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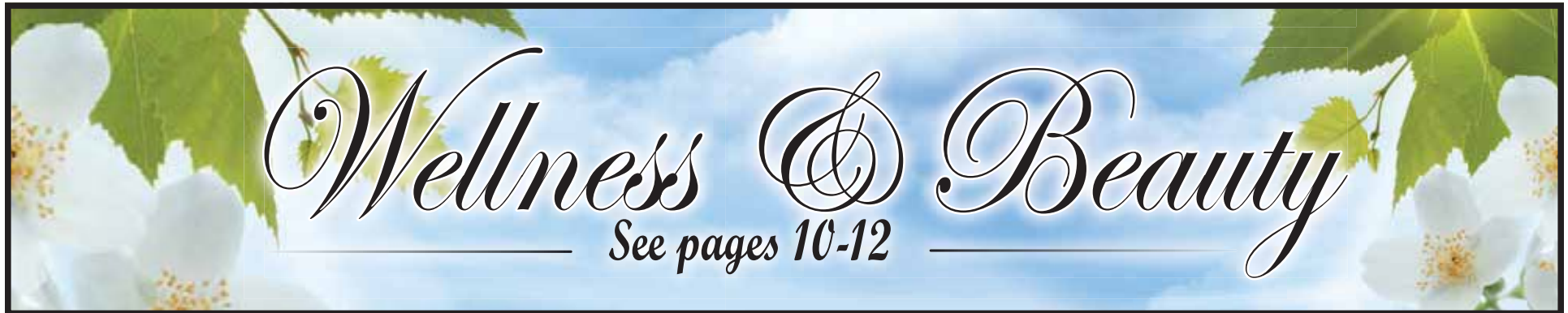
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Wednesday, January 20, 2021

Volume 46 • Number 50



Phase 1B COVID-19 Vaccine Appointments Available in Richland County

Submitted by Stephanie Ler, RS, MPH Environmental Health Director, Richland County Health Department

The Richland County Health Department is announcing the availability of COVID-19 vaccine appointments for those who fall in Phase 1B of the vaccination plan. The first appointments are available beginning on Tuesday, Jan. 26.

The vaccination plan was developed according to guidance provided by the Centers for Disease Control and Prevention and the Montana Department of Health and Human Services, and was reviewed by the Board of Health on Jan. 12. The phases are subject to change.

Phase 1B includes community members who are aged 70 years and older, as well as individuals 18-69 who have high-risk medical conditions who may have an elevated risk of COVID-19 complications. This phase also includes American Indians and other people of color who may be at elevated risk of complications. Those seeking appointments are asked to self-certify that they fall into this category.

The Health Department provides the Moderna COVID-19 vaccine, which requires two doses, spaced 28 days apart. The Moderna vaccine is only approved for

people ages 18 and older. The vaccine comes in 10 dose vials that must be used within 6 hours of opening. Individuals will be instructed to arrive on time and if cancellation is unavoidable, to do so with as much advance notice as possible. If individuals are more than 10 minutes late, they will be required to reschedule.

Individuals should expect their appointment to last between 30 and 45 minutes. This provides a period of between 15 and 30 minutes to monitor for signs of an allergic reaction.

The Richland County Health Department will be billing private insurance, Medicare, and Medicaid an administrative fee of \$35 per dose. If insurance does not cover this fee, individuals will not be sent a bill.

A dedicated website has been developed to provide vaccine-related information, which can be accessed at <https://www.richland.org/782/COVID-19-Vaccination-Plan>. To schedule an appointment for a COVID-19 vaccine at the Richland County Health Department, please call 406-433-2207. For general inquiries about COVID-related topics, call the Information Line at 406-433-6947.

Upper Missouri Valley Health Unit Vaccine Update

The Upper Missouri Valley Health Unit Covid vaccination clinic is full but there is an option to sign up to receive more information on upcoming clinics and priority groups. They will continue to work through the priority group of 75 and older as soon as they receive more vaccine.

Citizens of the Upper Missouri District Health Unit service area (Divide, Williams, Mountrail, and McKenzie counties) can now sign up to be notified when the vaccine is available for their priority group. If an individual does not fit into a priority group, there is also an option to indicate interest in being notified when the vaccine is available to the general public. Those interested in getting the vaccine can sign up for the notification at <http://bit.ly/UMDHUnotify>. Completing the form does not guarantee a vaccine for you, but will notify you via email or text message of how to make an appointment to receive the vaccine when it is ready for your demographic. Only one form should be completed per person. For more information about North Dakota's COVID-19 Priority Groups, please visit <https://www.health.nd.gov/covid-19-vaccine-priority-groups>.

Governor Gianforte Lifts Restrictions On Small Businesses With New Directive

Helena — Governor Greg Gianforte, last week, issued a new directive to replace several complicated directives related to the pandemic.

"Improving our response to the pandemic has been my top priority," Governor Gianforte said. "Today, I am issuing a new directive that removes or replaces the cumbersome layers of the existing ones. These new directives are clear. They are practical. They are commonsense. And they are easy to understand."

Governor Gianforte's 3-page directive replaces over 25 pages and layers of existing directives. Gianforte's directive provides clear, easy-to-understand guidance.

The governor's directive repeals onerous, arbitrary regulations on Montana small businesses, including restrictions on hours of operation and capacity.

Since March 2020, small business owners across Montana have

worked to create a safe environment for their employees and customers while keeping their doors open. The new directive acknowledges the diversity of challenges businesses face in this pandemic, and affords them the flexibility to develop and implement appropriate policies based on industry best practices.

Gianforte said, "We can reduce the burden on our small business owners while simultaneously protecting the health of Montana workers and customers. These are not mutually exclusive."

Where industry best practices do not exist, the governor's directive states; that "such policies should be developed and implemented in accordance with federal, state, and local regulations and guidance."

The directive also replaces the 25-person limit on public gatherings with simple guidance that "any public gatherings or events should be managed in a way that accommodates CDC social

distancing guidelines."

Montana business leaders welcomed Gianforte's new guidance:

Todd O'Hair, Montana Chamber of Commerce president and CEO: "We know that the bar, restaurant and hospitality industry has been hit particularly hard during this pandemic. By lifting the restrictions placed on indoor seating, removing limits on hours of operation, and eliminating capacity limits, these businesses will begin to operate normally again. Montanans will be back to work, and our economy will be one step further

into recovery."

Mary Jane Heisler, Montana Tavern Association president: "This is a big deal for taverns, restaurants, and other hospitality businesses. I appreciate Governor Gianforte's decision to take a more thoughtful approach."

Steve Wahrlich, Montana Lodging and Hospitality board member: "The hospitality sector of Montana's economy is greatly appreciative of Governor Gianforte's actions. His concise plan will help businesses move forward, while also working to protect our customers and workers. We think this is a

step to starting off the new year in the right direction."

Ronda Wiggers, National Federation of Independent Businesses (NFIB) state director: "We are very appreciative that Governor Gianforte understands that every small business is different. Allowing each business to follow best practice safety protocol that works for them, their employees, and their customers will allow Montana's economy to begin to recover."

In a press conference last week, Governor Gianforte provided a clear path to rescinding the statewide

mask mandate. First, the most vulnerable Montanans are being vaccinated. Second, the legislature sends to his desk a measure to protect businesses and schools from lawsuits if they make a good faith effort to protect individuals from the spread of coronavirus and follow clear public health guidelines.

The full text of Governor Gianforte's Executive Order 2-2021 and directive implementing EO 2-2021 may be found at https://governor.mt.gov/_docs/EO2.pdf and https://governor.mt.gov/_docs/Directiveon2021.pdf

Knights of Columbus to Raise Money for Women's Clinic

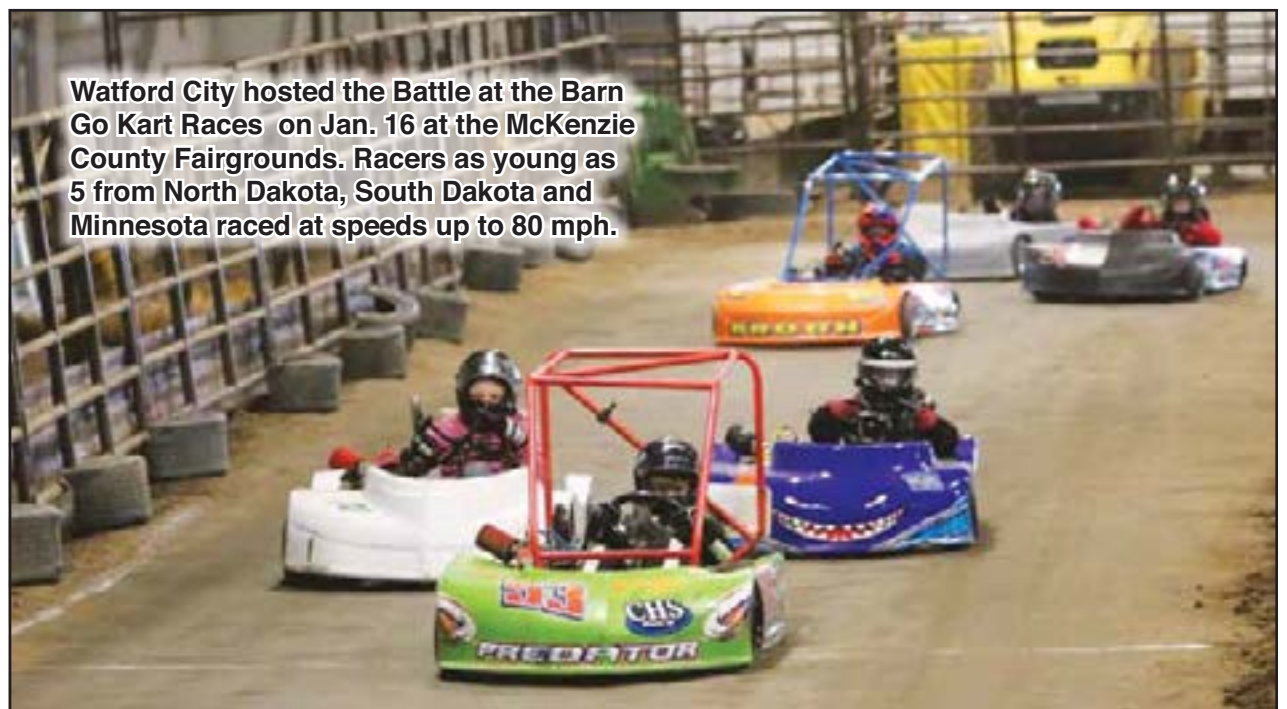
The Knights of Columbus are asking for your financial support of a new ultrasound machine for the Sunrise Women's Clinic, Sidney.

