Wednesday, January 29, 2025 Volume 50 · Number 52



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McKenzie County Farm & Ranch Show Opens Feb. 3-5

By Katelyn Sponheim

The McKenzie County Ag Expo, Watford City, ND, will host their annual Farm & Ranch Show Feb. 4-5. They will have vendors representing local equipment dealers, ag lenders, livestock supply businesses, and a variety of agricultural needs. Tuesday, the event will run from 10 a.m.-6 p.m., and Wednesday from 10 a.m.-4 p.m. The event is free to the public. On Tuesday, Ryan

Odenbach will welcome attendees and vendors at 9 a.m. The McKenzie County NDSU Extension office has brought together a selection of speakers on topics important to the producers of our region. Starting the event is a rancher panel discussing "McKenzie County Grazing Challenges". At 9:30 a.m., Temple Grandin will be speaking on "Cattle Handling Facility Design". Kevin Sedivec will cover "Grazing Management Techniques" at 11 a.m., with the free lunch provided by United Quality to follow. United Quality will have an Arrowquip Cattle Handling demo at 12 p.m. Miranda Meehan will give her presentation on "Virtual Grazing Concepts" at 1 p.m., with Temple Grandin speaking again at 2:10 p.m.; this time on "Humane Livestock Handling". Tim Petry will give



the 2025 Livestock Outlook at 3:10 p.m., and United Quality will close the day with another Arrowquip Cattle Handling Demo at 4 p.m.

Wednesday will start again with a welcome from Ryan Odenbach at 9 a.m., and features "Bull Days"; where producers showcase their herd genetics with select bulls and their offspring. Brian Jenks will be the first of the NDSU Extension speakers, with his talk on "Managing Today's Weeds" at 9:05 a.m. County Crop Elections will take place at 10 a.m. Ryan Odenbach will share

"Cover Crops for McKenzie County" at 10:30 a.m. Mary Keena will discuss "Composting & Cropland Manure Applications" at 11 a.m., with the free lunch provided by Lund Oil to follow. After lunch, Chandler Gruener will speak on "MC Soil Health Perspectives". At 2:10 p.m., Mike Jenks and Austin Patten, Helena Ag, will give their "2025 Fertilization & Chemical Outlook". A "Cropping Panel" at 3:10 p.m. will end the NDSU Extension's educational contributions to the Farm & Ranch Show.

Sponsors and vendors



(Photo submitted)

Prior to becoming a family nurse practitioner Whitehead worked as a city

clerk in Centreville, MS. Whitehead will be providing well-child checkups, performing physicals, taking care of routine illness in patients, and performing exams. She will also diagnose and treat common health problems such as infections and minor injuries, treat and monitor chronic diseases such as diabetes, heart disease, order labs and x-rays, and provide well-child and family care.

As a nurse practitioner, she also has full prescriptive

"The hope that I can make even a small difference in the lives of my patients is what keeps me going. Whether it's through providing care, offering support, or simply sharing a smile, knowing that I can positively impact someone's day inspires me," Whitehead said.

for the 2025 McKenzie Ag Expo Farm & Ranch Show include: 1st International Bank & Trust. Anchor Ingredients, Dakota West Credit Union. Farmers Choice LLC. United Agronomy, District #1 Cattlewomen, United Quality Cooperative, Upland, NW Tire, OK Tire, Shelters Construction, Lund Oil, Rev Carbon LLC, Dirtech & Ev's Auto Glass, Mon-Kota Inc., Custom Grain & Seed, 4 Fires Enterprises, Northern Pump & Compression, Heartland Pella, Memaws Meats, Paramount Ag Supply. Helena Chemical. Badlands Hemp, Horizon Resources, Cornerstone Bank, McKenzie County Extension Office, Heritage Insurance Services, Kohler Accounting, Paramount Real Estate, Korral Supply, Gooseneck Implement,

Heggen Equipment, RDO Equipment, Haugland Insurance, Nuseed, Wisness Ag Service, TTK, Red Rock Auto, FSA Office, Border Plains Equipment, Atmospheric Resource Board, Joel-Radio, Tri-County Implement Inc., AGT Foods, Frontier Precision AG, Prairie Barns Construction, Wildcat Industries, DJ Sales, The Mill, ND Township Officers Association, Aerus Electrolux, McKenzie County Crop Improvement, D Bar P Bumpers, ND Contractors, ND Construction, Octane Outdoors, Catt Corn-Canada, Montana Dakota Scale Service Inc., and others.

For more information contact Riley Faller at rfaller@co.mckenzie.nd, 701-842-EXPO, or check the website www.mcagexpo.

12th Annual Cattlemen's Ball Feb. 8



By Dianne Swanson

It's a whole lot of fun, with a mission. The annual Cattlemen's Ball promotes beef and all of agriculture in Richland County, while providing scrumptious food, great music and more. The premiere event of the winter, the Ball takes place on Feb. 8 at the Richland County Event Center with the social at 5 p.m. and a delicious beef dinner at 6 p.m. Kick up your heels until midnight with Kyle Shobe & the Walk 'em Boys.

