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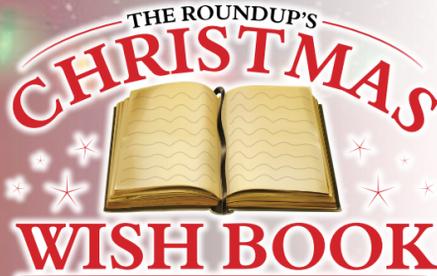
Mailing Address:
P.O. Box 1207
Sidney, MT 59270

Wednesday, December 7, 2022

Volume 48 • Number 44

INSIDE THIS ISSUE:

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



MT Bare Cave Celebrating 4th Anniversary Open House Dec. 17 In New Location

By Meagan Dotson

It's been a busy year for Marci Cundiff and her business MT Bare Cave, and there are no plans for slowing down as she prepares for their 4th Anniversary Open House on Saturday, Dec. 17 from 9 a.m.-3 p.m.

The business originally got its start in December 2018 selling giftware out of the Louis Charles Building. Over the course of the next three years, the business would outgrow its first home, and Cundiff knew that expansion was necessary if she planned on keeping the doors open.

"We hit a wall," Cundiff explains of their move to 113 E Main St., Sidney. "We only had enough space to carry the products that were our regular sellers and we had no room to expand. We looked for a new location for over a year, and when JZ's Fashion moved and this location became available, we jumped at it."

Cundiff, along with her husband and children, moved the entire business in just three days. She opened the west side of the building the last week in July and spent the next month readying the east side of the building.

"We gave the space a face-lift; we repainted, put a clear coat on the floors and did a little tweaking," she said of the renovations.

The additional space has allowed MT Bare Cave to expand the products they carry for top selling companies such as Black Rifle Coffee and BruMate, and incorporate brand new products such as cell phone accessories. But some of the most sought-out items continue to be baby and kids' clothes and accessories. Much of the east side of the store is geared towards kids; bottles, pacifiers, baby bathtubs, diaper bags, Copper Pearl and Little Sleepies clothing, and even Kindred Bravely maternity clothing for the soon-to-be moms.

"Our continued goal is to carry items that are needed in the community. The kids' side was one area I really wanted to expand because there were so many products that people just couldn't get anywhere else in town."

Another new and exciting addition to the downtown location is Marci Sondeno's Lucky Design and Event Planning. The former Lucky Buckle owner rents space on the east side of MT Bare Cave and can assist with all your event planning needs.

"We've had a huge up-tick of giftware sales since the move and our Black Friday sales more than doubled since last year," Cundiff noted, crediting their Main Street location.

Continued on page 5A.



MT Bare Cave owner Marci Cundiff credits her customers for the success she's seen at her business's new location. (Photo by Megan Dotson)

Upgrading 911 Services In Richland County with Text Messaging

Submitted by Richland County Sheriff Dynneson

Sheriff Dynneson, Richland County Sheriff's Office would like to inform the residents of Richland County that in their continued efforts to upgrade 911 services, they have implemented Text-to-911. This upgrade allows callers to send a text message from their mobile phone or devices to reach 911 emergency dispatchers.

However, because voice calls to the 911 center generally provides more information, Sheriff Dynneson encourages callers always to make voice calls during an emergency.

Should the caller be in a location of no cell service and attempting to text a message, the caller should receive a "bounce-back" message that will advise the caller to contact emergency services by another means so that it is not assumed that the message was transmitted or received.

Texting will also provide more opportunity for those who are deaf, hard of hearing or speech disabled.

If no service is available, use a TTY if possible.

Taylem Berry Found Safe & Finally Back Home

By Jaymi Mozeak

At 3 pm, Tuesday, Nov. 29, a message waited for by concerned citizens across the country was posted on Facebook by Sidney Police Department. "Taylem Berry has been located and is safe."

For 52 days posts were spread across multiple social media platforms, videos were put on YouTube and TikTok, and an interview was done on the radio. All

to find Taylem and bring him home. Taylem and his father, Raymond Berry were found on a ranch in rural Mariposa County, CA, where Raymond was working and they were staying. Taylem's mother, Autumn, and a friend drove to Mariposa, CA on Nov. 29, an almost-1,500 mile trip, and she was finally reunited with her youngest child. Raymond Berry was arrested for his crimes. Autumn expects to have to

go to court to finally get a parenting plan.

An Amber Alert was not put into effect for Taylem for reasons beyond law enforcement's control. According to a release posted to Facebook by Police Chief Mark Kraft, Sidney Police Department, "The AMBER Alert program has a very specific criteria that must be met in order to issue an alert, and those requirements were not met in this case.

The AMBER Alert system is not used to track runaways, missing children, or children involved in custody disputes. In this matter, Raymond Berry and Taylem's mother both share legal custody of Taylem, and a parenting plan or court-ordered custody arrangement had not been in effect." Even though Raymond had threatened to take Taylem many times before, Chief Kraft said, "There is not much that

law enforcement can do in these situations where both parents have legal custody and no parenting plan exists unless very specific criteria have been met, such as in this case. I strongly urge anyone who may be in a similar situation to obtain legal counsel and establish a parenting plan through the courts as soon as possible. Once a parenting plan is in place it is much easier to go back to the court and ask for modifications of the plan if there are concerns about the other parent and their intentions."

Chief Kraft said in his press release, "Now that the active search for Taylem Berry has come to a successful conclusion, we at the Sidney Police Department would like to express our sincerest gratitude to our community, our law enforcement partners, and everyone who shared information on this case or called in with a tip. Autumn said in a post on Facebook, "I want to thank everyone for everything. I'm so grateful for everyone that prayed, posted, shared, commented, reacted, posted flyers, did TikTok, Instagram, Twitter, looked for Taylem, made phone calls, everything. All the things. I will never be able to thank you all enough."



Autumn Jorstad, inner left, was finally able to get her youngest son, Taylem Berry, center, reunited with the rest of his family. His brothers Nicholas, far left, and Michael, inner right, and his sister, Rebecca Ann Jorstad, far right, were all excited to finally see him on Sunday, Dec 4, a full 56 days after he was abducted in October. (Photo by Jaymi Mozeak)

Richland County Food Bank Christmas For Seniors

The Richland County Food Bank will be having a "Christmas For Seniors" on Monday, Dec. 12 at 9 a.m. Fill the stockings for seniors with Hamburger Helper, oatmeal, jello, ramen noodles and more.

Remember that the Richland County Food Bank has recently moved to their new location at 517 East Main, Sidney.

If you wish to donate to the Richland County Food Bank their top of the food bank list is peanut butter, Hamburger Helper, hand soap and women's feminine hygiene products.

Monetary donations are also accepted and greatly appreciated; and volunteers are needed.

They are open Mondays and Thursdays by appointment, 9 a.m.-11 a.m.; 1 p.m. until the last appointment has been helped. For more information call 406-433-8142. MNAXLP

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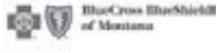


Doug's Barber Shop

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

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AREA RECOVERY GROUPS

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

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

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

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

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

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

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

STATISTICS

LAKE WATER LEVEL REPORT
Sakakawea

Current Elevation.....1832.2
Last Week's Elev.1832.2
One Year Ago1829.6
Release For Day (C.F.S.)15,000

SIDNEY WEATHER DATA
Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Nov. 28	36	13	0.010
Nov. 29	15	9	0.012
Nov. 30	17	6	0.026
Dec. 1	24	9	0.001
Dec. 2	16	-5	0.012
Dec. 3	19	-4	0.000
Dec. 4	36	12	0.000
Total 2022 YTD Precipitation	14.324		

OBITUARIES

Billy G. "Snoball" Davis, 92, Sidney, MT

Visitation for Billy Davis, 92, Sidney, MT, will be held at Fulkerson-Stevenson Funeral Home Memorial Chapel, Sidney, MT on Tuesday Dec. 6 from 10 a.m.- 5 p.m. Fulkerson-Stevenson Funeral Home of Sidney are assisting his friends. Remembrances, condolences, and pictures may be shared with the family at www.fulkersons.com.



Billy G. "Snoball" Davis

Billy G. "Snoball" Davis appeared in the Sidney area as a young boy from Cheyenne, WY around 1941. Reports vary on how exactly he arrived; some say by train, some say he walked. Others say he was found snoozing behind the stockyards. Either way, Snoball was taken in by Oakley and Leta Dayton, who he affectionately referred to as "Papa" and "Mama" and worked with the Daytons until the Fettigs bought their outfit in 1953. At that point, he befriended Ray Fettig and a lifelong friendship was struck.