The Knights of Columbus Supreme has been supporting pregnancy centers all over the world to help stop abortion. Since starting this program in 2009 the Knights have placed over 1,200 machines in use. The Knights of Columbus have been able to secure lower pricing from the major manufacturers with these numbers of machines purchased. Supreme Council pays for half and the local council needs to raise the other half. They are needing to raise about \$18,000.

The local Council, with your help, was able to gift our local women's clinic the machine they have in 2012. They serve an average of 150 expecting mothers each year. They cover about a 100-mile radius of Sidney. Their machine is nine years old this spring and needs to be replaced.

They are asking for your help again to purchase a new ultrasound machine. There's an account for this project setup at Yellowstone Bank, Sidney and you can donate there. You can also give a donation to any of the Knights that you might know. If you would like to send a donation the address is Knights of Columbus Council 3002, PO Box 1309, Sidney, MT 59270.

If you have any questions call Mark Brodhead at 406-488-6331.



Watford City hosted the Battle at the Barn Go Kart Races on Jan. 16 at the McKenzie County Fairgrounds. Racers as young as 5 from North Dakota, South Dakota and Minnesota raced at speeds up to 80 mph.

Battle at the Barn

Fans young and old had a chance to win some cash as they were challenged to a foot race around the track at the go-cart races, Sat., Jan. 16, McKenzie County Fairgrounds Multipurpose building. (Photos by Kathy Taylor)





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



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WEEKLY FRAUD TIP

BROUGHT TO YOU BY 

Social media can be a great way to connect with friends while the pandemic has you keeping your distance. However, there has been an increase in social media scams. Here are a couple things you can do to avoid this fraud.

- Before you buy based on an ad or post, check out the company. Type its name in a search engine with words like “scam” or “complaint”.
- Don’t make it easy for scammers to target you – check your social media privacy settings to limit what you share publicly.

If you spot a scam, report it to the social media site and the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

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AREA RECOVERY GROUPS

MONDAYS:
12 p.m. — AA Monday Noon Group, Matthew House Office, 416 2nd St. NW, Sidney, MT.
1 p.m. - 3 p.m. — Grief Reovery Support group, First Lutheran Church music room, Watford City.
6 p.m. — Al-Anon Family Group Meeting, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave., Sidney, MT.
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

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

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

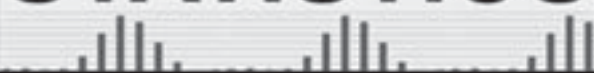
THURSDAYS:
7 p.m. — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.
7:30 p.m. — Al-Anon Meeting, Presbyterian Church, 316 4th Ave. NE, Watford City, ND.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

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

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

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

STATISTICS



LAKE WATER LEVEL REPORT
Sakakawea

Current Elevation.....	1838.6
Last Week’s Elev.	1838.5
One Year Ago	1838.7
Release For Day (C.F.S.)	16,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
January 11	48	23	0.000
January 12	47	28	0.000
January 13	58	30	0.004
January 14	37	28	0.005
Total 2021 YTD Precipitation			0.086

OBITUARIES

Margaret Lavern Sorensen, 97, Lewistown, MT

Graveside services for Margaret Sorensen, 97, Lewistown, MT, are at 9:30 a.m., Wednesday, Jan. 20, 2021 in Sidney Cemetery.

Visitation was 10 a.m.-7 p.m., Tuesday, Jan. 19, 2021, at Fulkerson-Stevenson Memorial Chapel, Sidney, MT, under the care of Fulkerson-Stevenson Funeral Home, Sidney, MT. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Margaret passed away on Wednesday, Jan. 13, 2021 at Caslen Living Centers, Lewistown, MT.

Marilyn Kaye Lake, 86, Sidney, MT

Marilyn Kaye Lake passed away early in the morning of Jan. 5, 2021 after a steep decline from dementia and heart ailments. Marilyn was born in Walla Walla, WA to Frederik and Klaske (Spykstra) DeBoer, Feb. 24, 1934, joining older siblings Joseph Arthur and Harriet Ann. Later, another sister, Phyllis, joined the family.



Marilyn Kaye Lake

Marilyn grew up on a dairy farm near the Whitman Mission Massacre National Historical site. She started her education in a two-room schoolhouse named Valley Chapel. She was active in 4-H. She graduated from Walla Walla High School and began working at JC Penney. She graduated from Washington State University with a teaching degree in physical education. Upon graduation, she began her teaching career in Othello, WA, which led to another teaching position in Sacramento, CA. There she met a government radio repair specialist named Martin (Bud) Lake. Bud’s Uncle John Monger decided to retire and offered Bud his farm in eastern Montana, a little south of the town of Lambert. Bud asked Marilyn to accompany him to Montana. As they started their journey, they stopped for the night in Reno, NV and decided to get married. Unbeknownst to the young couple, NBC News was filming a special on weddings. Marilyn and Martin’s wedding on July 21, 1962 would be televised nationally.

Bud and Marilyn settled into farming and raising a family near Lambert. Fredric, Steven, Ira and then later, Jeremy grew up playing basketball to avoid doing dishes after supper. In 1972, Bud and Marilyn took over the management of Lake’s Café in nearby Sidney, changing the name to M&M Café. They opened their home and welcomed two Spanish exchange students into the family; Inaki Idoate and Eduardo Serrat. Marilyn enjoyed filming all her sons playing basketball and football. Bud and Marilyn operated both the farm and restaurant until they decided to sell the farm in 1992. They continued to operate the restaurant until they sold the site and retired in 2012.

Marilyn enjoyed reading and was an ace at trivial pursuit in the literature category. She was known for her many years of baking pies and caramel rolls at the restaurant. Her smile and laugh will be remembered throughout the community.

Marilyn K. Lake was preceded in death by her parents, Frederik and Klaske DeBoer; and her brother, Joseph Arthur. Marilyn is survived by her loving husband of 58 years, Martin Lake; her four sons, Fredric (Victor), Steven, Ira (Amy) and Jeremy; her grandchildren, Martin Vaunder, Weston, Samantha, Seth, Parker, Cooper, Mackenzie, and Alexis Johnson; her sisters, Phyllis Burton and Harriet Ann Clark and numerous nieces and nephews.

It was Marilyn’s wishes to be cremated. The family is planning a memorial service to be held in the summer as travel becomes easier.

Fulkerson-Stevenson Funeral Home, Sidney, MT is caring for the family. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Public Comments Sought For Lake Sakakawea (ND) Shoreline Management Plan

Omaha, NE - The U.S. Army Corps of Engineers, Omaha District, is seeking public comment as part of the update of the Lake Sakakawea Shoreline Management Plan (SMP). This update is part of a routine five-year review of the SMP. In general, the SMP provide guidance on how USACE will administer the Shoreline Management program at Lake Sakakawea near Riverdale, ND. The SMP balances authorized private use, while protecting general public use on the shoreline of Lake Sakakawea and Lake Audubon. Private dock areas, vegetative management, and the permitting process are part of what is covered in the SMP.

Public input is requested and those individuals wishing to comment on the draft plan are encouraged to submit comments by Feb. 15. The draft plan, along with an online comment form, is posted to the Garrison Project office website, <https://www.nwo.usace.army.mil/Missions/Dam-and-Lake-Projects/Missouri-River-Dams/Garrison/>. To request a copy of the proposed Shoreline Management Plan, or any questions regarding the update, please contact Joan Koob, Natural Resource Specialist, at 701-654-7756, email at joan.e.koob@usace.army.mil, or mail to: USACE, Attn: Joan Koob, PO Box 527, Riverdale, ND, 58565-0527.

Signup For The Roundup

The Roundup offers free weekly mail delivery in Sidney. If you have a Sidney mailing address and currently do not receive The Roundup newspaper at home (and would like to) sign up today! Stop by 111 West Main, call 406-433-3306 or send your name and address to us at either classesads@esidney.com or PO Box 1207, Sidney, MT 59270.

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EVENTS

SEND US YOUR EVENTS!