Proceeds go towards scholarships and providing local beef to area schools. Tickets will be available for just \$50 beginning Monday, Jan. 6 at the Sidney Chamber of Commerce and Prewitt & Company. Individual tickets and tables can also be purchased online at www.eventcreate.com/e/ cattlemen-s-ball.

If you would like to be a sponsor of this event, please call Kristin Larson at 406-480-5139.

Montana **Department** Of Commerce **Allocates Planning Grants To** 9 Montana **Communities**

Submitted by Montana Dept. of Commerce

HELENA, MT. - The Montana Department of Commerce has announced that nine Montana towns, cities and counties will share nearly \$300,000 of grant funding to help plan significant community development projects. The funding is through Commerce's Community Development Block Grant Planning Grant Program.

'Community Development Block Grant Planning Grant funding will help Montana communities develop future growth plans, studies and training to advance crucial infrastructure and community development projects while creating and retaining good paying jobs for Montana workers," said Paul Green, Montana Department of Commerce director.

The CDBG Planning Grant Program is designed to help communities plan by supporting the implementation of growth policies, capital improvement plans, subdivision and zoning regulations, downtown master plans, housing plans and preliminary architectural and engineering reports.

The following communities and districts will receive CDBG Planning Grant funding:

The Town of Bridger will receive \$24,000 to complete a growth policy.

The Town of Cascade will receive \$22,500 to com-

plete a growth policy update. The Town of Fairview will receive \$40,000 to complete subdivision and zoning

regulations update. The Town of Geraldine will receive \$40,000 to complete a preliminary architectural report.

Golden Valley County will receive \$26,250 to complete a growth policy update.

The Town of Jordan will receive \$30,000 to complete a growth policy update.

Richland County will

receive \$50,000 to complete a growth policy update and zoning study. The City of Sidney will

receive \$40,000 to complete a downtown master plan. The City of Thompson

Falls will receive \$25,500 to complete a growth policy update.

In 2023, the City of Glendive received \$36,750 of CDBG Planning Grant

Continued on page 2. MNAXLP

Roosevelt Medical Center Proudly Welcomes New Family Nurse Practitioner

By Jaimee Green

In recent weeks, Roosevelt Medical Center has welcomed its' newest provider to its' medical team. Lesa Whitehead, a family nurse practitioner, will join the medical staff as the fourth facility provider and will work closely with Zoe Fugere, FNP; Mike Madden, FNP; and Dr. Carlos Trevino.

As a graduate of the University of Southern Mississippi School of Nursing, in Hattiesburg, MS, and FNP since 2012, Whitehead brings a strong background in healthcare to RMC with 13 years of experience specializing in family practice and emergency medicine. "My goal is to truly listen

to my patients and understand their concerns. I aim to provide not just care and treatment, but also education that empowers them to take an active role in their health," Whitehead said. Born in Centreville, MS,

Whitehead originally came to Montana in 2022 with her husband, Jimmy, for a brief travel assignment and fell in love with the area.

Prior to joining RMC, Whitehead was employed at

Garfield County Health Center, Jordan, and Thundering Buffalo Health and Wellness Center, Poplar. She also worked at a number of health centers in Mississippi including Merit Health, the University of Mississippi Medical Center, Field Health Systems, Whitehead Wound Care and King's Daughters Medical Center.

As a nurse practitioner with a focus on rural health, she has worked in a variety of healthcare settings including a rural health center, walk-in clinic, and critical access hospital.

"I enjoy working in rural facilities because I cherish the sense of family and community. It's incredibly rewarding to get to know my patients and their families on a personal level and to feel like a part of their lives and

the community," she said. She currently serves as the assistant clinical professor at Alcorn State University, School of Nursing, in Natchez, MS, where she participates in ongoing program assessment and curriculum development and advises and mentors students.

Lesa Whitehead, FNP.

authority.



Yellowstone Chiropractic Clinic

406-433-4757 222 2nd. Ave. SW 1-866-433-4757 Sidney, MT 59270

Dr. Ryan Laqua

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Senior Center Events

Congregate Meals:

Fairview: Mon. & Wed., 11:30 a.m., 217 5th St. West, 406-742-5050

Sidney: Tues. & Fri., 11:30 a.m., 813 3rd St. NE,

406-433-8077

Savage: Thurs., 12 p.m., 178 E Main St., 406-776-9980

Lambert: Tues., 12 p.m., Fox Lake Sr. Center, 406-774-3439

Activities/Cards

Fairview: Men/Cards, Mon.-Sat. daily at 2 p.m.; Women's Cards: Wed. & Sat. at 1 p.m.; 217 5th St. West, 406-742-5050

Sidney: Cards Thurs., 1 p.m.; 813 3rd St. NE, 406-433-8077

Lambert: Cards, Tues., 1 p.m.; Fox Lake Sr. Center, 406-774-3439

Senior Commodity Distribution (Change) 2190 W Holly St., 406-433-3701; the last full Thurs., 9 a.m.-4 p.m.; & Fri., 9 a.m.-12 p.m. of each month

AREA RECOVERY GROUPS

MONDAYS:
12 p.m. - Monday Noon AA Group, Sidney - Prairie
Hills Fellowship Hall, 623 N. Central, enter through
back entrace door, SE side.
12 p.m. - "We Are Not Saints AA Meeting, Watford
City - Glory of the Lord Church, use back door en-

trance, handicap accessible.

