & cheesy potatoes.

### Alexander School

Thurs., Dec. 14: Popcorn chicken or finger steaks, mashed potatoes, corn, fruit, vegetable bar.

Fri., Dec. 15: Slushburgers, sun chips, fruit, vegetable bar.

Mon., Dec. 18: Teriyaki or orange chicken, fried rice or noodles, fruit, vegetable bar. Tues., Dec. 19: Build your own pizza, fruit, vegetable bar.

Wed., Dec. 20: Super nacho, fruit, vegetable bar.

Thurs., Dec. 21: Lasagna, green beans, garlic toast, fruit, vegetable bar.

### Watford City School

Thurs., Dec. 14: 12 oz. Knoephla soup, cheese breadsticks, crackers, fruit, veggies, salad bar.

Fri., Dec. 15: Chicken asada, shoestring fries, fruit, veggies, salad bar.

Mon., Dec. 18: Personal pepperoni pizza, goldfish crackers, fruit, veggies, salad bar.

Tues., Dec. 19: 2 Crispitos, fritos, fruit, veggies, salad bar.

Wed., Dec. 20: Chicken alfredo, garlic bread, fruit, veggies, salad bar.

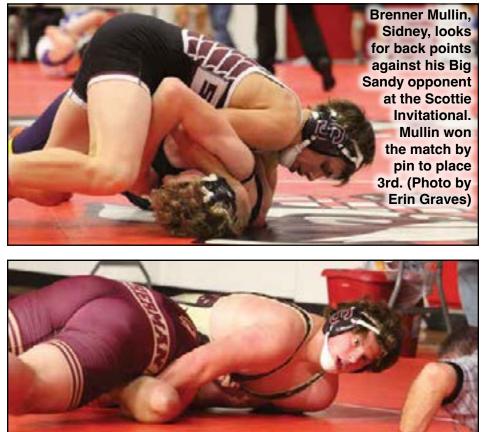
Thurs., Dec. 21: Bacon cheeseburgers, chips, fruit, veggies, salad bar, Christmas cookies.



# Sidney/Fairview Wrestlers Win Big In Glasgow



The Sidney/Fairview Wrestling Team poses after taking 1st place at the Glasgow Scottie Invitational Tournament last weekend. (Photo by Erin Graves)



Sidney's heavyweight Caleb Kleinke pins Baker's Logan Scherman in the championship match at the 28th Annual Scottie Invitational last weekend in Glasgow. (Photo by Erin Graves)

28th Annual Scottie Invitational Sidney **Wrestling Results** Dec. 8-9 103: Eli Lonski (10-4)

placed 5th and scored 17.0 team points. 113: Gordan Knapp (11-

1) placed 1st and scored 28.0 team points. 132: Brenner Mullin

(11-4) placed 3rd and scored

23.0 team points. 138: Aaron Schmitz (10-4) placed 2nd.

138: Brody Keysor (13-2) placed 1st and scored

33.5 team points. 145: Reece Graves (12-0) placed 1st and scored 31.0 team points.

160: Ty Schepens (8-4) placed 2nd and scored 26.0 team points.

170: Brandon Pederson (10-5) placed 7th and scored 13.0 team points.

182: Thor Fulgham (6placed 6th and scored 7) 11.0 team points.

285: Caleb Kleinke (11-2) placed 1st and scored 32.0 team points.

Team Scores: 1st Place: Sidney, 224



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