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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.
Wed., Jan. 13
10 a.m. -4 p.m. - **30th Annual Miniature Art Show** - Showing through Jan. 16. - **Jodi Lightner: Straight There and Back** - Showing through Feb. 27. MonDak Heritage Center, Tues.-Fri., 10 a.m.-4 p.m.; Sat., 1-4 p.m. For more information call 406-433-3500, e-mail mdhc@richland.org or visit <https://mondakheritagecenter.org/>.
11:30 a.m.-1 p.m. - **WOTM Soups** - Open to the public. Chicken noodle soup. Sidney Moose Lodge.
Sat., Jan. 16
10 a.m.-4 p.m. - **Open Studio Saturdays** - All participants must make an appointment call 406-433-3500 or email mdhc@richland.org. Adults 18+ years old only, masks required. Take home an Art to go Kit for your little ones. MonDak Heritage Center. If you are unable to make it during open studio hours set up an appointment with Jessica, 406-433-3500. For more information e-mail mdhc@richland.org or visit <https://mondakheritagecenter.org/>.
11 a.m. - **Sidney Moose Lodge Meet N Greet** - Open to anyone interested in learning of the Moose fraternity. Free lunch to follow.
Sun., Jan. 17, 24, 31
9 a.m.-noon - **Breakfast** - Open to the public. Sidney Moose Lodge.
1 p.m. - **Bingo** - Open to the public. Sidney Moose Lodge.
Mon., Jan. 18, Feb. 1, 15, March 1, 15, April 5, 19
6:30-8 p.m. - **Mothers of Preschoolers (MOPS) Meetings** - Open to all Moms with school aged children and younger, including Moms who are expecting. Sidney Lutheran Brethren Church, 1101 Madison Lane. No childcare provided. For more information call Stacy Abar, 406-672-1463.
Tues., Jan. 19
12 p.m. - **Job Service Employers Committee Meeting (JSEC)** - Open to everyone. Reynolds Market conference room. For more information call Margie 406-433-1204 ext. 204.
12-6 p.m. - **Red Cross Blood Drive** - St. Matthew's Parish Center, 310 7th Street SE. Advance appointments are recommended. To make an appointment, call American Red Cross, 406-868-0911 or 1-800-733-2767 or visit redcrossblood.org. Face masks are required.
Wed., Jan. 20
11:30 a.m.-1 p.m. - **WOTM Soups** - Open to the public. Knoephla soup. Sidney Moose Lodge.
Thurs., Jan. 21
11:30 a.m. - **Richland Red Hatters Lunch Meeting** - Rod Iron RSVP by Jan. 19. Call Sylvia, 798-3882 or Margaret, 488-4613.
Mon., Jan. 25
7 p.m. - **Snacks & Chats** - Anxiety & depression support group for teens ages 13-19. Board games, foosball, ping pong and treats. Meetings on 2nd and 4th Mondays each month, Pella Church, not church related.
Wed., Jan. 27
11:30 a.m.-1 p.m. - **WOTM Soups** - Open to the public. Cheeseburger soup. Sidney Moose Lodge.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone
Thurs., Jan. 14, 28
2-4 p.m. - **Food Giveaway with New Winter Hours** - First Presbyterian Church, 316 4th Ave. NE.
Thurs., Jan. 14, 21, 28; Feb. 4, 11, 18, 25, March 4, 11, 18, 25, April 1
4-5 p.m. - **After School Art-3rd-6th by Long X Arts Foundation** - Children will take home a different art project every day! \$140 12 week session, must pre-register; drop-ins \$15 a class. Rough Rider Center, 2209 Wolves Den Parkway. COVID-19 guidelines will be followed. For more information call Jessie, 701-770-8659 or email longxart@gmail.com.
Fri., Jan. 15
6:30-8:30 p.m. - **Cooking with Beef Sip N' Paint By Long X Arts Foundation** - Register for this class to learn how to paint a sassy chicken reading her recipe book. Everyone will be leaving with a finished 16x20 canvas. All supplies and instructions included. Rough Rider Center, 2209 Wolves Den Parkway.
Sat., Jan. 16
8 a.m.-6 p.m. - **Catch For A Cure Ice Fishing Tournament Tobacco Gardens Resort & Marina** - Benefits Rugged West Relay for Life. Two person team, \$100 per team entry. Rules meeting Jan. 15, 7 p.m., Lewis & Clark Building. For more information call Rex Korslien, 701-580-5362 or email korslien@restel.com.
10 a.m. - **Battle At The Barn Motorsport Event** - Adult open small block; adult 20HP and under; kid age 10-15; kid age 5-9; slingshots. Fan entry fee: \$10. McKenzie County Fairgrounds Multipurpose Building. For more information visit www.watfordcityevents.com/all/Calendar/Details/Battle-at-the-Barn-/1168.
Tues., Jan. 19
2-4 p.m. - **Food Pantry Handouts** - First Lutheran Church, 212 2nd St. NW. For more information call McKenzie County Extension Office, 701-444-3451 or visit McKenzie County Food Pantry Facebook page for dates, times and updates.
Tues., Jan. 19, 26; Feb. 2, 9, 16, 23, March 2, 9, 16, 23, 30
4-5 p.m. - **After School Art-K-2nd by Long X Arts Foundation** - Children will take home a different art project every day! \$15 a class. Rough Rider Center, 2209 Wolves Den Parkway. COVID-19 guidelines will be followed. For more information call Jessie, 701-770-8659 or email longxart@gmail.com.
Tues., Jan. 26, Feb. 9, 23, March 9, 23
10 a.m. - 12 p.m. - **Percs & Rec Kids** - Free fun activities for children, crafts, story time, scavenger hunts, sport games, building blocks and more. McKenzie County Public Library.
Sat., Jan. 30
11 a.m.-3 p.m., family; 5-9 p.m., adult - **Indoor Mini Golf** - \$5 per person. Concessions and adult beverages available 5-9 p.m.; on-site childcare: \$10 per child, 5-9 p.m. (provided by McKenzie County KidStop) Rough Rider Center. For more information visit roughridercenter.com or call 701-842-3665.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.
Fri., Jan. 15 & Sat., Jan. 16
9 a.m.-4 p.m. - **Confluence Sewing and Quilting** - All experience levels invited and instruction provided. Bring your own lunch. Missouri-Yellowstone Confluence Interpretive Center, 701-572-9034.
Thurs., Jan. 21
6-8 p.m. - **Open Art Studio James Memorial Art Center** - Create from your soul, explore your inner landscapes and connect with community. Free event open to all bodies, all artistic mediums and all levels of artistic experience. Every 3rd Thursday of the month, James Memorial Art Center, 621 1st Ave. W. For more information call 701-774-3601 during office hours or visit <http://www.thejamesmemorial.org/>.
7 p.m. - **Confluence History Book Club** - Join history buffs in discussing this month's book. Free refreshments. Missouri-Yellowstone Confluence Interpretive Center, 701-572-9034.

Sidney Health Center Welcomes First Baby Of 2021

Submitted by Toni Zieske

Sidney – Alessi Jae Burman was the first baby born at Sidney Health Center in 2021. Chantelle Strandlund and Braden Burman, Fairview, welcomed their baby girl on Jan. 8 at 4:04 a.m. She weighed 7 lbs. 12 oz. and measured 20 inches long.

As the first baby born at Sidney Health Center in 2021, Alessi and her parents received a gift bag full of baby items valued at \$325 from the Sidney Health Center Caring Corner Gift Shop and Good Cents Store Volunteers.

Although Alessi was the first baby born in 2021, 2020 was a busy year for the obstetric department. In the past year, 228 babies were delivered at Sidney Health Center. One hundred twenty-nine of the babies were boys while 99 were girls. Although the average number of babies born per month was 19, January, April and June were busy months with 25 births each while August and October saw 23 and 24



Alessi Jae Burman (Photos submitted)

births respectively.

Sidney Health Center's female obstetrician gynecologists provide essential obstetrical services to women living in the MonDak 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. Lisa Ross and Dr. Maula Tambi have been practicing in Sidney since summer 2016.

The Sidney Health Center obstetric and newborn units feature labor, deliv-

ery, recovery, postpartum (LDRP) rooms. These rooms are equipped with 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 with the first one in 2021 scheduled for February. Registered nurse instructors will review the following topics: relaxation, anatomy and physiology of childbirth, types of delivery,



Alessi Jae Burman with her parents Chantelle Strandlund and Braden Burman.

anesthesia, breast feeding and child care. The session is free of charge; however, donations up to \$25 are gladly accepted to cover expenses.

If you would like 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. Ross or Dr. Tambi, please call their office, 406-488-2577.



Left: Watford City's Hannah Mayes, #37 battles for the puck against a Bismarck defender in Friday, Jan. 15 game, Watford City. The Lady Oilers fought back from a 2 goal deficit in the 3rd period to tie the game but Bismarck recorded the win (3-2) scoring less than 3 minutes into the overtime.

Right: The 5th annual Arden Berg Mite Jamboree was held Saturday, Jan. 16 at Rough Rider Center, Watford City. Fourteen teams each played 3 games for a full day of hockey.



Watford City Hockey Action

The puck stops here. Watford City goalie, Kyle Carlson stops the puck in the game against Northwood on Friday night, Jan. 15. The Oilers defeated Northwood 5-4. (Photos by Kathy Taylor)

Winter Classes Open For Registration

For details and to register, visit handyandynursery.com or our Facebook page

January 23.....	Aqua Tanks 101
February 6.....	Mini Garden
March 13.....	Micro Greens

Aqua Tanks 101 January 23

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Saturday: 9am - 5pm
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Williston, ND | 701-572-6083

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Krista Frank, FNP-C provides a wide range of Women's Health services, working closely with our OB/GYN doctors to meet the ever-growing needs of women living in the MonDak region.

Practice includes:

- Annual exams and screenings
- Prenatal visits
- Lactation counseling
- Gynecological health education

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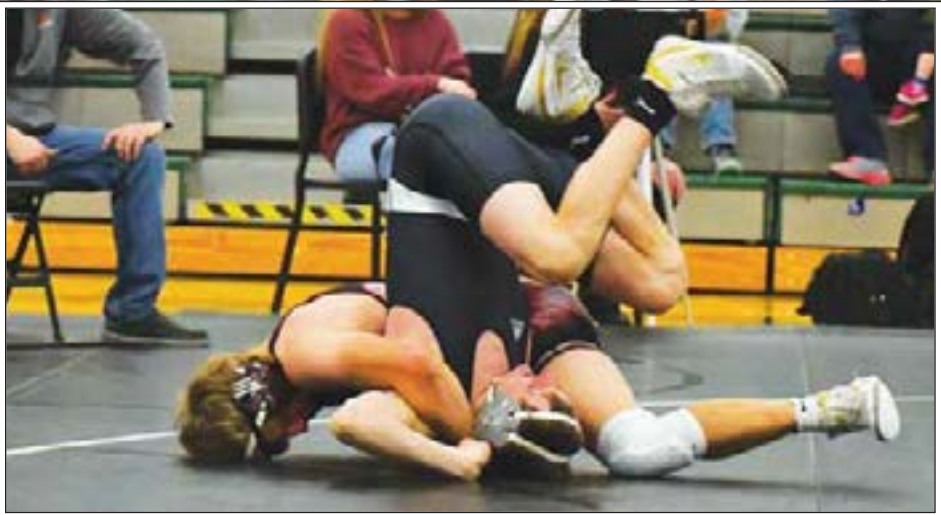
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Sidney Wrestlers Rack Up More Wins



Above: Kolton Reid stacks up Columbus 138 pounder Degen Nelson during the dual Jan. 15 in Columbus. Reid won by fall in 32 seconds. The Eagles won the dual against Columbus 63-9.

Left: 182 pounder Easton Hopes turns Heston Hinebaugh, Lockwood, on Jan. 15 in Columbus. Hopes won by fall in 1:13. The Eagles won the dual against Lockwood 77-0.