7 p.m. - Hope For Today Al-Anon Family Group Sidney - Prairie Hills Fellowship Hall, 623 N. Central, enter through back entrace door, SE side.

7 p.m. - **Living Free NA Group, Sidney** - Sidney Lutheran Brethren Church, 1100 Madison Lane. 8 p.m. - AA Meeting Watford City - Northern Pump & Compression. Call 701-770-3603 or 701-770-2675 for directions or ride. Hotline/Info 701-609-8663. TUESDAYS:

7 p.m. - **AA Welcome Home Group, Sidney** - Prairie Hills Fellowship Hall, 623 N. Central, enter through

back entrace door, SE side.

7 p.m. - Living Free NA Group, Sidney - Candlewood Suites, 201 6th St. NW, Room 228 7 p.m. - 24-hour Women's AA Group Meeting Wat-

ford City - Northern Pump & Compression. Hotline/Info 701-609-8663.

WEDNESDAYS:

6:45 p.m. - **Celebrate Recovery, Watford City** - Assembly of God (1st Wed. of month 6 p.m. Potluck) 7 p.m. - **24-Hr AA Group Meeting, Watford City** -Northern Pump & Compression. Hotline/Info 701-609-

THURSDAYS:

7 p.m. - **Living Free NA Group, Sidney** - Sidney Lutheran Brethren Church, 1100 Madison Lane. 7 p.m. - Al-Anon Meeting, Watford City - Presbyterian Church, 316 4th Ave. NE. 8 p.m. - AA Meeting, Watford City - Northern Pump &

Compression. Call 701-770-3603 or 701-770-2675 for directions or ride. Hotline/Info 701-609-8663. FRIDAYS:

7 p.m. - AA Welcome Home Group, Sidney - Prairie Hills Fellowship Hall, 623 N. Central, enter through back entrace door, SE side

8 p.m. - **NA Meetings, Watford City** - First Lutheran Church, 212 2nd St. NW, use 3rd Ave. NW entrance.

SATURDAYS:

7 p.m. - **AA Welcome Home Group, Sidney** - Prairie Hills Fellowship Hall, 623 N. Central, enter through

back entrace door, SE side. 7 p.m. - **24-Hr. AA Group Meeting, Watford City** -Northern Pump & Compression. Hotline/Info 701-609-

SUNDAYS: 1 p.m. - **Sober Soaks AA/NA Meeting, Fairview** - Zion Lutheran Church, 309 S. Central Ave., Upstairs

p.m. - AA Welcome Home Group, Sidney - Prairie Hills Fellowship Hall, 623 N. Central, white building, enter through back entrace door, SE side. 7 p.m. - Living Free NA Group, Sidney - Candlewood Suites, 201 6th St. NW, Room 228

STATISTICS **LAKE WATER LEVEL REPORT**

Last Week's Elev.1835.0 One Year Ago1837.2 Release For Day (C.F.S.)23,500

SIDNEY WEATHER DATA Source: MSU Eastern Agricultural Research Center

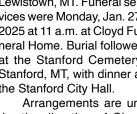
Date		High	Low	Precip.
Jan.	20	4	18	0.000
Jan.	21	32	7	0.000
Jan.	22	28	14	0.000
Jan.	23	29	14	0.000
Jan.	24	31	19	0.000
Jan.	25	23	7	0.000
Jan.	26	28	8	0.000
Total 2025 YTD Precipitation0.15				

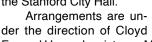
OBITUARIES

Lois Stout Houchen, 77 Sidney, MT

Lois Stout Houchen, 77, passed away peacefully on Jan. 19, 2025 at Billings Clinic due to health complications. She was surrounded by family.

Visitation was Sunday, Jan. 26, 2025 from 4-7 p.m. at Cloyd Funeral Home, Lewistown, MT. Funeral services were Monday, Jan. 27, 2025 at 11 a.m. at Cloyd Funeral Home. Burial followed at the Stanford Cemetery, Stanford, MT, with dinner at the Stanford City Hall.





Funeral Home, Lewistown, MT. In lieu of flowers, memorials can be made to the charity of choice.

Lois Stout Houchen

The youngest of seven children, Lois was born May 17, 1947 in Eureka, MT, to John and Bertie Quilling. Lois attended many schools including Whitefish, Eureka, Polson, Charlo, and graduated high school in Menomonie, WI in 1965. After graduation, Lois moved with her parents to Coffee Creek, MT, where they purchased the Coffee Creek store and meat shop.