Snoball received his nickname during a Fettig Bros. Rodeo's bull riding while working as the barrel man. He was a talented rodeo cowboy, a good idol, and great with the children that came around. In December 1972, he helped drive 650 head of cattle from North Dakota to Montana in -34° weather in just 18 days. A friend of Snoball assisted him in getting signed up for social security so he could work at the stockyards — which included coming up with a legal name and a birthdate for this man who had previously had neither. "Snowball, yeah, he's been around here forever" seems to be the consensus amongst the Sidney community. He's been described as gracious, humble, and humorous, and by walking into Sadie's Café and saying his name, you're sure to see nothing but smiles and hear stories about the local legend.

Snoball received the Sidney Health Center Extended Care's "Resident of the Year" award amid much celebration on Feb. 24, 2021. He enjoyed living there for more than 13 years, and often received visitors from his earlier years — including dear friends Dennis and Janice Peplow. He was beloved by the residents and staff and spent his retirement watching rodeos and old westerns — often while sneaking a chew.

Sidney's legendary Snoball Davis passed away peacefully at Sidney Health Center Extended Care on Nov. 28, 2022.

Snoball is survived by the many people that knew and loved him, and his story which will continue to be told for generations to come — as well as immortalized in the many news articles about him throughout the years.

Comfort Food Cravings

By Carrie Krug

MSU Extension Richland County FCS Agent

Submitted by The Richland County Nutrition Coalition

Why is it that the colder it gets outside, the more we crave indulgent comfort foods? According to Joyce McGarry, Michigan State University Extension, in the article Making Comfort Foods Healthier This Winter: eating more in the winter months has evolved from our ancestors who originally needed the extra calories to keep their bodies warm. However, with more heating options for our homes and workplaces, we do not need the extra calories in our diets during the winter months.

With our cravings for more comfort food during the winter months, it is important to keep in mind how much and what we are eating. McGarry mentioned that eating an extra 100 calories throughout the day can lead to around 10 lbs. weight gain over the year. However, you can still enjoy your favorite comfort food throughout winter. McGarry has provided some helpful suggestions to help us enjoy our comfort foods by making some adjustments to them.

Try choosing hearty homemade soups over cream-based soups. Try adding additional vegetables to soups and stews. Choosing sweet potatoes as an alternative helps boost the nutrition of the dish. Having higher protein meals with leaner meats can help you feel fuller longer. If you have a chocolate craving, try looking for chocolate that contains 70% cocoa, and you can make your hot chocolate with low-fat milk. If you're craving macaroni and cheese, try substituting it with whole-grain pasta and skip the boxed version.

In the article "Comfort Food Cravings", Vicki Hayman, University of Wyoming Extension, had additional suggestions to help curb our comfort food cravings. For example, try having a small handful of nuts or cottage cheese if you're craving something salty. Let's say you are craving fried foods; try air frying or baking chicken breaded in whole-grain panko bread crumbs or sweet potato fries. Maybe you're craving something sweet; try having a glass of chocolate milk or a homemade yogurt parfait with nonfat plain yogurt. Now let's say you are craving some baked goods; try going for something sweet with a touch of protein, such as graham crackers with peanut butter or a handful of trail mix with raw nuts.

Another last note from McGarry is that staying active throughout the winter is important as it can help burn calories and help boost your mood. Next time you're craving comfort food, try switching it up for a slightly healthier option this winter. Feel free to mix up your recipes and swap an ingredient for a healthier option. You never know; you might discover your new favorite comfort food this winter.

For more information about the Nutrition Coalition, check out the Richland County Nutrition Coalitions Facebook page at www.facebook.com/1rcnc1, and the Pinterest page at www.pinterest.com/1rcnc1/

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

Wed., Dec. 7
10 a.m.-4 p.m. - **Find The Skates** - Visit the MonDak Heritage Center to find the Skates, receive a free cookie from Big Sky Cookie Company. Through Jan. 1. - **Miniature Art Show Art Show** - Through Jan. 14, 2023. **WAM Exhibition** - Featuring many beautiful works of art that span multiple medias from watercolor to acrylic. Through Jan. 28. - MonDak Heritage Center, Tues.-Fri., 10 a.m.-4 p.m.; Sat., 1-4 p.m. For more info call 406-433-3500, e-mail mdhc@richland.org.

Thurs., Dec. 8
6:30 p.m. - **Sunrise Women's Clinic It's A Wonderful Life Fundraising Gala** - Pam Tebow, featured speaker. Sidney Event Center. For more info call 406-433-7772.

Thurs., Dec. 8, 11 a.m. & Fri., Dec. 9, 2 p.m.
Holiday Cards Holiday Memories - Join Caitlynn & Nikki for holiday card making. MonDak Heritage Center.

Sat., Dec. 10
7 a.m.-1 p.m. - **Gifts From The Heart** - Only Richland Co. residents with children ages 0-18 who feels they are in need may participate. Masonic Lodge. Financial donations may be given at Stockman Bank. New & unwrapped items may be dropped off at the Masonic Temple, Friday, Dec. 9, noon-6 p.m. Food baskets will be available for participants who need food for the holiday. Baskets for senior citizens will be distributed, for seniors in need call 406-433-7421. Area banks will take donated hats & mittens to be given to each child receiving gifts.

12-5:30 p.m. - **Santa Is Coming** - Come & visit with Santa & Mrs. Claus, get your picture taken. Call to make an appointment for each family group, 406-480-5634. Sidney Church of the Nazarene, 606 9th St. SW.

2 p.m. - **Music Party & Sing Along Melodies of Christmas** - Apple cider & donuts will be served. Peterson Memorial Senior Center, 813 3rd St. NE.

Sun., Dec. 11
1:30-3 p.m. - **MonDak Christmas Rocking Around The Christmas Tree** - Pictures with Santa, bake sale (baked items can be dropped off at the MDHC, Dec. 9-noon Dec. 11) & art project. MonDak Heritage Center.

Mon., Dec. 12
9 a.m. - **Christmas for Seniors** - Fill the stockings for seniors. Hamburger helper, oatmeal, jello, ramen noodles. New Address: 517 East Main. Volunteers needed. For more info call 406-433-8142.

2:30 p.m. - **Our Lady of Guadalupe Mass** - Confessions in Spanish 2:30-3:30 p.m., Mass at 4 p.m. St. Matthew's Catholic Church, 219 7th St. SE. Gathering will follow with food & music at Ned Shinnick Hall. For more info call Francisco Aguilar, 406-480-1702.

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

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

Fri., Dec. 9, 4-8 p.m.; Sat., Dec. 10, 9 a.m.-5 p.m. & Sun., Dec. 11, 9 a.m.-2 p.m.
Dakota Territory Gun Collectors Gun Show - Concessions available, admission \$10 per day, McKenzie County Sportsman's Club, 2306 - 121X Ave. NW. For more info contact Heather Stabler, 701-651-2585 or 701-978-8129.

Thurs., Dec. 15
5:30-9 p.m. - **JCCA Annual Soup Supper & Sweets Auction Fundraiser** - Free will soup supper, 5:30 p.m., live auction, 6:30 p.m. Rough Rider Center.

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

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

Tues., Dec. 20
2-4 p.m. - **Food Pantry Handouts** - First Lutheran Church, 212 2nd St. NW. For more info call 701-444-3451 or visit McKenzie County Food Pantry Facebook page.

WILLIAMS COUNTY
Events in Williston unless otherwise listed. CT

Wed., Dec. 7 - Sat., Dec. 31
5:30-9:30 p.m. - **2022 Spring Lake Park Holiday Lights Drive** - Enjoy thousands of holiday lights in over 75 displays every evening. Tune to 107.1 for holiday music. \$5 per car. **Unicorn Night:** Dec. 7 - **Hayride Nights:** Dec. 7 & 14, weather permitting, 5:30-8 p.m. - **Live @ The Lights: Electric Violin:** Dec. 8 - **Grinch Night** - Dec. 12 - **Santa Nights:** Dec. 13 & 14 - **Free Book Night** - Dec. 15 - **Cookie Decorating Kit,** Dec. 16 - **Luminary Sunday,** Dec. 18 - **Reindeer Nights,** Dec. 19 & 20 - **Snoopy & Friends,** Dec. 21 - **The Great Elf Sendoff** - Dec. 26 - **Free Car Night,** Dec. 28, **Ghostbusters Night,** Dec. 29 - Books of 10 passes available for \$40 at the Visitors Center, 212 34th St. W or call 701-774-9041.