Sidney High School Wrestling Results

Sidney/Fairview at Fergus (Lewistown), Jan. 14 103: Gordon Knapp (S/F) won by fall over Jake Simac (F/L) 1:25 113: Owen Lonski (S/F) won by fall over Damen McCord (F/L) 2:55 120: Double Forfeit 126: Kason Olson (F/L) won by decision over Kolby Hutzenbiler (S/F) 5-1 132: Cooper Birdwell (F/L) won by major decision over Zander Dean (S/F) 12-2 138: Kolton Reid (S/F) won by fall over Colton Picco (F/L) 2:32 145: Jordan Darby (S/F) won by decision over Wyatt Elam (F/L) 6-2 152: Zander Burnison (S/F) won by fall over Ashton Grover (F/L) 5:44 160: Aden Graves (S/F) won by fall over Jett Boyce (F/L) 2:33 170: Kade Graves (S/F) won by decision over Keaton Potter (F/L) 4-3 182: Landon Farrar (F/L) won by fall over Easton Hopes (S/F) 1:47 205: Riley Waters (S/F) won by fall over Christian Wolfe (F/L) 0:31 285: Brodey Skogen (S/F) received a bye Team Scores: (S/F) 48 - (F/L) 13 Sidney/Fairview at Columbus/Absarokee/ Park City, Jan. 15 103: Gordon Knapp (S/F) won by fall over Seth Kornick (C/A/PC) 0:24 113: Eli Zackary (C/A/PC) received a bye 120: Owen Lonski (S/F) won by fall over Zach Gee (C/A/PC) 1:23 126: Kolby Hutzenbiler (S/F) won by fall over Guy Williams (C/A/PC) 1:54 132: Cooper Cook (C/A/PC) won by decision over Zander Dean (S/F) 3-1 138: Kolton Reid (S/F) won by fall over Degen Nelson (C/A/PC) 0:32 145: Jordan Darby (S/F) won by decision over Brady Ellison (C/A/PC) 7-6 152: Zander Burnison (S/F) won by fall over Peyton Baumgartner (C/A/PC) 2:01 160: Josh Salz (S/F) received a bye 170: Kade Graves (S/F) won by fall over Colby Coleman (C/A/PC) 0:44 182: Easton Hopes (S/F) received a bye 205: Riley Waters (S/F) won by fall over Domic Fitch (C/A/PC) 0:50 285: Brodey Skogen (S/F) won by fall over Kalob Archibeque (C/A/PC) 0:45 113: Extra: Keela Kary (S/F) won by fall over Autumn Walker (C/A/PC) 2:30 113: Extra: Amia Kern (S/F) won by fall over Jordyn Wolf (C/A/PC) 0:57 132: Extra: Zander Dean (S/F) won by major decision over Weston Timberman (C/A/PC) 9-0 145: Extra: Zander Burnison (S/F) won by decision over Brady Ellison (C/A/PC) 10-3 152: Extra: Josh Salz (S/F) won by technical fall over Coby Warren (C/A/PC) 17-0 5:17 205: Extra: Caleb Kleinke (S/F) won by fall over Robbie Vergara (C/A/PC) 1:41 285: Extra: Caleb Kleinke (S/F) won by decision over Kali Hood (C/A/PC) 5-1 285: Extra: Trey Schepens (S/F) won by fall over Kalob Archibeque (C/A/PC) 2:40 Team Scores (S/F) 63 - (C/A/PC) 9.0 Sidney/Fairview vs. Lockwood, Jan. 15 103: Gordon Knapp (S/F) won by technical fall over Josh Prindle (L) 20-5 5:00 113: Own Lonski (S/F) won by fall over Beau Contreraz (L) 3:14 120: Kolby Hutzenbiler (S/F) won by fall over Ira Lanegan (L) 3:00 126: Ben Carlsen (S/F) won by fall over Jeff Kordonowy (L) 3:21 132: Keela Kary (S/F) received a bye 138: Kolton Reid (S/F) received a bye 145: Christian Lassey (S/F) received a bye 152: Zander Burnison (S/F) received a bye 160: Josh Salz (S/F) received a bye 170: Grady Nelson (S/F) won by fall over Holter Reisinger (L) 1:08 182: Easton Hopes (S/F) won by fall over Heston Hinebaugh (L) 1:13 205: Riley Waters (S/F) won by fall over Nathan Arthur (L) 0:25 285: Brodey Skogen (S/F) received a bye 120: Extra: Amia Kern (S/F) won by fall over Bella Hernandez (L) 1:32 Team Scores (S/F) 77 - (L) 0	National Program Now Available From BSAR Submitted by Founder / Board President, Badlands Search & Rescue Travis Bateman Badlands Search & Rescue is proud to announce that we are now certified and able to teach kids, ages 7-11, through the preventative search and rescue program, "Hug-A-Tree." Inspired by the search for nine-year-old Jimmy Beveridge in 1981 in Southern California the program teaches children how to survive in the backcountry should they become lost. The program was developed to educate children in a select few of the most basic, but vital survival principles. It was specifically designed for children between the ages of 7-11 but can be effective with both slightly younger and older children. The program consists of a trained presenter following a tightly scripted presentation that has three primary parts: 1) an introduction of the presenter and program, 2) a video presentation, and 3) practical suggestions and demonstrations. Many children are alive today because of their experience with the Hug-a-Tree and Survive program, which is dedicated in memory of Jimmy Beveridge. If your daycare, school, or group would like to have this program taught to your children, please contact BSAR to set up a date and time at www.facebook.com/badlandssar or badlandssarnd@gmail.com . 
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Guest Opinion: Legislative Update

Rep. Brandon Ler Legislative Update For Weeks 1 & 2

I was sworn in on Jan. 4 with my family watching from the Gallery. I am honored to represent House District 35 in the House Agriculture, Education and Judiciary Committees. The 67th Legislature hit the ground running. We've started hearing bills in committee, heard from State Department Heads, and made our first votes on the floor. House Bill 102, sponsored by Rep. Seth Berglee, passed the House this week and is now headed to the State Senate. The bill protects the constitutional right to carry a firearm for self-defense by allowing individuals who are lawfully allowed to openly carry a firearm to carry concealed without a permit. House Bill 102 removes state barriers to individuals exercising their constitutional right to carry a firearm for self-defense. It allows individuals who are lawfully allowed to open carry a firearm to carry concealed in the same areas without a permit. In Rep. Berglee's words, "This bill modernizes Montana's antiquated permitted and permitless carry laws to better reflect the safe carrying of firearms in the 21st century." Another bill moving through the Legislature is Senate Bill 65. It will be voted on in the Senate next week before moving over to the House. Once signed, Montana's mask mandate will be repealed and the bill will ensure that people claiming to have contracted COVID at that business can't sue businesses. I've drafted two bills that will clean up Montana State Code relating to campaign law and criminal law. I am working on a business equipment tax bill, and I am working with Montana State Fund to find a way to lower Worker's Compensation costs for Montana business owners. These were important issues for many business owners and farmers and ranchers that I spoke with during my campaign. There are more than 3000 bills being drafted this session. " I welcome your input and will be providing updates regularly. Please contact me either by phone at 406-480-5687 or by email at lerforrichland@gmail.com."

Fungus That Causes White-Nose Syndrome Found In Eastern Montana

Public asked to keep a lookout for dead/dying bats this winter

Helena - Jan. 12 - Samples taken in six eastern Montana counties this past summer have tested positive for the fungus that causes white-nose syndrome (WNS) disease in bats. The presence of the fungus *Pseudogymnoascus destructans* (Pd) does not necessarily confirm the presence of the disease, but biologists are closely monitoring the situation and further sampling and testing will be conducted. Montana Fish, Wildlife & Parks staff is asking the public to report any dead or dying bats they observe this winter and spring to their local FWP office. "We are disappointed but not at all surprised at this finding," said FWP's Wildlife Division Bureaus Coordinator Lauri Hanauska-Brown. "As the fungus and this deadly disease have moved across the states, we knew it was only a matter of time before it reached Montana. Now, we have to work together to help understand and combat this disease." Pd is a powdery white fungus that grows on the skin of hibernating bats, often on the face - hence the name "white nose." The fungus causes several problems, one of which is that it irritates bats, causing them to arouse early from hibernation and search for water and food. Food is obviously scarce in winter, and this early arousal can exhaust fat stores that bats need to survive the winter. WNS is not known to affect humans, pets, livestock or other wildlife.

In May 2020, North Dakota Game and Fish Department reported a cluster of bat deaths from WNS just over the Montana border. This put FWP staff on full alert, and sampling efforts became more crucial. FWP temporarily prohibited the capture of all live bats due to unknown risks of COVID-19-infected humans inadvertently transferring the virus to bats. To substitute for sampling of live bats, biologists collected bat droppings at eastern Montana roosts in May and June. During this effort, no unusual mortalities were observed that were associated with WNS, but summer is not the typical season to find bats sick with this disease.

Mid-to-late winter is when bats infected with this disease tend to become sick or die, due to the tendency of the fungus to rouse them out of hibernation. Therefore, biologists will want to investigate unusual bat activity such as seeing bats out during the cold and sick or dead bats found on the ground. This is where FWP needs the public's help: by being on the lookout. WNS has been in North America since at least 2006, killing an estimated 6.7 million bats. It has been confirmed in 35 states and seven Canadian provinces. It can wipe out entire colonies of bats and has caused dramatic population declines in eastern states. In some cases, WNS has been unintentionally transferred to different bat roost sites by human activity, as the microscopic Pd fungal spores can easily be transported on clothing and equipment. FWP asks that anyone that has been in or around caves and other roost sites to be extremely proactive about cleaning their equipment and clothing to prevent further spread of this disease.

Over the last several years, FWP has been using acoustic-recording equipment to help identify populations, species and distributions of bats across the state. This will hopefully give biologists a good baseline to see how Pd, or WNS, may affect current and future populations. FWP staff asks anyone who sees a sick or recently deceased bat or group of bats not to handle them but to notify health officials or state biologists, who can provide further guidance. Callers can reach the FWP Wildlife Health Lab in Bozeman at 406-577-7882, or they can contact a biologist at their local FWP office.