She was substituting as postmaster at the Coffee Creek Post Office when she met Donald Stout, who sparked a gleam in her eyes. They were married Sept. 19, 1965 in Stanford, MT. In 1966, they moved to Winifred where they welcomed the birth of their daughter Diane, then returned to Coffee Creek to farm, bringing their son Bradley into the

In 1970, Lois and Don purchased the grocery store and meat shop from Lois' parents, later closing out the grocery business and expanding the meat shop. Lois worked closely with her husband throughout those years, continuing to fill in at the post office and eventually becoming the Postmaster. In 1983, they moved to the family farm in Arrow Creek where Don continued farming. The meat shop in Coffee Creek was destroyed by fire two years later.

After living in Arrow Creek for ten years, they moved to Lewistown in 1993 and together purchased the Empire Cafe. Lois loved waiting on customers and meeting new people. They sold the business in 2000, and Lois lost her husband Don in July that same year.

Lois then worked as a night auditor at the Yogo Inn, and in 2004 she met Dwight Houchen. They were married on May 28, 2005. She moved to Sidney to be with her new husband, and worked as an elder caregiver until her health made it unable to do so.

Lois loved camping with her family and friends, and her favorite camping spot was the Dry Wolf Campground near Stanford where many a hot dog and marshmallow were roasted. Her young granddaughter even held church there once where "Jesus Loves Me" was sung. Her family was most important to her, especially her grandchildren and great-grandchildren. They truly were the lights of her life.

Lois loved music, ceramics, arts and crafts, cooking, playing cards, and had quite the sweet tooth. She always had a candy dish for her grandchildren but was known to sample as well. Lois was known by all for her sense of humor and quick wit, evident right up until the end.

Lois belonged to the Oddfellow and Rebekah's Lodge in Coffee Creek for many years, and she and her husband were members of the Coffee Creek Pinochle Club. She loved hosting the Christmas Pinochle Party.

Christmas was deeply important to Lois. She dearly loved the lights and Christmas spirit which she embodied during her life. Her one request was to have a tree with lights and special ornaments at her service. She hopes for all of us to embrace the spirit of Christmas every day.

Lois is survived by her husband Dwight, Sidney, MT; daughter Diane Ray (Larry Bielen), Hilger; son Brad Stout (Jill), Moses Lake, WA; sisters Dorothy Sheppard, Paradise, MT; five grandchildren, Stacey Ray, Megan Griffith (Tom), Jacob Stout (Carly), Carter Stout (Madison), Camden Stout; six great-grandchildren, Shane Griffith, Freya Griffith, Grace Stout, Eleanor Stout, Emmett Stout, and Ivy Stout, and several nieces and nephews. She was preceded in death by her parents John and Bertie Quilling, husband Don Stout, two brothers Bob and Raymond Quilling, her three sisters Mae Nielson, Edith Patrick, and Marjorie Graber, and her son-in-law Shane Ray.

Montana Department Of Commerce..

Continued from page 1.

funding to complete a trails master plan.

"Without CDBG funding, the trail plan would not have been possible. Glendive was very fortunate to be chosen. and we are grateful for the opportunity to make a plan that works for us," said Deb Dion, Glendive mayor. "We are a small city with very limited resources, so this grant opportunity helped the city move forward with a plan that can be used when we ask for other grants and look for funding opportunities to make our city more walkable, bikeable and to link existing trails in the city."

Eligible applicants for CDBG Planning Grants include Montana counties, cities and towns. Local governments may apply on behalf of special purpose districts, unincorporated areas or on behalf of non-profit organizations, such as a human resource development council, an area agency on aging, a local domestic violence shelter, a boys and girls club, local food bank, hospital, nursing home or a similar non-profit agency. Counties may also apply for these grants on behalf of tribal utility authorities.

For more information, visit commerce.mt.gov.

Time To Order Trees

By Julie Goss **Richland County Conservation District**

It is time to order your trees for conservation planting. Tree orders will be taken for conservation tree plantings until March 15. Trees will be delivered in late April or early May. Trees available through the Conservation District are suit-

able for wind breaks and shelterbelts. Trees can be ordered

in bundles of 10 or 25 depending on size and availability.

For a list of varieties check out our website www. richlandcd.org. Several varieties are already sold out, so if you are planning a shelterbelt or wind break this spring now is the time to get your order into the district. We have a small number of apple trees available to order, the apple trees are bareroot and approximately 5 foot plus tall and the cost is \$50 each. To order trees contact the conservation district office at 2745 W. Holly St., Sidney, MT or by calling 406-943-3001 or emailing richlandcd@gmail.com.



SEND US YOUR EVENTS!

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

RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT... Wed., Jan. 29, Feb. 5, 12, 19, 26 11:30 a.m.-1 p.m. - WÓTM Community Kitchen - All are welcome, no charge. Sidney Moose Lodge. For more info contact 406-433-3017.