Fri., Dec. 9
5-8 p.m. - **Holiday Stroll Downtown Williston** - Carolers, electric violinist, carriage rides, hot chocolate contest & business pop-ups. **The Nutcracker,** Prizm Dance Studio; **Pictures With Santa & Basket Raffle,** Hallmark Building; **Readings By Mrs. Claus,** All the Rage; **Fire Pits & S'mores,** Ranger; **Natasha's Canvas,** Lilac Lane.

5-8 p.m. - **Williston Economic Development Holiday Party** - You're invited for some holiday cheer to celebrate this special time of year. River's Edge Bar & Grill, 1002 2nd St. W.

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

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

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

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

DAWSON COUNTY
Events in Glendive unless otherwise listed. MT

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

MonDak Christmas At MonDak Heritage Center

The MonDak Heritage Center will be celebrating MonDak Christmas Sunday, Dec. 11 from 1:30 p.m.-3 p.m. This fun filled afternoon will include photos with

Santa, refreshments, a bake sale, live music, and a craft project for kids. Everyone is invited to this free event!

The MonDak Heritage Center is decorated for

the holidays and currently has several new art exhibitions on display. Embracing this year's theme, "Rockin' Around the Christmas Tree", MonDak Christmas

will include a large tree with ornaments that will enter guests into a drawing for a family night gift basket. Music that will fill the center and a holiday rock painting class that is free to all youth!

This event is free and open to the public. Doors open at 1:30 p.m. Come celebrate the season with art, culture, and heritage at the MonDak Heritage Center's MonDak Christmas on December 11!

The MonDak Heritage Center is open Tuesday-Friday from 10 a.m.-4 p.m. and Saturday from 1-4 p.m. Admission is free. For more information call 406-433-3500 or e-mail mdhc@richland.org. Visit us online at www.mondakheritagecenter.org



Photo submitted

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HOLIDAY OPEN HOUSE

THURSDAY, DECEMBER 15TH

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Stockman Wealth Management is pleased to welcome Carson Quinnell. Carson travels across Eastern Montana to service clients and is based in Glendive. As a native of the area, he takes pride in personal contact - he and Stockman Wealth Management work to consistently serve clients and their families from generation to generation.

Give Carson a call to schedule a complimentary financial consultation!

CARSON QUINNELL
Portfolio Manager
carson.quinnell@stockmanbank.com
406-377-1009

WELCOME, CARSON!

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Stockman Wealth Management is a federally Registered Investment Adviser. Stockman Wealth Management is an independent, wholly owned subsidiary of Stockman Financial Corp. and affiliate to Stockman Bank. Not FDIC Insured, Not Bank Guaranteed, May Lose Value.

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The Roundup is looking for a delivery driver to pick up newspapers in Minot once a week. Must be able to lift 80 lbs., have a valid driver's license (CDL not required) & clean driving record. Call 406-433-3306 for questions. Apply at Sidney Job Service.

FREELANCE REPORTER

Freelance writing opportunities for community newspaper. Writing, photography and computer skills a plus. Both remote work and in person options available. Required testing for spelling and grammar (basic) and reading comprehension at Job Service. For testing and generic application contact Sidney Job Service at 406-433-1204.

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LEGALS

DEPARTMENT OF PUBLIC SERVICE REGULATION BEFORE THE PUBLIC SERVICE COMMISSION OF THE STATE OF MONTANA

IN THE MATTER OF the Application of Montana-Dakota Utilities Co. for Authority to Implement a Tracking Adjustment for Montana State and Local Taxes and Fees – Rate 56 and Rate 87 Docket 2022.10.092 December 5, 2022

Notice of Application and Intervention Deadline

On November 23, 2022, Montana-Dakota Utilities Co. ("MDU") filed with the Montana Public Service Commission ("Commission") its Application for Authority to Implement a Tracking Adjustment for Montana

State and Local Taxes and Fees for Tariff Rates 56 and 87.

("Application"). MDU proposes to update its tracking adjustment to reflect an approximately 7.10% increase in Montana state and local taxes and fees for its electric operations, and a 11.19% increase in the same taxes and fees for its natural gas operations. MDU also seeks to true-up its actual tax recovery for the year 2021. The net effect of MDU's request will increase revenue collected from electric service by \$954,348 and decrease revenue collected from gas service by \$473,869. A copy of the filing is publicly available at the Commission's business offices, 1701 Prospect Avenue, P.O. Box 202601, Helena, Montana 59620-2601, and online at the Commission's website (<http://psc.mt.gov>) under Docket No. 2022.10.092. A copy of the filing may also be available at the office of the Montana Consumer Counsel ("MCC"), which represents consumer interests before the Commission, 111 North Last Chance Gulch, Suite 1B, Helena, MT 59601, (406) 444-2771. Interested parties can register on the Commission's website to be added to the Watch List for notice of filings in this docket (<http://eddi.mt.gov>, create OKTA account, and, under "Watch List" tab, enter Docket No. 2022.10.092). Any person directly affected by the Application who desires to be a party in this proceeding must petition to intervene no later than **December 13, 2022**. In order to afford due process: (1) data requests may be issued no later than **December 20, 2022**; (2) MDU must respond to data requests within five business days of service (excluding state recognized holidays) or by

December 27, 2022, whichever is earlier;

(3) parties wishing to submit comments are request a hearing must do so no later than **January 3, 2023**; and (4) the commission may hold a public hearing, if requested by an intervenor or upon its own action, at the Commission's offices. If the Commission does not issue an order by **January 9, 2023**, the rates will be considered approved. Mont. Code Ann. §69-3-308(2)(c). A party seeking intervention must file an electronic petition on the Commission's website at <http://eddi.mt.gov>. All filings must be made in EDDI and hard copies are not required. A party seeking intervention must also mail a copy of the petition to MCC at the address stated above, and to MDU's attorney, Michael W. Green, Crowley Fleck PLLP, 900 N. Last Chance Gulch, Suite 200, Helena, MT 59601.

The Commission invites members of the public who do not wish to formally intervene to submit written public comments on the matter to the Commission at 1701 Prospect Ave., P.O. Box 202601, Helena, MT 59620; through the Commission's website at <http://psc.mt.gov> (select "Documents & Proceedings" tab; select "Comment on a Proceeding"; select "Continue as Guest"; complete form; select "Submit"); or by email to pschelp@mt.gov.

The Commission's jurisdiction over this matter is provided in Title 69 and Title 2, Chapter 4 of the Montana Code Annotated; Title 38, Chapters 2 and 5 of the Montana Administrative Rules, and any prior orders of the Commission relevant to the issues presented.

DONE and DATED this 5th day of December 2022, by the Montana Public Service Commission.

JAMES BROWN, President
BRAD JOHNSON, Vice President

TONY O'DONNELL, Commissioner
RANDALL PINOCCI, Commissioner
JENNIFER FIELDER, Commissioner

MNAXLP (Publish December 7 2022.)

housing foundation using helical piers.

B. Project Description:

a. Please contact the school for specific information on this project.

C. Work to be completed in the spring/summer/fall of 2023.

D. All potential bidders are welcome and encouraged to visit the location.

E. Submit your proposal per the instructions listed in Item A.

F. Bid proposals will be up for consideration at the regular monthly board meeting on December 29, 2022.

G. Your offer will be required to be submitted under a condition of irrevocability for a period of 30 days after the submission.

H. The Owner reserves the right to accept or reject any or all offers.

Signature

A. For: Lambert School

B. By: Nicole Simonsen

MNAXLP (Publish December 7 and 14, 2022.)

Lee E. Armstrong
ARMSTRONG LAW OFFICE, P.C.
P.O. Box 1327
212 South Central Avenue
Sidney, Montana 59270
Telephone: (406) 433-7700
Fax: (406) 433-7720
armlaw@midrivers.com
Attorney for Personal Representative

MONTANA SEVENTH JUDICIAL DISTRICT COURT, RICHLAND COUNTY

IN THE MATTER OF THE ESTATE OF ALMA HULDA BAXTER, a/k/a ALMA H. BAXTER, Deceased.

Probate No. DP -42-2022-0000078-IT

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four months after the date of the first publication of this Notice or said claims will be forever barred. Claims must either be mailed to HOWARD D. BAXTER, C/O ARMSTRONG LAW OFFICE, P.C. return receipt requested, at P.O. Box 1327, Sidney, Montana 59270, or filed with the Clerk of the above Court.

I DECLARE, under penalty of perjury and under the Laws of the State of Montana, that the foregoing is true and correct. Dated this 22 day of November, 2022, at McKinney, Texas.

HOWARD D. BAXTER, Personal Representative of the Estate of Alma Hulda Baxter, a/k/a Alma H. Baxter, deceased.