For more information, please visit <https://www.whitenosesyndrome.org/>.

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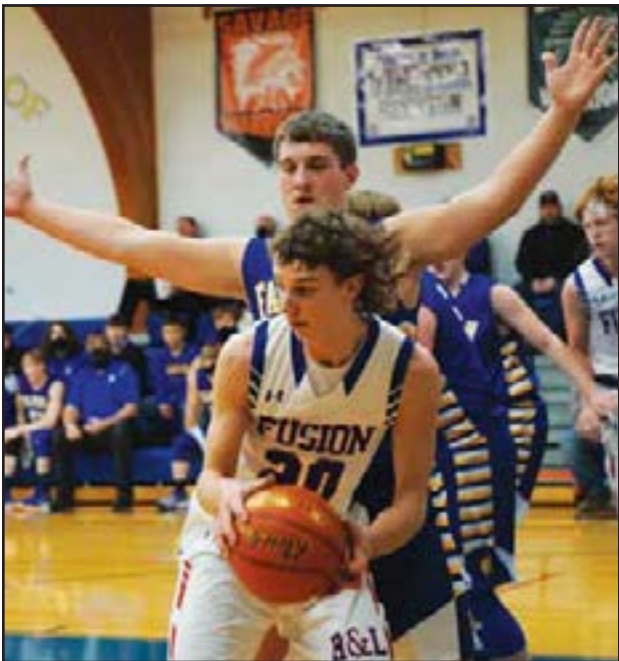
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Area Basketball Action



Fairview Warriors boys played Richey/Lambert on Jan. 12. The Warriors beat the Fusion 57-45. Pictured is #14 Hunter Sharbano guarding against #20 Caleb Senner. (Photo by Bobbi George)



#21 Megan Asbeck goes up for 2 against #33 Ella Robbins. The Fusion girls beat the Lady Warriors 44-24. (Photo by Bobbi George)



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Sidney School
Thurs., Jan. 21: Chili, cinnamon rolls, pineapple tidbits.
Fri., Jan. 22: No school.
Mon., Jan. 25: Hot dogs, french fries, applesauce.
Tues., Jan. 26: French toast, sausage links, hash browns, orange juice.
Wed., Jan. 27: Soft shell tacos, peaches.

Savage School
Thurs., Jan. 21: Grilled cheese, tomato soup.
Fri., Jan. 22: No school.
Mon., Jan. 25: Hamburger gravy, mashed potatoes.
Tues., Jan. 26: Chicken alfredo lasagna.
Wed., Jan. 27: Tater kickers.

Rau School
Thurs., Jan. 21: Pizza subs, fresh veggies, applesauce.
Fri., Jan. 22: No school.
Mon., Jan. 25: Fish sticks, macaroni and cheese, pears.
Tues., Jan. 26: Chicken pot pie, cottage cheese, peaches.
Wed., Jan. 27: Sloppy joes, chips, tropical fruit.

Froid School
Thurs., Jan. 21: Tomato soup, grilled cheese sandwiches, veggies, fruit.
Fri., Jan. 22: Hamburgers on buns, baked beans, sweet potato fries, fruit.
Mon., Jan. 25: Tater tot casserole, buns, fruit.
Tues., Jan. 26: Chicken tatoes, refried beans, lettuce mix, fruit.
Wed., Jan. 27: Philly cheesesteak subs, sweet potato fries, veggies, fruit, dessert.

Bainville School
Thurs., Jan. 21: Chili, cinnamon rolls, cheese, peaches.
Fri., Jan. 22: Chicken pot pie over biscuits, mixed veggies, bananas.
Mon., Jan. 25: Soft tacos, taco bar, refried beans, pineapple.
Tues., Jan. 26: Scalloped potatoes with ham, broccoli, breadsticks, pears.
Wed., Jan. 27: Chicken strips, french fries, carrot sticks, peaches.

Richey School
Thurs., Jan. 21: French dip,

sweet potato fries, baked beans, peaches.
Fri., Jan. 22: No school.
Mon., Jan. 25: Pulled pork sandwiches, baked beans, peaches.
Tues., Jan. 26: Chicken alfredo, bread, green beans, pears.
Wed., Jan. 27: Tuna casserole, peas, mixed fruit.

Culbertson School
Thurs., Jan. 21: Chicken sandwiches, crinkle fries, applesauce.
Fri., Jan. 22: No school.
Mon., Jan. 25: Croissant tuna sandwiches, chicken and rice soup, strawberry cups.
Tues., Jan. 26: Super nachos, churros, mandarin oranges.
Wed., Jan. 27: Chili, cinnamon rolls, peaches.

Lambert School
Thurs., Jan. 21: Taquitos, fried rice, fruit.
Fri., Jan. 22: Chicken bacon ranch casserole, green beans, fruit.
Mon., Jan. 25: Dorito hot-dish, corn, fruit.
Tues., Jan. 26: Bacon cheeseburgers, fries, fruit.
Wed., Jan. 27: Tacos, fresh veggies, fruit.

Fairview School
Thurs., Jan. 21: French dip, fries, veggies, fruit.
Fri., Jan. 22: No school.

Alexander School
Thurs., Jan. 21: Chicken or fish nuggets, fries.
Fri., Jan. 22: No school.
Mon., Jan. 25: Pork fritters on buns, fries.
Tues., Jan. 26: Sweet and sour or teriyaki chicken, fried rice, fortune cookie.
Wed., Jan. 27: Super nachos.

Watford City School
Thurs., Jan. 21: Lasagna rolls, garlic bread.
Fri., Jan. 22: BBQ chicken burgers, chips, cookies, cream salad.
Mon., Jan. 25: Cheese stuffed breadsticks, marinara dip.
Tues., Jan. 26: Pepperoni hot pockets, side salad.
Wed., Jan. 27: Chicken noodle soup, graham crackers.

sweet potato fries, baked beans, peaches.
Fri., Jan. 22: No school.
Mon., Jan. 25: Pulled pork sandwiches, baked beans, peaches.
Tues., Jan. 26: Chicken alfredo, bread, green beans, pears.
Wed., Jan. 27: Tuna casserole, peas, mixed fruit.

Culbertson School
Thurs., Jan. 21: Chicken sandwiches, crinkle fries, applesauce.
Fri., Jan. 22: No school.
Mon., Jan. 25: Croissant tuna sandwiches, chicken and rice soup, strawberry cups.
Tues., Jan. 26: Super nachos, churros, mandarin oranges.
Wed., Jan. 27: Chili, cinnamon rolls, peaches.

Lambert School
Thurs., Jan. 21: Taquitos, fried rice, fruit.
Fri., Jan. 22: Chicken bacon ranch casserole, green beans, fruit.
Mon., Jan. 25: Dorito hot-dish, corn, fruit.
Tues., Jan. 26: Bacon cheeseburgers, fries, fruit.
Wed., Jan. 27: Tacos, fresh veggies, fruit.

Fairview School
Thurs., Jan. 21: French dip, fries, veggies, fruit.
Fri., Jan. 22: No school.

Alexander School
Thurs., Jan. 21: Chicken or fish nuggets, fries.
Fri., Jan. 22: No school.
Mon., Jan. 25: Pork fritters on buns, fries.
Tues., Jan. 26: Sweet and sour or teriyaki chicken, fried rice, fortune cookie.
Wed., Jan. 27: Super nachos.

Watford City School
Thurs., Jan. 21: Lasagna rolls, garlic bread.
Fri., Jan. 22: BBQ chicken burgers, chips, cookies, cream salad.
Mon., Jan. 25: Cheese stuffed breadsticks, marinara dip.
Tues., Jan. 26: Pepperoni hot pockets, side salad.
Wed., Jan. 27: Chicken noodle soup, graham crackers.



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Burgum Urges Vigilance To Keep COVID-19 Numbers Trending Downward As Statewide Mask Requirement Expires

North Dakota Gov. Doug Burgum urged North Dakotans to remain vigilant against COVID-19 as the state's case numbers continue a downward trend and the State Health Officer's statewide mask requirement expired Monday, Jan. 18.

An executive order that limits capacity for bars, restaurants and event venues also will be modified, effective 8 a.m. Monday, Jan. 18, moving capacity limits and other ND Smart Restart protocols to guidelines, or recommendations. The statewide risk level will remain at moderate, or yellow.

Burgum noted that cities and counties may continue to have mask requirements in place, and the state supports those locally enacted protocols.

"Our case numbers and hospital capacity have improved dramatically in North Dakota over the past two months, and with three new tools we didn't have last fall – vaccines, rapid tests and effective therapeutics – we can see the light at the end of the tunnel," Burgum said. "However, this fight isn't over, and we need all North Dakotans to continue to exercise personal responsibility, follow protocols and keep wearing masks where physical distancing isn't possible. The day will come when we can take off our masks and discard

them with confidence, but only if we do what's needed now to keep ourselves, our families and our communities safe."

Since mid-November when the state's COVID-19 numbers peaked and the additional mitigation measures were implemented:

- Active cases have dropped by over 80%, from 10,224 to 1,675;
- Hospitalizations due to COVID-19 have decreased by nearly 74%, to 88 hospitalized today; and
- The state's 14-day test positivity rate is down roughly one-fourth from its peak, at 4.13% today, its lowest level since late August. According to Johns Hopkins University, North Dakota's seven-day positivity rate is now the fourth-lowest rate in the nation, at 4.7%.

North Dakota Department of Health Immunization Program Manager Molly Howell also gave an update on the state's vaccine distribution. Among the 50 states, North Dakota ranks No. 2 in the percentage of received vaccine doses administered, at 62%, and No. 4 in first doses administered per capita, with 52,433 doses administered as of Thursday.

A State Health Officer order requiring face coverings originally took effect Nov. 14 and was extended from Dec.

14 to 12:01 a.m. Jan. 18, when it expired. The extension to Jan. 18 allowed for a 14-day incubation period to pass after Christmas and New Year's to ensure the state wouldn't see a surge in cases, Burgum noted.

"We're grateful for each and every North Dakotan who has done their part to bring these numbers down and save lives and livelihoods," he said.