Thurs., Jan. 30

5:30 p.m. - Heart Health Education - Learn to take your blood pressure & what the numbers mean, how to read a food label, what are the Whoa, Slow & Go foods, some stress management ideas, how to increase your physical activity without joining a gym. Sidney-Richland County Library, 121 3rd Ave. NW. To sign up for a full 6-week course contact Heather Nevins, 406-433-2207. Mon., Feb. 3 & 17

7-8 p.m. - Adult Anxiety & Depression Support Group - Pella Lutheran Church, 418 W. Main St. For more info call Pella, 406-433-3350 or the Health

Department, 406-433-2207. Wed., Feb. 5

5:30 p.m. - MSU Richland County Extension Soil Blocking Workshop - Learn the technique of soil blocking to starting seeds & take home your own seeds started in soil blocks. Richland County Extension Office, 1499 N. Central Ave. Call to reserve your spot 406-433-

Mon., Feb. 10 & Tues., Feb. 11 2:30-7:30 p.m. - Preschool Screening & Child Find Children ages 0-6 (excluding kindergarten students). Central School, 200 3rd Ave. SE. To have your child included in the screening make an appointment by calling 406-433-2530 during school hours. Tues., Feb. 11

5:30 p.m. - Estate Planning Workshop - Learn tips about making sure your Will does what you want it to or learn what happens if you do not have a Will. Also discussed will be important topics to agriculture producers including land & livestock brand transfers, stepped up & carry over basis, & the federal estate tax exemption that sunsets in 2025. Richland County Extension Office, 1499 N. Central Ave.

Thurs., Feb 13 5:30 p.m. - QPR Training - Question, Persuade & Refer, the 3 simple steps anyone can learn to help save a life from suicide. Sidney Richland County Library basement. For more info visit https://qprinstitute.com/. 6-8:30 p.m. - Richland Economic Development Corp.

Annual Meeting - Open to the public. Richland County Event Center. For more info contact 406-482-4679.

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

Wed., Jan. 29

12 p.m. - McKenzie County JDA Housing Program
Public Input Meeting - Commissioner's Room
McKenzie County Courthouse. For more info visit: https://econdev.mckenziecounty.net/housing-mtg. Thurs., Jan. 30, Feb. 6, 13, 20

10:30-11:30 a.m. - Storytime With Your Little Ones Readings from 10:30-11 a.m. & a craft from 11-11:30 a.m. McKenzie County Public Library. For more info call 701-444-3785 or librarian@co.mckenzie.nd.us. Sat., Feb. 1 10 a.m.-4 p.m. - Paint Your Own Pottery Open Studio

- Choose from a variety of different colors & pieces.
Cost \$25 pre-registrations; \$30 walk-ins. Long X Arts
Foundation Gallery. For more info visit https://longxarts.
com/classes/in-person-classes/.
7-10 p.m. - Boot Scootin' Barn Dance - A fundraiser to

benefit Feed My Staving Children Mboilepack. Snacks pop & water for sale, silent auction. Featuring live band: "The Biker & The Bandits" Tickets: \$10/person or \$50/family. McKenzie County Ag Expo. Tues., Feb. 4 4-5 p.m. - Teen Craft - Paper Lanterns - Ages 13-17.

444-3785 or librarian@co.mckenzie.nd.us. Tues., Feb. 4, 10 a.m.-6 p.m. & Wed., Feb. 5, 10 a.m.-

All materials provided, no registration required, no cost.

McKenzie County Public Library. For more info call 701-

McKenzie County Ag Expo Farm & Ranch Show -Equipment, Ag Lenders, Livestock Supplies, Agricultural Needs. For more info visit www.mcagexpo.com/events. Fri., Feb. 7

Valentine's Day Family Friday Free event, supplies provided to design Valentine's Day cards. Open to all ages, no registration required. McKenzie County Public Library. For more info call 701-444-3785 or librarian@co.mckenzie.nd.us. Sat., Feb. 8

10 a.m. - Free Winter Safety Event - Learn safe winter driving tips, understanding ND traffic laws & winter road conditions. There will be car seat inspections by certified technicians, & ND car seat regulations. Free car seats with pre-registration at https://oilrushministry.com/. Bakken Area Skills Center. For more info contact Callie Krabbenhoft, callie@oilrushministry.com, 701-421-3896. 5 p.m. - Wild Hearts Gala To Support The Williston Rural Fire Department - Alexander - Live music, gourmet dining & exciting auctions. The River Ranch, 14388 45th St. NW, Alexander, ND. For more info email Riverrancheventsnd@gmail.com or call Amaya at 701-

WILLIAMS COUNTY
Events in Williston unless otherwise listed. CT. Sun., Feb. 2

2-4 p.m. - Snow Sculptures & S'mores - Build your favorite sculpture & then warm up with a yummy S'more & hot chocolate. Spring Lake Park, Keelboat. If poor weather the event will be moved inside the keelboat. Tues., Feb. 4 & 11 4-5 p.m. - Bake A Clay Cupcake Trinket Box -