MNAXLP (Publish November 30, December 7 and 14, 2022.) (48-3tc)

Freelance Writing Opportunities For Community Newspaper

Writing, photography and computer skills a plus. Both remote and in-person options available. Required testing for spelling and grammar (basic) and reading comprehension at Job Service.

For testing and generic application contact Sidney Job Service at 406-433-1204.



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Registered Nurse Labor & Delivery
Registered Nurse Medical/Surgical Unit |
| Clinic
Nursing Supervisor
RN, LPN Primary Care
RN, LPN or MA Float
Interventional Pain Management RN | Patient Accounts
Patient Financial Counselor |
| Dietitian | Radiology
Radiology Technologist
ARRT/CT
RDMS
RT/CT Nights |
| Environmental Services
Floor Care Technician
EVS Technician | Rehab Services
Speech Language Pathologist |
| Engineering
Maintenance Worker | Respiratory Services
Respiratory Therapist |
| Extended Care
Certified Nurse Assistant
Director of Nursing
Licensed Practical Nurse
Registered Nurse | Software Applications
Business Informatics Analyst |
| Food Services
Cook
Director
Food Service Worker I & II | Surgery
Certified Surgical Technician or First Assist
Perioperative RN
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LPN or RN |
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Cook
Resident Assistant | |

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Visit Our Website at: www.sidneyhealth.org

Lunch Menus

- Sidney School**
Thurs., Dec. 8: Super nachos, tater tots, peaches, brownies.
Fri., Dec. 9: No school.
Mon., Dec. 12: Pork chop sandwiches, baked beans, applesauce, carrot sticks.
Tues., Dec. 13: Biscuits & gravy, hash browns, orange juice.
Wed., Dec. 14: Chicken strips, potatoes & gravy, strawberry banana sauce, dinner rolls.
- Savage School**
Thurs., Dec. 8: Corn dogs.
Fri., Dec. 9: No school.
Mon., Dec. 12: Fishsticks.
Tues., Dec. 13: Christmas dinner.
Wed., Dec. 14: Chicken burgers.
- Rau School**
Thurs., Dec. 8: Fried chicken wraps, vegetable, fruit, salad bar.
Fri., Dec. 9: No school.
Mon., Dec. 12: Hamburgers, vegetable, fruit, salad bar.
Tues., Dec. 13: Stroganoff, vegetable, fruit, salad bar.
Wed., Dec. 14: Chinese food, vegetable, fruit, salad bar.
- Froid School**
Thurs., Dec. 8: Salisbury steak, mashed potatoes, gravy, buns, veggies, fruit.
Fri., Dec. 9: Steak fingers, garlic noodles, veggies, fruit.
Mon., Dec. 12: Hamburger gravy over mashed potatoes, buns, veggies, fruit.
Tues., Dec. 13: Pizza stromboli with sauce, veggies, fruit.
Wed., Dec. 14: Roast turkey, mashed potatoes, gravy, buns, veggies, Christmas cookies.
- Bainville School**
Thurs., Dec. 8: Roger Buttkofer Day! French dip, potato wedges, mixed veggies, peaches.
Fri., Dec. 9: Cheeseburger mac & cheese, tossed salad, grapes.
Mon., Dec. 12: Pulled pork sandwiches, tropical fruit, coleslaw, French fries.
Tues., Dec. 13: Enchilada hotdish, mangoes, corn.
Wed., Dec. 14: Hot dogs, baked beans, broccoli, mandarin oranges.
- Richey School**
Thurs., Dec. 8: Tacos, carrot sticks, cookies.
Fri., Dec. 9: No school.
- Mon., Dec. 12:** Hot dog bar, green beans, cake.
Tues., Dec. 13: Meatloaf, mashed potatoes, corn cookies.
Wed., Dec. 14: Chicken & waffles, mixed veggie.
- Culbertson School**
Thurs., Dec. 8: Grilled cheese, tomato soup, peaches.
Fri., Dec. 9: Pizza, salad, pineapple.
Mon., Dec. 12: Cheeseburgers, curly fries, orange slices.
Tues., Dec. 13: Chicken fajitas, Spanish rice, churros.
Wed., Dec. 14: Ham, mashed potatoes, gravy, corn.
- Lambert School**
Thurs., Dec. 8: Cheeseburgers, fries, fruit.
Fri., Dec. 9: Spaghetti, garlic bread, corn.
Mon., Dec. 12: Italian dunkers, green beans, fruit.
Tues., Dec. 13: Jami's chicken & noodles, cheese, buns, fruit.
Wed., Dec. 14: Christmas dinner.
- Fairview School**
Thurs., Dec. 8: Loaded baked potato, veggie, fruit, fresh garden bar.
Fri., Dec. 9: No school.
Mon., Dec. 12: BBQ chicken sandwiches, chips, veggie, fruit, fresh garden bar.
Tues., Dec. 13: Tater tot casserole, veggie, fruit, fresh garden bar.
Wed., Dec. 14: Chicken strips, French fries, veggie, fruit, fresh garden bar.
- Alexander School**
Thurs., Dec. 8: Pork fritters, macaroni & cheese.
Fri., Dec. 9: No school.
Mon., Dec. 12: Build your own burger, fries.
Tues., Dec. 13: Crisпитos, rice, green or brown gravy.
Wed., Dec. 14: Spaghetti or alfredo, green beans, garlic toast.
- Watford City School**
Thurs., Dec. 8: Chicken tenders, smiley fries, applesauce.
Fri., Dec. 9: Burrito, Spanish rice, mixed veggies, fruit dessert.
Mon., Dec. 12: Chefs choice.
Tues., Dec. 13: Taco with all the fixings, oranges.
Wed., Dec. 14: Chicken burgers, chips, celery sticks.

FROM: THE OWNER (HEREINAFTER REFERRED TO AS OWNER):

Lambert School Districts 86&4
121 3rd Ave. North
Lambert, MT 59243
nsimonsen@lambertschool.net

To: Potential Bidders

A. Your firm is invited to submit a proposal to Owner in care of Superintendent, Nicole Simonsen, for renovations of a facility located at the above address before 12:00 pm local standard time on the 22nd of December 2022, for the following project: repair to

MNAXLP (Publish December 7 2022.)

I DECLARE, under penalty of perjury and under the Laws of the State of Montana, that the foregoing is true and correct. Dated this 22 day of November, 2022, at McKinney, Texas.

HOWARD D. BAXTER, Personal Representative of the Estate of Alma Hulda Baxter, a/k/a Alma H. Baxter, deceased.

MNAXLP (Publish November 30, December 7 and 14, 2022.) (48-3tc)

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DRIVER WANTED

The Roundup is looking for a delivery driver to pick up newspapers in Minot once a week. Must be able to lift 80lbs, have a valid driver's license (CDL not required) & clean driving record. Call 406-433-3306 for questions. Apply at Sidney Job Service.



MT Bare Cave...



Pictured above top: The business has been able to expand on best-selling products, while incorporating new items, to give customers a wider variety of options while shopping. (Photo by Megan Dotson)

Pictured above bottom: MT Bare Cave's goal is to provide the community with needed items such as kids and baby clothes and accessories. (Photo by Megan Dotson)

Continued from page 1A.

Stop in for their 4th Anniversary Open House and take advantage of some phenomenal sales, let them put a customized gift basket together for you, or let them make your life a little easier with their gift-wrapping services offered through the holidays. Additionally, Lucky Design and Event Planning will have kiosks of Christmas and New Year's party planning decor and make-and-take florals available, a fun and personalized project for families.

For anyone who can't

make it to the open house festivities, MT Bare Cave's regular hours are Monday-Friday from 10 a.m.-5:30 p.m., Saturdays from 10 a.m.-4 p.m., and Sundays from 1-4 p.m.

"We really appreciate the continued support from the community. We have long-time loyal customers and I've seen our customer base expand since we've been at the new location," Cundiff said. "I just really want to thank the customers and the community because we can't flourish without them."

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

December 8, 10Tabletop Minis
December 10Holiday Chipwood Basket
December 13Small Christmas Sleigh



Tabletop Minis
Dec. 8, 10

Monday - Friday: 9am - 5:30pm
Saturday: 9am - 5pm
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8am - 5pm
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Available at Bobcat of Williston
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DeWalt Sander

Available at Builders FirstSource, 100 14th Street SE · Sidney, 406-433-2012

Gift Boxes

Available at East-Mont Enterprises Inc.
608 E. Main Street Sidney, 406-433-2910

Johnnie Walker Blue Label

Available at Long X Liquor Store,
100 2nd St SW, Watford City 701-444-3335

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10% All Guns off & Ammo

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Earth Grown KidDoughs

Available at Beaver Creek Kids, 228 Main St N, Watford City 701-495-2480

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*Dear Santa,
Please buy our gifts at
High Caliber Sports 'cause...*

- Mom wants a Montana Silversmiths Necklace
- Dad wants a Browning Shotgun
- Bobby wants a Basketball & a Hockey Stick
- Susie wants an Under Armour Hoodie & Leggings
- Grandma wants Columbia Mittens
- Grandpa wants Fuzzy Slippers
- Auntie wants Huckleberry Coffee
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PS: They also have gift cards & free gift wrap!