Guest speaker Dr. Joshua Ranum West River Health Services, Hettinger stressed the importance of individuals who test positive for COVID-19 to immediately ask their doctors if they're a candidate for early treatment with monoclonal antibody therapies that have been shown to reduce mortality and the need for hospitalization.

For more information on North Dakota's COVID-19 response, visit www.health.nd.gov/coronavirus or www.ndresponse.gov

Students Named to MSU-Northern's Fall 2020 Semester Dean's List

The Montana State University-Northern's fall semester Dean's List contains 347 students. To be included in the Dean's List, students must carry a minimum of 12 credits and earn a grade point average of 3.25 or better.

The following list of students is organized alphabetically by home town.

Bainville - Beau Z. Hyatt
Fairview - Austen M. Cozzens
Froid - Morgan L. Mason
Glendive - Savannah L. Toms
Poplar – Marli M. Firemoon; Griffin E. Ricker; Robert Smith; Lori E. Smoker
Richey - Kyler J. Brown
Savage - Ashlind M. Conradsen
Sidney - Jett D. Jones; Kaylee Kardell; Beau R. Norby

The Sidney Health Center Announces Area Births

Jamie Anne Netzer was born Monday, Oct. 12, 2020, to Jessica Mathern-Netzer and James Netzer, Sidney. She weighed 7 lbs, 15 oz. Maternal grandparents are Pat and Val Mathern and paternal grandparents are Don and Charlene Netzer. She joins sister Joey.

Piper Ryan Heckler was born Wednesday, Oct. 14, 2020, to Pauline and Richard Heckler, Sidney. She weighed 8 lbs., 5 oz. She joins sister Reagan and brother Ryker.

Daniel James Erickson was born Saturday, Oct. 17, 2020, to DeRyen Young and Daniel Erickson, Poplar. He weighed 6 lbs., 1.2 oz.

Wrenlyn Faye Sommerfeld was born Sunday, Oct. 18, 2020, to Jazmine and Zachary Sommerfeld, Sidney. She weighed 6 lbs., 13.6 oz.

Henry Francis Steppler was born Tuesday, Oct. 20, 2020, to Hallie and Michael Steppler, Brockton. He weighed 7 lbs., 6 oz. Maternal grandparents are Patrick and Margaret Bronec and paternal grandparents are Donald and Kathleen Steppler.

Jason Dean Sanchez was born Tuesday, Oct. 20, 2020, to Charissa and Royce Sanchez, Sidney. He weighed 5 lbs., 5.5 oz. Maternal grandparents are Sharon Moyer and Ward Sutton and paternal grandparent is Tina White. He joins sisters Sarah Mattox and brother Joel Berglund.

Sabrina Elisabeth Noel Burton was born Friday, Oct. 23, 2020, to Zoya Christophersen and Johnathan Burton, Sidney. She weighed 7 lbs., .2 ounces. Maternal grandparents are Keith Christophersen and Moozia Palma and paternal grandparents are Christina and Ron Burton.

Benjamin Odin Loehle

was born Monday, Oct. 26, 2020, to Cailey and Matthew Loehle, Williston, ND. He weighed 7 lbs., 14.8 oz. Maternal grandparents are Gena and Charles Atwell and paternal grandparents are Sandy and Mike Loehle. He joins sister Piper.

Madelyn Rein Anderson-Mantelli was born Tuesday, Nov. 3, 2020, to Trista Anderson and Trent Mantelli, Sidney. She weighed 7 lbs., 12.8 oz. Maternal grandparents are Greg and Debbe Anderson and paternal grandparents are Louis Mantelli and Monique Mantelli.

Urijah Louis Williams was born Saturday, Nov. 7, 2020, to Sierra Stutchman and Jeremy Williams, Williston, ND. He weighed 7 lbs., 11 oz. Maternal grandparents are Jeremy and Susan Stutchman and paternal grandparents are Angel and Keith Sifuentes. He joins sisters Magnolia, Lily and Lemom.

Piper Oley Squires was born Tuesday, Nov. 10, 2020, to Nichole and Robert Squires, Sidney. She weighed 5 lbs., 15 oz. Maternal grandparents are Ross and Becky Green and paternal grandparents are Jim and Kathy Squires. She joins sisters Brooklyn and Maddison.

Maverick Daniel Steele was born Wednesday, Nov. 11, 2020, to Kaydrianna and Dustin Steele, Sidney. He weighed 7 lbs., 7.4 oz. Maternal grandparent is Shawna Aten and paternal grandparents are Dan and Deniece Schwab.

Charles Paul Wichman Donovan was born Wednesday, Nov. 18, 2020, to Elizabeth Wichman Donovan and Michael Donovan, Sidney. He weighed 7 lbs., 9 oz. Maternal grandparent is Rita Wichman and paternal grandparents are Con and

Lynn Donovan. He joins sister Josephine and brother Silas.

Paityn Brianna Switzer was born Friday, Nov. 20, 2020, to Dawn and Tate Switzer, Circle. She weighed 6 lbs. and 8.5 oz. Maternal grandparents are Perry and Bernadette Baloun and paternal grandparents are Larry Switzer and Monica Switzer. She joins brothers Koen and Tegan.

Dean Joey Dunn was born Tuesday, Nov. 24, 2020, to Tiffany and Craig Dunn, Sidney. He weighed 6 lbs., 8.9 oz. Maternal grandparents are Lodi and Stormy Dvorak and paternal grandparents are Mike and Joanna Dunn. He joins brothers Levin, Gussie, Owen and Liam.

Stella Mae Senn was born Tuesday, Nov. 24, 2020, to Chloe and Matthew Senn, Sidney. She weighed 7 lbs. Maternal grandparents are Steve and Patty Schiermeister and paternal grandparents are Scott Senn and Tonya Schmitt.

Kaulder Verdale Longee was born Wednesday, Nov. 25, 2020, to Trisha Longee, Poplar. He weighed 5 lbs., 1.1 oz. Maternal grandparents are Denise FastHorse and Clint Melbourne.

Harper Jo Williams was born Wednesday, Dec. 2, 2020, to Skylar and Chad Williams, Sidney. She weighed 8 lbs., 3.6 oz. Maternal grandparents are Sandy and Bill Fink and Ross Papka and paternal grandparents are Colleen and Dave Williams and Seana Rau. She joins sister Kinley.

Miles Daniel Bingham was born Saturday, Dec. 5, 2020, to Kalina and Ryan Bingham, Savage. He weighed 8 lbs., 4 oz. Maternal grandparents are Dan and Darlene Purkiss and paternal grandparents are Alvah Bingham and Patty Black. He joins brother

Sutter.

Tristin Bishop Bergie was born Tuesday, Dec. 8, 2020, to Mada and Wyatt Bergie, Sr., Culbertson. He weighed 7 lbs., 8.3 oz. Maternal grandfather is John Martell, Sr. and paternal great-grandfather is Robin Bighorn. He joins sisters Stephanie, Kayora, and JoZaiah and brothers Maxim, Wyatt, Jr. and Kassus.

Maria Diana Diaz was born Tuesday, Dec. 8, 2020, to parents Alyssa Mireles and Edward Diaz, Sidney. She weighed 7 lbs., 2 oz. Maternal grandparent is Jesse Mireles and paternal grandparent is Sennie Diaz. She joins brother Alexander.

Cohen Walker Voss was born Thursday, Dec. 10, 2020, to Taylor and Cody Voss, Sidney. He weighed 7 lbs. and 12.8 oz. Maternal grandparents are Skip and Robbi Baldry and paternal grandparents are Steve Voss and Tami Reitz.

Kellen John Oberfell was born Tuesday, Dec. 15, 2020, to Darbie and Austin Oberfell, Sidney. He weighed 7 lbs., 5.6 ounces. Maternal grandparents are John and Michelle Fisketjon and paternal grandparents are Jay and Shelly Oberfell.

Rosalie Renee Apperson was born Thursday, Dec. 17, 2020, to Sara Apperson and Cody Hampe, Sidney. She weighed 6 lbs., 2 oz. Maternal grandmother is Brenda Apperson.

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WRESTLER OF THE WEEK



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LOT 14 - PHG H14 - PB 99.9%
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LOT 2 - PHG H46 - PB 99.9%
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SHS Speech, Drama & Debate Team Competes in Corvallis, Jan. 16-17



Back row, Garrett Dodds, Colten Steinbeisser, Markalen Watson, Daniel Schnieder, Brandon Smith, Wyatt Reid, Emma Cundiff, Josie Yockim, Daniel Stevens, Chloe Go and Colten Dahl; front, Benjamin Stevens, Kailiegh LaRoche, Noah Kyhl, Kodi Schulz, Alexa Iversen. (Photo Submitted By Christy Pierce)



Senior Krystan Jasin, Alexa Iversen, Brandon Smith with Coach Hunter Gordon. (Photo Submitted By Christy Pierce)

Submitted by Christy Pierce

Sidney High Schools Speech, Drama and Debate Team “travelled” to Corvallis last weekend. The Speech and Debate Team competed against 20 Class A Schools from across the state placing 9th overall. Senior Lincoln Douglas Debaters held their own against 32 competitors with Brandon Smith 4th, Alexa Iversen 8th, and Krystan Jason 13th. Junior Chloe Go went up against 22 Informative Speakers placing 6th.

The Drama Team competed against 11 Class A schools placing 3rd overall. The entire drama team advanced to finals. Classical Theatre competitors proved they were a force to be reckoned with placing 1st Noah Kyhl, Kodi Schulz, Benjamin Stevens and showing that extra rehearsals pay off Emma Cundiff and Wyatt Reid placed 2nd! Humorous Theatre group Kodi Schulz, Benjamin Stevens, Wyatt Reid, Emma Cundiff placed 7th, Garrett Dodds and Markalen Watson placed 8th. Dramatic Soloist, Daniel Schnieder 5th, Humorous Soloist Noah Kyhl 7th. If you are interested in seeing what these young students do you can on Sunday Jan. 24 at Pella Lutheran Church at 2 p.m. The students will be hosting a desert theatre. It is a free will donation. Come see these kids perform before an actual live in person audience!