Grades K-6, \$25 Not-Yet Member; \$20 Member. James Memorial Art Center. For more info visit www. thejamesmemorial.org. **Thurs., Feb. 6:** Grades K-8; **Sat., Feb. 8:** High School

& Adult 4-5:30 p.m. - Valentine Pottery Open Studio - Choose

a heart dish or a heart box & get creative. James Memorial Art Center. \$20 non-member; members 20% discount. Pre-register at thejamesmemorial.org/art-Sat., Feb. 8

9-10:30 a.m. - Noah's ARC - For all children with any level of special needs or assistance along with their family. This is a low stimulation environment for those who may need it. ARC Waterpark. \$3 for 3+/Caregiver Sat., Feb. 8, March 8, April 12, May 10

2-3 p.m. - History & Nature Lecture Series - Explore the diverse history & natural environment of Western North Dakota, offering a platform for reenactors, historians, & nature enthusiasts to learn about the region's past & ecosystems. Participants can join as speakers or attendees, either in person or virtually. Missouri-Yellowstone Confluence Center.

Dawson County **Events in Glendive unless otherwise listed. MT.**

Sat., Feb. 1

5:30 p.m. - Glendive Ducks Unlimited Annual Banquet - EPEC, Trips for auction: Africa Hunt; Tuscany Italy & Caribbean; plus special edition firearms. For more info contact Derek Reitz, 406-939-3486. Mon., Feb. 3

9 a.m.-12 p.m. - Dawson Community College **Buccaneer Day** - Prospective students for DCC can learn about academic programs & student services, meet current DCC students, instructors & coaches, eat in the cafeteria & take a tour of the DCC campus.

4:30 p.m. - VFW Auxiliary Pork Tenderloin Dinner & **Auction** - Dinner served 4:30-7 p.m., \$15/plate. To-Go Plates will be available. Auction starts at 6:30 p.m. VFW Post 1125, 218 S. Merrill Ave.

"My Town" To Feature 8 Rural Communities In Season 2

"My Town," a rural-focused documentary series written and directed by 3-time Emmy Award-Winning Documentarian Cory Hepola, is expanding for Season 2 with 8 new small-town stories across 5 states. "Young people are choosing to live in rural communities at higher rates than we've seen since the 1970s and 'My Town' is showing the world the many reasons why," said Hepola, who grew up in a small town in Minnesota. "There's opportunity, innovation, and a connectedness in rural America and the overwhelmingly positive response to our Season 1 communities has shown there's a large audience excited to experience it."

In Season 2 of "My Town," Hepola will travel to 8 different rural communities across 5 states learning why people choose to live where they do while breaking down the popular misconceptions with the rural lifestyle. The communities selected for Season 2 - Fairmont MN, St. Joseph MN, Linton ND,

Watford City ND, Chamberlain SD, Watertown SD, Rock Valley IA, and Grand Island NE – all range in size, location, and identity, showcasing the diverse nature of what rural towns offer. "For the longest time all we've heard is our small towns are dying and there's nothing here for you, but that's simply not true," said Hepola. "These rural communities are thriving and people are choosing to raise their families here for a variety of reasons. These stories need

"My Town" is inspired by Hepola's own life; growing up in small town Perham, MN, all Hepola ever dreamed about was moving to a big city and working as a TV news anchor. But now, as a 40-something husband with 3 little kids, Hepola is discovering a new perspective for his hometown and the rural life. In Season 1, Hepola explored 7 different communities across 4 states (MN. IA. WI. ND) with the series selected to premiere at the prestigious Twin Cities Film Fest. Within the first two months of its online launch (October 2024). "My Town" has amassed nearly 1-million impressions and 275.000 views across all platforms with 5,500 hours of watch time from 36 states and 6 countries on YouTube alone. "Our rural communities have what everyone is searching for - opportunity," said Hepola. "My Town is helping the outside world see that. This is only the start." "My Town" is the latest rural initiative from The Brookshire Company serving its mission to "help companies succeed and communities thrive". Founded by rural native Gerry Norton in 2001, The Brookshire Company serves as a rural advocate through its major networking event, "Community Venture Network (CVN)", matching growing companies to rural economic development leaders from across the upper Midwest. "Our mission is to reshape the rural narrative by helping people see all our small towns have to offer," said Norton, "My Town" executive director. "We're thrilled

that people from all over - small towns. large cities, different states and countries - are discovering the positive realities of the rural life through this series. We believe in Rural America!" Stream all episodes of "My Town" for free on YouTube at "My Town Series." ABOUT "MY TOWN" "My Town" is a rural-focused documentary series written and directed by 3-time Emmy Award-Winning Documentarian and TV Anchor Cory Hepola. In Season 1, Hepola explored 7 different rural communities across 4 states (MN,