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Community Centered Events For The Holidays

Submitted by Elaine Stedman, CEO SafeCare Provider Boys & Girls Clubs of the MonDak Richland County Unit

December is a busy time for the Boys & Girls

Club in Sidney. Along with normal after-school and full day Friday activities for members, the Club also prepares for three large community events. Thanks to an outpouring of donations from

many generous Richland County residents and businesses, Boys & Girls Club will be a distribution center for critical need items this Holiday season. The local organization started the month off with a Children's Christmas event that aimed to help children provide gifts for their family members. The kids were able to get help "shopping" for the people on their list and enjoyed a family breakfast with Jolly Saint Nick himself! Free food boxes are set to be handed out at the Lonsdale Center Clubhouse on Dec. 14 at noon. The boxes will include canned goods, meat, produce, toiletry items and more for local families in need. Each box will serve one household and they will be handed out on a first come, first served basis.

If you are looking for the perfect picture with Santa that can include the whole family, it will be coming up on Saturday, Dec. 10 from 1-5 p.m. The Annual Pet Photos with Santa fundraiser is held at Tractor Supply Company, Sidney. Along with pictures

to purchase, there will also be frames decorated with style from Boys & Girls Club members and staff. The Club will also be selling raffle tickets for dog and cat themed gift baskets. All proceeds from this event will go towards funding after-school programming for members of the Club.

Giving Trees are set up at The Market, Reynolds Market, and Family Dollar. Each tree contains a list of supplies needed for programming, sanitation and other needs at the Club. Donations of these operational expenses helps the Club maintain low membership fees for families in our community.

If you would like to learn more about Boys & Girls Club programs or community resources to help families in need, please contact a BGC staff member at 406-433-6763. We are filled with so much gratitude for the many ways that our community supports our mission to serve youth and families in Richland County. Holiday blessings to all.

Upcoming Programs At Fort Buford & Missouri-Yellowstone Confluence Interpretive Center

Williston, ND - The public is invited to these upcoming events at Fort Buford and the Missouri-Yellowstone Confluence Interpretive Center near Williston. All events are free and open to the public. All times are Central time.

Dec. 15: History Book Club, 7 p.m. Join other history buffs for a discussion of this month's book, "Personal Memoirs of Ulysses Grant: An Autobiography." Missouri-Yellowstone Confluence Interpretive Center.

Dec. 17: 19th Century Sewing, Textile Arts, and Projects, 9:30 a.m.-4:30 p.m. Missouri-Yellowstone Confluence Interpretive Center

Dec. 18: Historical Game Day at the Fort Buford Barracks, 2-4 p.m. Participate in games that may have been played at the fort long ago such as cribbage, cards, and checkers. Fort Buford State Historic Site.

For more information, contact Yvette Bachmeier at 701-572-9034. The Missouri-Yellowstone Confluence Interpretive Center is part of Fort Buford State Historic Site managed by the State Historical Society of North Dakota. Missouri-Yellowstone Confluence Interpretive Center hours are Wednesday-Saturday, 9 a.m.-4 p.m. CT; Sunday, 1-5 p.m. CT; and closed Monday-Tuesday. Fort Buford is currently closed. Find information about upcoming programs of the State Historical Society at history.nd.gov/events.



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12 DAYS OF CHRISTMAS NOW UNTIL DEC 17 | DAILY DRAWINGS

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202 3rd Ave NW, Sidney MT 59270

Open Enrollment for Medicare Part D: Prescription Drug Plan

*Review Plan Changes for 2023

*Estimate out-of-pocket expenses on medications for 2023

October 15th - December 7th

Call to make an appointment today! (406) 488-4366

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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Sat, Dec 17 • 9am - 3pm

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30% off all in-store Holiday Décor

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Montana BARE CAVE 6am - 6pm | 113 E Main St • Sidney, MT 406-433-3737 • mtbarecave@gmail.com

Make her wish come true this Holiday Season!

Up To 50% off Storewide

Sterling Silver Love Knot Pendant \$199

"Rhythm of Love" starting at \$70

White Gold Round Diamond Studs starting at \$149

1/4 ctw \$149
1/2 ctw \$399
3/4 ctw \$799
1 ctw \$999

Yellow Gold Princess Cut Diamond Studs starting at \$399

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1 ctw \$999

Solitaire Diamond Ring

1 Carat Lab Grown Diamond for \$1,999 or 1 Carat Natural Diamond for \$3,999

Available in round, marquise or emerald cut. Diamonds set in white or yellow gold.

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Holiday Hours Starting Dec, 9th: Mon - Fri: 10am - 8pm • Sat: 10am - 6pm • Sun: 12 - 5pm

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Register At The Sidney Firms Listed On This Page

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Sidney**

NO SALES TAX!



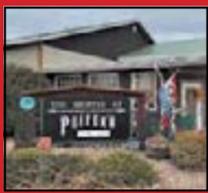
Johnson Hardware & Furniture



Miller's Corner



Mimi's Kitchen



Peifer's General Store



John Stockhill Jewelers



The Depot



Meraki Boutique



Advanced Communications



Metz Fuel & Service



Path



1st Choice Collision Center



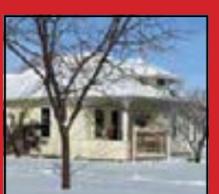
Tri-County Implement



Eagle Country Ford



Pizza House



Boutique 33



Reynolds Market



Montana Bare Cave



High Caliber Sports



Lee's Tire



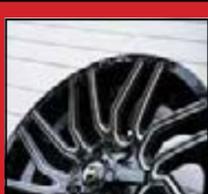
Sunny's



Frontier Tires & Glass



Builders FirstSource



Western Tire

SHS Speech, Drama & Debate Team Competed At Shepherd



Pictured are row 1, Bronte Bennion, Oliver Slade, Kyle Pust, Emma Cundiff and Noah Thiel; row 2, Kylee Burnison, Brooke Watson, Josie Simonsen, Cedar Hovde and Cayla Hanson; row 3, Kenny Damm, Colten Dahl, Jayda Christensen and Savanna Juarez; row 4, Nicholas Jorstad, Keaton Burke, Audrey Oprica, Thaylan Fisher, Ivy Cross and Mackeijan Gonzalez. (Submitted photo)

**Submitted by
Christy Pierce**

The Sidney High School Speech Drama & Debate team competed against 25 teams and over 300 com-

petitors in Shepherd on Saturday.

Speech and Debate Results: Lincoln Douglas Debate: 2nd Bronte Bennion; Public Forum Debate:

5th Thaylan Fisher & Audrey Oprica; 6th Ivy Cross & Kenny Damm; Impromptu Speaking: 7th Colten Dahl; Extemporaneous Speaking: 8th Oliver Slade.

Drama Results: Humorous Solo: 3rd Cedar Hovde; Dramatic Solo: 6th Cayla Hanson; Pantomime: 6th Kylee Burnison.

The team will compete in Laurel next weekend.



Kylee Burnison took 6th in Pantomime, Cedar Hovde took 3rd in Humorous Solo, and Cayla Hanson took 6th in Dramatic Solo. (Submitted photo)



Bronte Bennion, took 2nd in the Lincoln Douglas Debate. (Submitted photo)

Montana Youth Swine Exhibitors & Breeders Recognized

From the MSU News Service

Bozeman - Montana youth swine exhibitors and breeders have been recognized by the Montana Symbol of Excellence program. The program annually honors both 4-H and FFA youth and swine breeders who raise market swine that meet quality standards and show a commitment to producing quality pork products.

The Montana Symbol of Excellence program evaluates carcass and ultrasound data on swine from across Montana, with 32% qualifying in 2022 to be Symbol of Excellence swine, according to Rose Malisani, MSU Extension agent in Cascade County and Montana Symbol of Excellence coordinator. The Symbol of Excellence standards are based on evaluations of live weight, hot carcass weight, back fat, loin area, marbling, color, wetness, muscle and firmness. Malisani added that the swine were raised and exhibited by 4-H and FFA youth who committed to a market swine project from beginning to end.