Sidney Basketball Action



Sidney’s Leah Entz scores on a fast break to tie the game at 39 each at the end of the third quarter against Miles City at home on Jan. 12. The Sidney girls beat Miles City 51-48. The boys lost in Miles City 42-56. On Saturday the Eagles took on Lewistown at home. The girls won 49-47 and the boys lost 40-61. The Eagles will take on Glasgow at home on Jan. 22.

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Williston Economic Development Launches Mentorship Program

**Submitted by Barbara J. Peterson,
Marketing Coordinator City of Williston Economic
Development**

Williston – Williston Economic Development (WED) has launched a new mentorship program in January 2021. The new “Superstars” initiative is designed to connect successful small business owners with potential Williston entrepreneurs.

“To become a mentor, the individuals must have utilized the Williston STAR Fund, been in business for a minimum of five years and established themselves as a leader in our community,” explained WED executive director Shawn Wenko.

The first group of Superstars represents a variety of businesses. All of them are familiar with the Williston STAR Fund, which was created by a voter approved 1% city sales tax. Seventy-five percent of the sales tax collections benefits infrastructure debt relief for City of Williston projects while

25% helps jobs creation and community development projects through the STAR Fund. The STAR Fund is governed by a seven-member board of directors.

The 2021 Williston Superstars include the following:

- Kevin Black, Malachi Black and Wyatt Black, Owners of Creedence Energy Services
- Lenny Johnson, Owner of Genesis
- Katie Kringen, Owner of Chatter Pediatric Therapy and Chatter Walk-in Clinic
- Josh Kringen, Owner of Mondak Sports
- Eddie and Megan Wold, Owners of Meg-A-Latte and Lounge Thirty 3

The above mentors have agreed to help mentees learn about starting a new business or expanding an existing business in the Williston trade region.

“These individuals have agreed to be a conduit to entrepreneurs out there in exchange for some complimentary

advertising,” said Wenko.

WED will run a six-week promotion beginning Jan. 18 featuring each of the Superstars. The mentors will be featured in broadcast, print and digital marketing.

WED plans to add more mentors annually.

“We intend to grow the initiative by inducting new mentors each year,” said Wenko. “We believe success breeds success and that these business leaders will help foster future development by leading, leveraging their strengths and sharing experiences with fellow entrepreneurs. This is entrepreneurship at its best.”

To learn more about the Superstars program visit WED’s social media accounts or their website at willistondevelopment.com or email econ@ci.williston.nd.us.

Irrigation Technology Important, But Mechanics Also Key To Water Management

**Submitted by Beth Redlin, Technical
Information Specialist
- Biol. Sci. USDA
Agricultural Research
Service**

Technology’s role in agriculture is rising exponentially, but that doesn’t mean there aren’t other factors of equal importance, particularly in irrigation management. That’s the message to be delivered by Dr. Thomas Scherer on Thursday, Jan. 28, in the second webinar of this year’s 4th annual MonDak Ag Research Summit online seminar series.

“Over the last 15 years there have been many technological developments for more informed irrigation water management,” Dr. Scherer, North Dakota State University, Fargo Extension agricultural engineer and associate professor in the agricultural and biosystems engineering department, notes. “However,” he added, “quite often, the mechanical side of irrigation is not emphasized and inefficient or poorly working mechanical components can have a significant effect on crop yields and water management.”

In his presentation entitled The Mechanical Aspects of Precision and Variable Rate Irrigation, Dr. Scherer will address methods for

“maintaining or checking mechanical problems that can hinder good irrigation water management.” His talk begins at 10 a.m. MST and 11 a.m. CST. Connection details are below.

The MonDak Ag Research Summit is coordinated by MSU’s Eastern Agricultural Research Center and USDA ARS’s Northern Plains Agricultural Research Lab, both in Sidney; and NDSU’s Williston Research Extension Center, Williston. Normally a one-day, in-person event, this year’s MonDak Ag Research Summit was moved online due to COVID-19 and consists of a series of six webinars featuring keynote speakers addressing a variety of topics of interest to ag producers as well as shorter reports from local scientists on research results immediately applicable to MonDak area farmers and ranchers.

In addition to Dr. Scherer, the Jan. 28 webinar includes the following presenters and presentations:

- Irrigation study for sugar beet and pulse crops - Dr. Chengci Chen, MSU Eastern Agricultural Research Center, Sidney. Superintendent, PhD; cropping systems agronomist;
- Soil moisture sensors - Dr. Bart Stevens, Northern

Plains Agricultural Research Laboratory, research leader (Agricultural Systems Unit) and research Agronomist (Irrigated), USDA-Agricultural Research Service; Sidney .

• Comparing tillage systems in an irrigation environment - Tyler Tjelde, NDSU Williston Research and Extension Center, irrigation Agronomist, Williston.

The webinar will conclude at 11:30 a.m. MST/12:30 p.m. CST. All interested persons are invited to take part in this webinar and anyone can join the day of the event by using the following (Zoom program) link: <https://ndsuzoom.us/j/91453448686>

Remaining webinar dates and keynote presentations in the 2021 MonDak Ag Research Summit webinar series include the following:

- Feb. 9: Managing Root Rot of Pulses - Dr. Mary Burrows, Montana State University Professor; plant sciences & plant pathology; assoc. director, Montana Ag Experiment Stations; Bozeman;
- Feb. 25: Weed Control Update in the MonDak - Dr. Brian Jenks, North Central Research Extension Center, weed scientist; Minot; North Dakota State University
- March 11: Seasonal Outlooks and Potential Cli-



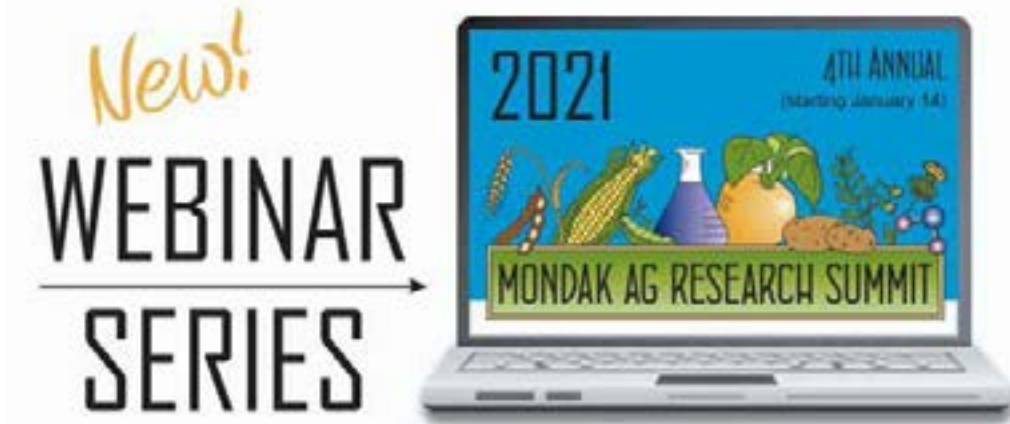
Dr. Thomas Scherer

mate Change Impacts for eastern MT and western ND - Patrick Gilchrist, NOAA, National Weather Service Station, warning coordination meteorologist/service coordination hydrologist, Glasgow, MT

• March 25: Topic: marketing; Title: pending; Keynote - Dr. Vincent Smith, Montana State University Professor, initiative for regulation and applied economic analysis, Department of Agricultural Economics and Economics, Bozeman;

Note, all webinars run from 10 a.m.–11:30 a.m. MST/11 a.m.–12:30 p.m. CST and include opportunities to ask questions of the speakers during the live sessions. Also, pesticide applicator points for Montana participants will be available for those joining in our live webinars on Feb. 9 and Feb. 25. Sorry, viewing the subsequent recordings – also to be made available online – does not qualify for points.

For questions or more information on this series, contact Beth Redlin, 406-433-9427; beth.redlin@usda.gov, or Violeta Hobbs, 701-774-4315; Violeta.hobbs@nds.edu or visit our website at www.ars.usda.gov/pa/npa/agsummit.



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Caring For Your Skin During The Winter Months

By Anna Dragseth

Keeping your skin hydrated can be difficult, especially during the cold and dry winter months.

According to www.reid-health.org, caring for your skin during winter takes extra time and effort because the conditions are less than ideal for our skin.

During the winter months, your skin often deals with cold dry air and low humidity, and these factors can deprive your skin of the moisture it needs, which results in dry, flaky, itchy, and possibly cracked skin.

One important thing to do to help keep your skin looking and feeling healthy is to keep the moisture you have. To accomplish this, Mayo Clinic suggests avoiding prolonged contact with water - like long baths and showers. And when you do come in contact with water, it is best to pat dry and moisturize your damp skin.

To avoid the drying effects of indoor heat, Mayo Clinic recommends adding moisture to your home by running a humidifier. You can also increase your water intake to help keep your skin hydrated.

In addition to this, you should thoroughly moisturize your skin with a gentle lotion to help lock in moisture and re-hydrate the skin.

To improve the appearance and overall health of your skin you can take advantage of aesthetic services in your area.

Sidney Health Center provides aesthetic services through Advanced Aesthetics, located in Fairview. Advanced Aesthetics offers a wide variety of aesthetic services including non-invasive to minimally invasive cosmetic procedures. The Aesthetic Medicine they offer includes all medical procedures that are aimed at improving the physical appearance and satisfaction of the patient.

For more information on the services provided at Advanced Aesthetics, call them at 406-742-5256.



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Taking NSAIDs For Arthritis Pain Relief? Make Sure You Know The Risks

(BPT) - You or someone you know well likely suffers from arthritis, joint inflammation that, per the CDC, affects an estimated 54 million people in the United States, or 23% of all adults. Two common types of arthritis are osteoarthritis (OA) and rheumatoid arthritis (RA).

Many physicians suggest OA and RA patients take oral NSAIDs (Non-steroidal anti-inflammatory drugs) such as ibuprofen and naproxen because they have been proven to effectively relieve joint inflammation and pain. However, what many people don't know is that NSAIDs put patients at risk for stomach

ulcers - sores on the lining of the stomach caused by stomach acid. As many as 1 in 4 regular NSAID users can develop a GI ulcer.