IA, WI, ND) with the series selected to premiere at the prestigious Twin Cities Film Fest. Within the first two months of its online launch, "My Town" has amassed nearly 1-million impressions and 275,000 views across all platforms with 5,500 hours of watch time from 36 states

and 6 countries on YouTube

alone. Stream for free at "My Town Series." ABOUT THE **BROOKSHIRE COMPANY** The Brookshire Company's mission is to help "companies succeed, and communities thrive" through site selection. labor analysis. financial incentives, commercial real estate, and sto-

rytelling. Founded in 2001 by Gerry Norton, who brings over 35 years of experience directing projects in 45 states and five countries, The Brookshire Company partners with businesses and communities worldwide, helping them reach their fullest potential. Learn more at brookshireco.com

Rustic Revival Clothing Co. Opens In Sidney

By Robyn Heck

A ribbon cutting to celebrate Sidnev's newest entrepreneur was held on Saturday, Jan. 25.

Rustic Revival Clothing Company is located at 113 E. Main St. Carissa LeFurgey purchased the Meraki Boutique in late 2024. Her official ownership began Jan. 1.

Carissa was born and raised in Sidney. She started her home - based graphic tee business called Simply Jaided In May 2023. When the opportunity came up to purchase Meraki Boutique, she was excited to take the chance.

"We've kept your favorite fashions from Meraki and paired it with our custom print, designs, and so much more!", said LeFurgey. Our mission is to grow a strong bond with our customers by helping them use fashion to express themselves."

Rustic Revival is open Monday thru Saturday, 10 a.m.to 4 p.m.



Rustic Revival Ribbon Cutting

Morning customers celebrate the Rustic Revival ribbon curting on Saturday, Jan. 25. (L to R): Jared Troudt, Larysa Hurst, Shannon Wicks, Lexi Rang, Axyl Braun, Carissa LeFurgey (Owner), Jennar LeFurgey, Melissa Paola, Billie Hillesland, Amber Elenberger, Bailey Tupper, Lindsey Lawrence, Jen Doty. Rustic Revival is located at 113 E. Main St., Sidney. (Photo by Kali Godfrey)





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Now Accepting New Patients

Sidney Health Center proudly welcomes Shannon Shepherd, MSN, CNM, FNP, to its Women's Health Clinic. With over 25 years of experience in women's health, Shannon brings a wealth of knowledge and a deep commitment to providing personalized, compassionate care. She specializes in gynecological exams, family planning, menopause management, and breast care. Her personalized, compassionate approach empowers women and addresses their unique needs.

Shannon joins Dr. Malua Tambi, Dr. Lisa Ross, and Dr. Kristan Adams in providing exceptional care to women in the MonDak region.









Maula Tambi, MD

Lisa Ross, MD

To schedule an appointment, please call 406-488-2577





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SIDNEY EAGLE

WRESTLER OF THE WEEK

Sidney Health Center Addresses Patient Privacy Incident Involving Former Physician

By Rita Steinbeisser Senior Executive, Marketing

Sidney, MT- Sidney Health Center ("SHC") is notifying patients of a privacy incident involving a former physician who mishandled patient information.

On Oct. 28, 2024, SHC received a report from an employee raising concerns that a physician may have been saving patient informa-

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tion to their personal Google account. SHC promptly initiated an internal investigation using its privacy monitoring tools. On Nov. 7, 2024, SHC confirmed that the physician had indeed saved patient information to a personal Google account. SHC continued its investigation, including interviewing the physician and requesting the destruction or return of all documents containing SHC

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patient information. Unfortunately, SHC's efforts did not receive the necessary cooperation.

SHC's review of the documents saved by the physician revealed that certain files contained patient information. This information included names, dates of birth, medical record numbers, medical history, and/ or treatment details, such as dates of service, provider names, diagnoses, and medications. Importantly, the documents did not contain Social Security numbers, health insurance ID numbers, or financial information.

In accordance with federal health information privacy laws, SHC began mailing notification letters to affected patients on Jan. 3, 2025. These letters remind patients to carefully review all communications from healthcare providers, including electronic messages and billing statements, to ensure

consistency with their records and expectations.

SHC deeply regrets any concern or inconvenience this incident may cause. Protecting the confidentiality and security of patient information remains SHC's highest priority. To help prevent further unauthorized handling of patient information, SHC immediately suspended the physician's access to patient information unless accompanied by a supervisor during the investigation. The physician no longer works for SHC,

have supported us.

and SHC has reported their conduct to the appropriate authorities.

To prevent future incidents, SHC is implementing additional safeguards, including enhanced privacy training, and additional access and system monitoring controls.

Patients with questions about this incident can contact SHC's dedicated helpline at 1-833-468-1010, Monday through Friday, between 6 a.m. and 3 p.m. Mountain Time.

Letter To The Editor **Send 100**

The Assembly of God Church in Watford City, ND, is a church of vision. WCAG, as it's commonly known, is led by senior pastor Sheldon McGorman and a church board. Previous but ongoing visions have been to impact every country in the world with the gospel by 2030 and to start satellite churches in small communities. They're over halfway finished on the 2030 vision and so far, have started campuses in Fairview, MT, Belfield, ND, and Kenmare, ND, and a Spanish service at their main campus.