"The number of swine reported for the Montana Symbol of Excellence has increased, with many out-

standing swine being shown by 4-H and FFA members across Montana," Malisani said. "You can see the hard work from across the state when you look at the quality pork products being produced."

The Montana Pork Producers Council, along with former MSU Extension Swine Specialists Wayne Gipp and Walt Neuman, created the Montana Symbol of Excellence program before the Pork Act of 1985 to highlight the dedicated work of both youth exhibitors and swine breeders. Data from the program helps the swine industry overall, from young students to experienced pork producers, Malisani said.

The 2022 top youth exhibitors and swine breeders are listed below by division: Light carcass division: 1. Brielle Berk, Ravalli County. Ryan Toenjes, swine breeder. 2. Tenley Lien, Phillips County. Cain Super Sires, swine breeder. 3. Kaycee Stene, Sweet Grass County. Cain Super Sires, swine breeder. 4. Jeremy Madruga, Ravalli County. Russ Hudson, swine breeder. 5. Lily Gardner, Ravalli

County. Bolles Show Pigs, swine breeder.

Heavy carcass division:

1. Brooklynn Reid, Lincoln County. Cain Super Sires, swine breeder.

2. Reece Dennis, Ravalli County. BBB Farm Pigs, swine breeder.

3. Kyra Marmon, Lake County. Ted North, swine breeder.

4. Alaina Barger, Tri-County Fair. Custis Show Pigs, swine breeder.

5. Brody Dahl, Tri-County Fair. John Smith, swine breeder.

Ultrasound division:

1. Colton Anderson, Custer County. Millers Show Pigs, swine breeder.

2. Jessa Morris, Flathead County. Deaton Show Pigs, swine breeder.

3. Emily Beson, Flathead County. Cain Super Sire, swine breeder.

4. Riley O'Donnell, Richland County. Full Throttle Show Pigs, swine breeder.

5. Hannah Richman, Blaine County. Gruszkie Show Pigs, swine breeder.

For more information about the Montana Symbol of Excellence program, contact Malisani at 406-454-6980.

DPHHS Reminds Montanans About Food Preparation Safety Prior To Upcoming Holiday Season

State and local public health officials are reminding Montanans about ways to stay healthy when preparing and consuming food during the upcoming holiday season.

So far in 2022, there have been 25 gastrointestinal illness outbreaks reported in Montana in numerous counties. Twenty-three of these outbreaks were caused or suspected to be caused by norovirus. Norovirus is the most common cause of gastroenteritis outbreaks in Montana and the United States, and people with norovirus infection experience symptoms of diarrhea, vomiting, nausea, and stomach pain.

Foodborne illnesses are often caused by consuming food that is undercooked, has not been stored or washed properly, or has

been contaminated by another food item or a sick food handler. Additionally, every year there are many foodborne illnesses that are never linked to an outbreak or never reported to providers and public health.

According to Rachel Hinnenkamp, Department of Public Health and Human Services epidemiologist, raw meat such as chicken, beef, and oysters may contain bacteria such as Salmonella, Shiga toxin-producing E. coli, and Vibrios. "These foods should be cooked thoroughly to avoid causing illness," she said.

Additionally, some groups of people are more likely to become seriously ill, including children under five, pregnant women, adults aged 65 and over, and immunocompromised individuals. Staci Evangeline, Food and

Consumer Safety Section, emphasizes that people should follow the four steps of food safety to avoid illness.

These steps are:
 • Clean: wash hands, utensils, and surfaces often when cooking.

• Separate: separate germ-spreading raw meat, poultry, seafood, and eggs from cooked food and produce.

• Cook: use a food thermometer to make sure foods are cooked to an internal temperature that kills germs. "Improving and Protecting the Health, Well-Being and Self-Reliance of All Montanans."

• Chill: refrigerate perishable foods and leftovers within 2 hours. Refrigerated products should be kept at or below 41° Fahrenheit.

However, Evangeline says if there's ever a question whether food is safe for consumption, always stick to this basic message: "When in doubt, throw it out," Evangeline said. "It is also important to remember not to cook for others while you are ill, as this can spread illness to the people who are consuming your food."

For more information, visit the Montana DPHHS website at <https://dphhs.mt.gov/publichealth/cdepi/diseases/foodborne>.

Lower Yellowstone Chapter of A.B.A.T.E. Toy Drive

The Lower Yellowstone Chapter of A.B.A.T.E. (American Bikers Aiming Toward Education) of Montana is a nonprofit organization promoting motorcycle education, safety and awareness. This organization is involved in various community activities.

As the holiday season approaches, they are looking forward to their 28th annual toy drive. This community project collects new toys or dollar donations to buy new toys for those who are less fortunate. They have been working with the Christmas Coalition and Gifts From The Heart for the last 23 years. Last year because of the generosity of the people in this community, they gathered toys to be dispersed among 193 families, totaling 518 children. They raised much of this money through donations from area companies, businesses and individuals. The continued support of the sources is what keeps this toy drive going. Now they are asking for a tax-deductible contribution that will make a world of difference in the life of a child.

Any amount donated will be a blessing to a family in need. Please mail donations to ABATE TOY DRIVE, PO Box 62, Crane, MT 59217 or Stockman Bank-ABATE, 301 West Holly, Sidney, MT 59270. Pick-up arrangements can be made by calling Maria Hodge at 406-480-3597.

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Montana State Seeks Elementary Teachers For Six-Week Paid Summer STEM Experience

From the MSU News Service
Bozeman - Montana State University is recruiting elementary school teachers for a summer program that offers hands-on research experiences and fresh ideas for bringing science, technology, engineering and math, or STEM, into their classrooms. Teachers will also gain skills in developing curriculums that combine STEM with Montana's Indian Education for All mandate.

In the National Science Foundation-funded program, called Research Experience for Teachers in Engineering, participants work alongside MSU faculty in cutting-edge research labs, attend field trips and engage in work-

shops for crafting STEM lesson plans. The six-week program kicks off in June 2023, and applications are being accepted.

"Our goal is to provide teachers with an authentic research experience that they can take back to their classrooms and inspire the next generation of engineers and other STEM professionals, especially among students who might not otherwise think of (these fields) as a career option," said project leader Paul Gannon, Department of Chemical and Biological Engineering professor in MSU's Norm Asbjornson College of Engineering.

The program has an energy theme and will offer

opportunities for research on topics such as biofuels and battery technology in collaboration with MSU's Energy Research Institute and Western Transportation Institute. The field trips will include visits to energy facilities such as dams, oil refineries and solar arrays. The trips will also include stops at nearby Indigenous sites such as buffalo jumps, where participants will discuss Indigenous STEM perspectives and generate ideas for fulfilling Montana's Indian Education for All mandate, according to Gannon, who is also associate director of MSU's Montana Engineering Education Research Center, which works to facilitate interdisciplinary

research to address the big challenges facing engineering education today.

This will be the second year of a three-year program. Last year's group included seven teachers from across Montana along with four MSU education students.

Participating teachers

will receive a \$6,000 stipend plus classroom resources. Housing and meals are provided on campus, and travel funding is available, as well. The program seeks both pre- and in-service teachers with diverse experiences, backgrounds and interests with a focus on those who currently are (or will be)

teaching upper elementary students (grades 3 through 5). No specific STEM experience is required.

The deadline for applying for the summer 2023 program is Feb. 4, 2023. For more information and to apply, visit montana.edu/ret.



Participants in the summer 2022 Research Experience for Teachers program visited MSU research facilities such as the Montana Microfabrication Facility and local Indigenous culture sites in addition to working in research labs and developing curriculums that combine engineering education and Indian Education for All. (MSU photo by Adrian Sanchez Gonzalez)

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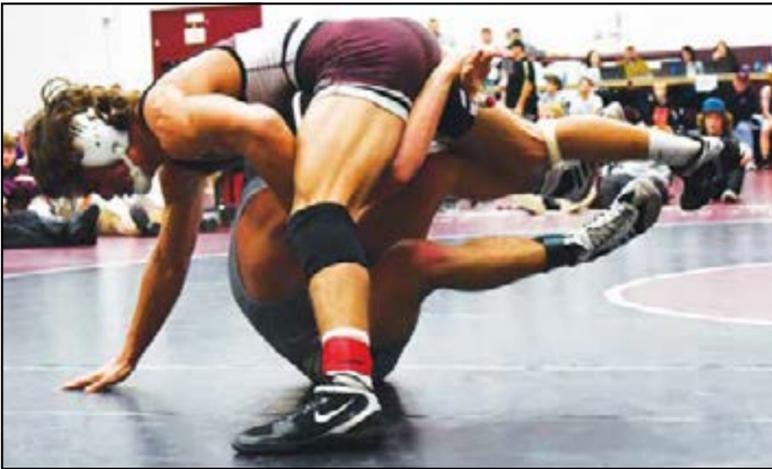




Eagle Invitational Wrestling Tourney Held in Sidney



Sidney's 103 lb. Gordon Knapp lost to Seguire, Post Falls, ID, 10-3 to place 2nd at the Sidney Eagle Invitational Wrestling Tournament December 2-3.