"Most people may never even feel the stomach ulcer developing - but stomach ulcers can be very dangerous and lead to serious health complications," said Amanda E. Nelson M.D., MSCR, Osteoarthritis Action Alliance Medical Adviser. "Balanced pain management of arthritis pain symptoms allows for personalized, integrative treatment that might include topical NSAID cream, NSAIDs with a gastroprotectant, physical/occupational therapy or chiropractic care.

Osteoarthritis is the most common form of arthritis and can affect nearly any joint and occur at any time, starting gradually and worsening over time. Joint pain, stiffness and swelling limit functionality and can affect daily activities.

Rheumatoid arthritis is an autoimmune disease. This means that the immune system mistakenly attacks healthy cells in the body causing pain and inflammation.

While every case is unique, and treatment should be decided between a patient and doctor, it's important to speak to your physician about pain management and the risk of

stomach ulcers if you are:

- taking high doses of common NSAIDs;
- have had stomach ulcers in the past;
- combining an NSAID with aspirin (including low-dose aspirin therapy), corticosteroids, or blood thinners; or
- are over 65 years of age.

"If you meet any of these risk factors, your doctor may suggest you take a medicine that can protect your stomach (a gastroprotective agent) to lower your risk of getting a stomach ulcer," said Hasan Abed, M.D., Advanced Pain Management board certified anesthesiologist and



pain medicine specialist at Timonium, MD. "Speak openly with your physician about your concerns. There are so many aggravating symptoms of arthritis; speak openly with your physician to make sure your treatment is not actually adding to the list of issues!"

For more information, speak with a healthcare professional or visit www.AllianceBPM.org.

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5 Benefits Of Weighted Blankets, Including Better Sleep

(BPT) - Quality sleep is essential to good health, but daily life - the stresses of work and family, too much screen time, caffeine or alcohol - disrupts our body's natural sleep cycle.

One tool to promote better sleep is a weighted blanket, but the benefits go beyond sleep. Here are five benefits weighted blankets provide:

1. Helps you fall asleep faster - Most people know what it's like to toss and turn at night just waiting to fall asleep. According to the National Sleep Foundation, it should take 10-20 minutes to fall asleep. If it takes you more time than that there are steps you can take like adding a weighted blanket to your bedtime routine.

2. Helps you stay asleep longer - The CDC says adults should get between seven and nine hours of sleep each night. If you're in need of more restful slumber, a product like a Tranquility weighted blanket and its calming pressure can help you sleep more soundly with fewer bouts of restlessness so you wake feeling more rested.



3. Enhances relaxation - Weighted blankets offer deep touch pressure, a sensory experience like a soothing hug, which works to relax the nervous system and creates a feeling of calm so you can rest more comfortably. A weighted blanket isn't just for bedtime - it can be used to create a more relaxing experience when you're winding down on the couch or even on a Zoom call.

"Research shows that weighted blankets can help with better relaxation and sleep, two things that are critical to overall health,"

says wellness expert Jamie Hess of NYCfitfam. "It's important to take care of yourself, both mentally and physically and I've found adding a Tranquility weighted blanket to my daily routine helps me reclaim my calm."

4. Provides comfort - Many Americans experience stress and anxiety with daily life, and since the onset of COVID-19, more Americans than ever are experiencing these emotions. If someone you know is going through a rough patch, giving the soothing comfort of a weighted blanket can be a thought-

ful and personal way to show you care.

5. Makes a thoughtful gift for giving - A weighted blanket can make a great gift for anyone in your life, especially when people may not be gathering like they typically do. Cozy Tranquility weighted blankets are an affordable gift option for everyone on your list.

If you have been on the fence about trying a weighted blanket, these are some reasons to consider this soothing, sleep-inducing comfort.

4 Tips For Restoring Sensitive, Irritated, Dry Skin

(BPT) - Beautiful, healthy-looking skin is a reflection of overall good health. But it's not just a question of how your skin looks - how it feels is just as important. If your skin is sensitive, you may experience symptoms that make you feel uncomfortable.

How do you know if you have sensitive skin?

- Your skin flushes or turns red easily
- You have itchiness or dryness
- Beauty products or fragrances irritate your skin
- You're sensitive to sun or wind
- You have broken capillaries on your face

Because your skin is affected by your internal health and your external environment, there are many potential causes for skin sensitivity - and many possible treatments.

Sensitive skin is typically caused by a compromised skin moisture barrier, allowing for increased water loss and faster absorption of irritants and allergens that come in contact with your skin. Psychological and emotional factors can also contribute to skin sensitivity, as well as environmental conditions.

Whether your sensitive skin is on your face, body or both, it helps to identify common triggers.

Everyday sensitive skin triggers

While some people are genetically predisposed to sensitive skin, others can be sensitized by their environment and lifestyle. Some factors that may trigger sensitive skin reactions include temperature or humidity changes, pollution or smoking, plus use of soaps, household or cosmetic products - especially those containing high concentration of fragrances. Other potential

triggers include medical treatments like chemotherapy or radiation, or factors like emotional stress or lack of sleep.

The good news is, there are steps you can take in your everyday life to safeguard your skin against possible triggers.

Create restorative spaces

We've been spending a lot more time at home, so it's worth evaluating your living space. Making small changes can create a more restorative environment to improve your overall well-being, including the health of your skin.

Humans are attracted to nature for a reason. Being in or around nature offers restorative benefits to your physical and emotional well-being. Here are four tips for bringing positive, natural elements into your environment and daily routine.

1. Grow plants.

Bring more plants into your home, as they can improve indoor air quality by absorbing toxins and increasing moisture levels - which helps nourish dry, sensitive skin.

2. Stock up on gentle skincare.

Use products specially created for sensitive skin. For example, Aveeno offers gentle cleansing and moisturizing products made from naturally derived ingredients - like oat - formulated to nourish, calm and restore

skin so it looks and feels healthier. Oats have been used in skincare since ancient times for their ability to soothe and nourish skin, because they help:

- Replenish and hydrate the moisture barrier
- Restore skin's pH
- Soothe sensitive, dry skin

Both of the company's new collections are formulated without fragrance, parabens and phthalates.

For the body: The Aveeno Restorative Skin Therapy line is a dermatologist-tested body care regimen clinically proven to be well-tolerated and effective on distressed, sensitive skin. Their Restorative Skin Therapy Oat Repairing Cream is formulated with a rich complex of aloe, pro-vitamin B5 and the brand's highest concentration of prebiotic oat, and is clinically proven to intensely moisturize over time to improve skin's resilience.

For the face: The Aveeno Calm + Restore facial care collection is formulated with soothing oat and calming feverfew to calm irritated, dry skin. The line includes a Calm + Restore Oat Gel Moisturizer for daily use. It hydrates to strengthen the skin's moisture barrier over time.

3. Get choosy about fabrics.

Select clothing and linens - including face masks - made from gentle, natural

materials (like cotton or bamboo).

4. Amp up your lighting. Increase natural lighting to boost vitamin D intake.

For National Healthy Skin Month this year, find new ways to improve your skin's health and appearance. Visit Aveeno.com to find the right products for the health of your skin.

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Finding Confidence In Quarantine: Survey Shows How COVID-19 Influences Makeup Usage

(BPT) - As being in quarantine and weathering the COVID-19 pandemic continues to put a damper on things, American women are turning to their makeup routines to feel a sense of control and comfort, according to new research.



In September, marketing firm OnePoll asked 2,000 American women about how they're staying positive and confident as their time in quarantine and social distancing drags on. According to the findings, 51% said wearing makeup and changing up their looks turned out to be a small way to help them escape the stress of current affairs.

If you're feeling the need to switch things up, you're not alone. Read on to discover more survey findings to inspire ideas to help you feel your best.

Going for natural beauty: Since the onset of the pandemic, we've seen a palpable shift in mood to a more low-key, understated aesthetic. After all, when video meetings and intimate (but open-air) gatherings continue to define our interactions, we may be less focused on going for glam and more on dressing for warmth and casual comfort. For that reason, respondents identified a rise in more natural makeup looks as a key trend of 2021.

Leveraging makeup with benefits: A flawless look always starts with healthy-looking radiant skin, no matter how much we're social distancing. And that's why for a majority of respondents (60%), products that multi-task get top billing. For example, products that contain vitamin E in the ingredients or improve the skin's appearance, such as skin smoothing or eliminating the appearance of fine lines and wrinkles are always a win, quarantine or not. To help you achieve that naturally beautiful look you're after, try Neutrogena Makeup - it's "makeup fueled by skincare," and delivers lasting makeup benefits, packed with skin healthy ingredients.

The eyes have it: For now, going out means masking up, whether we're hanging out with friends (while social distancing), eating at a restaurant outdoors, running errands or going on a social-distancing compliant date. Not surprisingly, nearly half of respondents (48%) admit that face masks have transformed their makeup routine. That means the eyes are now pulling focus. (Raise your hand if you've attempted smiling with your eyes, or "smizing.") Sixty percent say they want their eyes to be a standout feature while wearing a face covering. In 2021, watch for the rise of dramatic eye makeup to give the peepers some serious pop.

Ready for your screening: Being in quarantine and staying home doesn't necessarily mean makeup falls by the wayside. When it's time to make an appearance, say, right before a video meeting, many found a reason to pick up their makeup looks. During our time in, mascara, eyeliner and foundation were the top three products respondents found they couldn't live without - especially when they were due for a video call for class or work.

Getting a mood boost: Being in quarantine and missing out on the things we love doing most can be a downer. While nearly half of respondents (49%) admit to ditching their normal makeup routine, just over a third (36%) say that wearing at least some makeup actually gives their mood a lift. One in four (24%) have gone as far as trying new cosmetics, while just over half (51%) say that using makeup to change up their appearance - perhaps to compensate for the face-covering - lets them feel a sense of control and comfort during a stressful time.

During quarantine, making small changes has the power to give you a sense of control and boost your mood. For inspiration, visit [neutrogena.com](https://www.neutrogena.com)

This online survey of 2,000 American women was commissioned by Neutrogena and conducted by market research company OnePoll, in accordance with the Market Research Society's code of conduct. Data was collected in Sept. 2020. All participants are paid an amount depending on the length and complexity of the survey. This survey was overseen and edited by the OnePoll research team, who are members of the MRS and have corporate membership to ESOMAR and AAPOR.

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