Sidney Senior Zander Dean, 152 lbs. placed 2nd after losing to Laird Root, Poway, CA, in OT at the Sidney Eagle Invitational Wrestling Tournament held in Sidney.



Watford City Wolves 285-lb. wrestler Nivon Hayes pins Adam Farha, Poway, CA in 3.31 to win 3rd place in the Sidney Eagle Invitational Wrestling Tournament over the weekend in Sidney. Twenty-six teams attending the tournament were from North Dakota, South Dakota, Ohio, California, Colorado, Idaho, Washington and Montana.

<p>Sidney Eagle Invitational 2022 Results For Sidney</p> <p>Varsity 103: Gordana Knapp (3-1) placed 2nd</p> <p>Varsity 120: Brody Keyser (4-2) placed 5th</p> <p>Varsity 132: Reece Graves (3-2) placed 4th</p> <p>Varsity 138: Owen Lonski (3-2) placed 4th</p> <p>Varsity 152: Zander Dean (4-1) placed 2nd</p> <p>Varsity 160: Kaden Wise (4-2) placed 7th</p> <p>Varsity 285: Caleb Kleinke (2-3) placed 8th</p> <p>JV 103: Tyson Syth (2-3) placed 6th</p> <p>JV 132: Luis Whaley (4-1) placed 3rd</p> <p>JV 145: Shane Georgen (0-3) placed 8th</p> <p>JV 145: Aaron See (2-1) placed 2nd</p> <p>JV 160: Tim Whaley (3-2) placed 7th</p> <p>JV 160: Ty Schepens (4-0) placed 1st</p>	<p>JV 170: Deion Potter (3-1) placed 3rd</p> <p>JV 182: Thor Fulgram (3-1) placed 3rd</p> <p>Girls 107: Alyssa Batchlor (0-5) placed 6th</p> <p>Girls 132: Karen Rosales (3-2) placed 3rd</p> <p>Girls 285: Autumn Ownby (1-3) placed 4th</p> <p>Team Results</p> <p>1st Place: Poway, CA</p> <p>2nd Place: Post Falls, ID</p> <p>3rd Place: Adams City, CO</p> <p>4th Place: Huntley Project, MT</p> <p>5th Place: Sidney, MT</p> <p>6th Place: Williston, ND</p> <p>7th Place: Oak Harbor, OH</p> <p>8th Place: Custer Co, MT</p> <p>8th Place: Minot, ND</p> <p>10th Place: Laurel, MT</p> <p>11th Place: Lockwood, MT</p> <p>12th Place: Dickinson, ND</p> <p>13th Place: Dawson County, MT</p> <p>14th Place: Hardin, MT</p> <p>15th Place: Watford City, ND</p>	<p>16th Place: Beulah-Hazen, ND</p> <p>17th Place: Rapid City, SD</p> <p>18th Place: Lake Stevens, WA</p> <p>19th Place: Colstrip, MT</p> <p>20th Place: Glasgow, MT</p> <p>21st Place: Circle, MT; Poplar, MT</p> <p>23rd Place: Baker, MT; Powder River, MT</p> <p>25th Place: Forsyth, MT</p> <p>26th Place: Custer/Hysham, MT, Wolf Point, MT</p> <p>Sidney Eagle Invitational 2022 Results For Watford City</p> <p>Varsity 152: Ethan Dennis (4-3) placed 6th</p> <p>Varsity 285: Nivon Hayes (5-1) placed 3rd</p> <p>JV 285: Sam Inman (3-1) placed 2nd.</p> <p>Girls 132: Sylvia Boekelman (1-4) placed 5th.</p> <p>Girls 138: Mackala Dewitt (1-4) placed 5th.</p>
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Battle of the Rockies

2021 Sidney High School alumni wrestler Jordan Darby pins his opponent at the Battle of the Rockies Open wrestling tournament in the 141 lb. weight class on Saturday Dec 3rd in Great Falls. Darby wrestles for the University of Providence in Great Falls. Additional SHS alumni wrestler Zander Burnison also participated in the tournament (1-2). (Photo by Bethany Wells)

NRCS In Montana Accepting Applications For The Agricultural Conservation Easement Program

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

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

ACEP-ALE provides financial assistance to eligible entities, including land trusts and state and local units of government, for purchasing easements that protect the agricultural use and conservation values of eligible land by limiting non-agricultural uses of the land. In the case of working farms, the program helps farmers and ranchers keep their land in agriculture. Landowners interested in an ACEP-ALE easement must enter into an agreement with an eligible entity to be considered for enrollment into the program.

Find a list of entities eligible to hold ACEP-ALE easements in Montana and additional information at www.nrcs.usda.gov/montana by clicking on the ACEP option under State Programs and Initiatives.

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

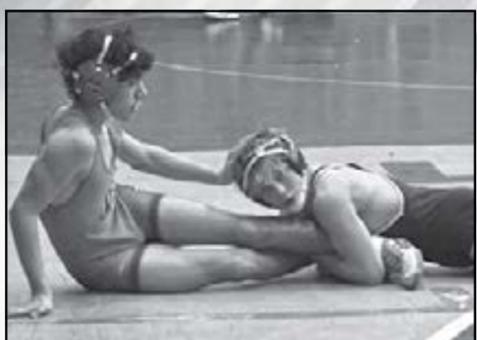
ACEP helps producers enroll wetlands, grasslands and farmlands into easements for long-term protection. ACEP-WRE specifically allows landowners to successfully restore, enhance and protect habitat for wildlife on their lands, reduce damage from flooding, recharge groundwater and

provide outdoor recreational and educational opportunities. Eligible landowners can choose to enroll in a permanent or 30-year easement. Tribal landowners also have the option of enrolling in 30-year contracts.

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

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

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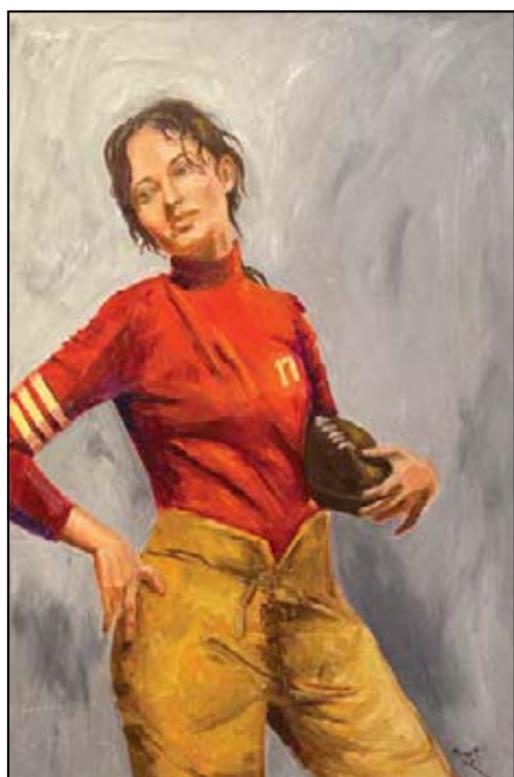


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MonDak Heritage Center Announces "The Big and the Small of It" - Women. Artists. Masters. Exhibition!



Photos submitted



Submitted by Nikki Bailey,
MonDak Heritage Center Executive Director
 The MonDak Heritage Center announces an exhibition of works by Women. Artists. Masters. (WAM) on display through Jan. 28, 2023 at the MonDak Heritage Center, 120 3rd Ave SE, Sidney.
 "The Big and the Small of It" features art from WAM a collaborative project of artists Deb Keirce, Maria Bennet Hock, and Carrie Waller. Women. Artists. Masters. travel and exhibit the world together, and also pursue individual art careers. Together, the artwork by these three artists invites viewers to lean in, step back and experience.
 Debra Keirce, Maria Bennett Hock and Carrie Waller

render representational paintings that highlight the ways the big and the small work together. Keirce Broadlands, VA, paints tiny vibrant oils of warm moments. Hock Cary, NC creates atmospheric portraits that hint at larger complex narratives. Waller's colorful compositions experiment with scale, zooming in and out to create new perspectives. In this exhibition, Keirce has palm sized oil miniatures, some of which are hidden in boxes. Hock paints on large canvases that draw viewers in. Waller paints everyday objects, elevating them to their most beautiful, larger than life presentation. Keirce's art is often created under magnification. Hock's paintings with bold loose strokes in oils. Waller's masterfully splashes watercolor with intricate nuances and dramatic light.
 The artists of WAM are on a collaborative journey made possible through the power of art and their mission is to encourage other groups to come together in a spirit of business and friendship. Come view their truly incredible works of art and collaboration at the MonDak Heritage Center!
 The MonDak Heritage Center is funded in part by coal severance taxes paid based upon coal mined in Montana and deposited in Montana's cultural and aesthetic projects trust fund.
 The MonDak Heritage Center is open Tuesday-Friday from 10 a.m.-4 p.m. and Saturday from 1-4 p.m. Admission is free. For more information call 406-433-3500 or e-mail mdhc@richland.org. Visit us online at www.mondakheritagecenter.org.

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MSU Extension Reminds Montanans To Open Montana Medical Care Savings Account Or Deposit Into An Established Account Before Dec. 31

By MSU News Service

Bozeman - Montana State University Extension is reminding Montanans to open a Medical Care Savings Account or make deposits into their accounts before Dec. 31 to save money on Montana income taxes.

An MSA is an account used to reduce the cost of saving for medical expenses and long-term health care. According to Marsha Goetting, MSU Extension family economics specialist, an MSA offers several benefits,

including a reduction on state income taxes.

For example, if a person has taxable income over \$21,600, they could save approximately \$304 in state income taxes by opening an MSA and depositing up to \$4,500 for the tax year 2022. The MSA earns interest that is not subject to Montana income tax, and the balance at the end of the year rolls over for future use.

Goetting added that an MSA can also be passed to others after death. By

placing a payable-on-death, or POD, designation on the account, individuals can leave those funds for spouses, children or grandchildren to use for their own medical expenses. There are also no inheritance taxes on MSAs, and, as long as an individual's estate is valued at less than \$12.06 million in 2022, there is no federal estate tax either.

"Without a POD beneficiary, the money passes to your heirs according to your written will," Goetting said. "If you do not have a written will, the MSA passes by Montana law to your heirs with priority given to

a spouse. Either way, you create a legacy. If you do not have beneficiaries, you could name your favorite nonprofit as the POD beneficiary."

Although the maximum amount used to reduce a Montanan's taxable income annually is \$4,500, Goetting said a person can also put less than that in an MSA. The amount used to reduce income tax for Montana residents is the total deposit in the MSA during the tax year, not the amount withdrawn for eligible medical care expenses between January and December.

Eligible expenses in-

clude medical insurance premiums; prescription drugs; medical, dental and nursing home care; eyeglasses; crutches; and transportation for medical care.

"Montana considers eligible medical care expenses as any items the IRS accepts," Goetting said. IRS publication 502 provides a detailed list of eligible expenses and can be found at irs.gov/publications/p502.

All resident taxpayers are eligible to set up an MSA at a local financial institution, even if they have another health care plan provided by their employer, a Section 125 Flexible Spending Ac-

count or a Federal Health Savings Account. A taxpayer does not have to be in a high deductible health insurance plan to be eligible for the MSA. And individuals who are 65 and older can still have an MSA but not the HSA.

"Montana Medical Care Savings Accounts (MSAs) for the 2022 Tax Year" is available at store.msuextension.org/publications/FamilyFinancialManagement/MT199817HR.pdf. Paper copies are available from county or reservation Extension offices.

MSU Richland County Extension Winter Series Begins Dec. 19

By Marley Manoukian,

MSU Richland County Extension Agent

The MSU Richland County Extension Office is hosting a series of educational workshops throughout the winter months. The first installment of the Winter Series will be on Monday, Dec. 19 at 1 p.m. in the Richland County Extension Office meeting room, 1499 N. Central Ave., Sidney.

Dr. Sam Wyffels, MSU Extension beef specialist, will be covering Beef Cattle Nutrient Requirements & Supplementation – 3rd Trimester Through Breeding. For an April 1 calving date, the third trimester of gestation will be beginning on Dec. 29, based on a 283-day gestation. As a cow enters her third trimester, the fetal calf growth will increase exponentially, and because of this growth, rumen capacity will be reduced. When the cow calves and begins lactating in the spring, nutrient requirements will be at the highest of the production cycle. Join us at the December Winter Series to discuss these changes in nutrient requirements.

Dr. Hayes Goosey, MSU Extension forage specialist, will be discussing Nitrates & Cropping Options. There are many factors that affect nitrate levels in our forages and high nitrate levels can be detrimental to your livestock. If you have had nitrate issues in the past or are curious about cropping options for nitrates, join us for this conversation.

Future Winter Series topics and dates are forth coming. Please contact the MSU Richland County Extension Office at 406-433-1206 or marley.manoukian@montana.edu for more information. We hope to see you on December 19!

"Gifts From The Heart," Sidney, Dec. 10

"Gifts from the Heart" is set for Saturday Dec. 10 from 7 a.m.-1 p.m. at the Masonic Temple on Main St. across from the Sidney Courthouse.

There are various toy drop locations around town, including all Edward Jones offices, Central Water Conditioning, Bittersweet Coffee, Mimi's Kitchen, Rouge LLC Spa, Meraki, Anytime Fitness, Family Dollar, Reynolds Market and a Fairview location at Neu's Super Valu! Also, all area banks are accepting new hat and mitten donations.

Monetary donations are being accepted at Stockman Bank or by contacting Jakkie Waller at 406-480-9117.

If you would like to volunteer, please contact Jakkie Waller. We are always in need of volunteers, especially setting up on Friday, Dec. 9 from noon-6 p.m. and clean up on Saturday, Dec. 10 at 1 p.m.

If you are in need, on Saturday, Dec. 10 please come to the front door of the Masonic Lodge and get a number and put it on your windshield, then watch for your number so you can come inside to shop! This system has allowed everyone to stay warm and eliminates chaos for everyone involved! The only requirements are the child/children (0-18) live with the shopper and also reside in Richland County.

Thank you to everyone who makes this great program happen. It takes a village.

Court Order Changes Wolf Hunting Season, Effective Immediately

By Montana Fish, Wildlife & Parks

Helena - A District Court in Lewis and Clark County issued a temporary restraining order impacting some of Montana's wolf hunting and trapping regulations. The changes go into effect immediately.

The changes outlined in the temporary restraining order are as follows:

- Reinstates wolf management units (WMU) 110,

313, and 316 as they existed in the 2020 wolf regulations. WMU 110 borders Glacier National Park and WMUs 313 and 316 are north of Yellowstone National Park.

- Reinstates the quotas for WMU 110, 313, 316 as they existed in the 2020 wolf regulations, which are two wolves in WMU 110 and one wolf each in WMU 313 and 316. Currently, one wolf has been harvested in WMU 313 and no wolves have

been harvested in WMU 316 and 110. Wolf hunting and trapping in WMU 313 is now closed.

- Restricts all hunters and trappers to harvesting five wolves total per person, per season.

- Prohibits the use of snares as a legal method of take for trapping wolves.

Montana Fish, Wildlife & Parks will make legal arguments in this case at a hearing scheduled for Nov.

28. The court has set the temporary restraining order to expire on Nov. 29.

"We have a healthy and stable population of wolves in Montana," said FWP Director Hank Worsech. "We've proven we can manage wolves across the state and will continue to do so. We will comply with the judge's order and look forward to the opportunity to defend good science and management strategies."

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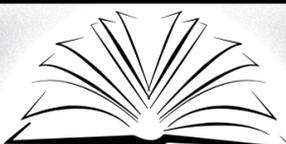


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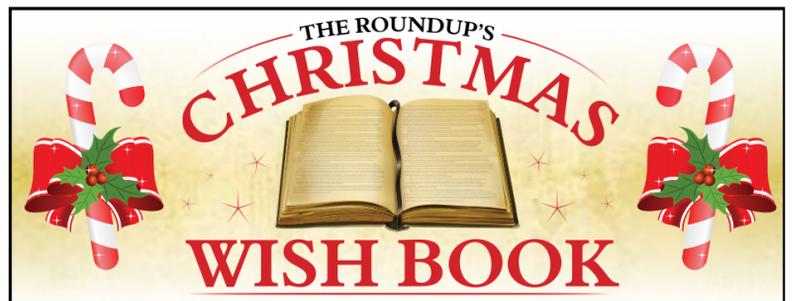
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