But for the year 2024, WCAG had another big vision; to send 100 church members, from across the campuses, on a short-term mission trip. This was a big ask of the church body and the staff, as they'd previously only been doing 1 mission trip a year. But as they unveiled the vision and the trips, the church got excited. Members signed up for trips, arranged their schedules, asked for time off, and started fund-raising.

The 15 missions were spread over the whole year and over the world and included various methods of service. They included the Bahamas, El Salvador, Texas, Mexico, Egypt, Alaska, Chicago, Estonia, North Dakota, Puerto Rico, Iowa, St. Kitts, Utah, Las Vegas, and Spain with projects ranging from leading a VBS, evangelism, construction, demolition, connection and prayer, and encouragement. Participants ranged from retirees to children and from County Commissioners to oilfield workers.

As each group returned from their trip, they were received with the gift of a jersey signifying which number of the 100 they had been. In August, the 100th jersey was given out and after the final trip in November, the total was 154 individuals who had fulfilled the vision. Countless lives had been changed, both in the mission field and in the hearts of those who had followed their calling. WCAG has a heart for missions and the Send 100 vision further ignited that

- Natalie Gessele

Up To

Letter to the Editor

Lower Yellowstone Chapter of A.B.A.T.E. would like to thank everyone that helped with another successful toy drive. Many people and businesses contributed to this worthwhile endeavor. We donate all of the proceeds from this toy drive to the 'Gifts From The Heart" program, which are then distributed to families at the Masonic Temple. We are so lucky to live in our great community. Richland County, you rock! Please thank and support these great businesses as they

Thank You

Ace Hardware, API, American Welding & Gas, Amunrud's RV, Armstrong Law Office, B&B Builders, Big Sky Siding & Windows, Blue Rock-Pepsi, Border Steel, CW Molloy Trucking, Carquest, Club Tavern, The Coffee Stop, Craig's Meats, Cross Petroleum, Fink Family Chiropractic, Frontier Heating, Gulliver's Restaurant, Hodge Cleaning Service, Jerry Z Repairs, Johnson Hardware and Furniture, KB Bubbles, LYREC, M3 Meats, MT Bear Cave, Operation Round-up, Party Central, Prairie Electric, Prewitt & Co, The Parlour, Reynolds' Market, Richland Pump and Supply, The Rush, Sidney Body Shop, Sidney Red-E-Mix, State A.B.A.T.E., State Farm Insurance-Morasko, Sunny's Family Restaurant, TNT Well Service, Tractor Supply, Tri-County Implement, Westmoreland, VFW, Yellowstone Valley Greenhouse, Q2 Artificial Lift, Eagle Country Ford, Olson Plumbing, Sidney Carburetor & Electric, JP Grills, Sidney Eye Care, SAIA, Kraken Oil & Gas, PCS Insulation, Screen Play, Planet Hair, Les Schwab Tire, Miller's Corner, Misty The Groomer, Jack & Jackie Damm, Kathy & Fran Helmuth, Brent & Linda Kollman, Pat & Dee Hamburg, Beth Iken, Kirby & Kelly Feldman, Rolf & Rita Jacobsen, Brandi MacGrady, Ashley Harris and Linda Iverson.

With all the help and generosity from our community we were able to assist 168 families 438 children for the Holidays.

- Maria Hodge

Editor

To all members of the

The Richland Coun-

Richland County Community

ty Jaycees are sad to an-

nounce that we will not have

the ability to host many

of our annual events and

projects this year. These

events and projects include

posting flags and the 4th

of July fireworks show. We

will be re-evaluating our

situation later in the year

to determine our ability for

Halloween candy donations,

Thanksgiving meals, and

our toy drive for Christmas.

If you are part of a business

that has participated with our

flag posting program please

reach out to one of our mem-

bers if you would like us to

drop a flag off for you to post

throughout the year. While we are unable to post them,

we would still like to provide the flags for our community

announcement, the simple

fact is that there are just

not enough of us. We will

continue to make events

happen to the best of our

ability. Currently, we are still

planning to host both our

Team Demolition Derby and

our Annual Demolition Derby

this summer to ensure we

have the ability to sponsor

scholarships, candy dona-

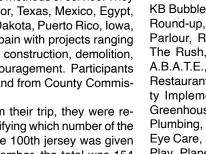
tions, Thanksgiving meals,

and toys for foster families

at Christmas.

While our members are saddened to make this

to display proudly.



passion. As they continue

to step out in faith for the visions God gives them, they are excited to see what 2025 holds.



Plan to join us at the Richland County Extension Office, 1499 N Central Ave, Sidney, MT, on Tuesday, Feb. 11th at 5:30 p.m. for this workshop. You won't want to miss the

Dr. Marsha Goetting, Montana State University professor and Extension family economics specialist in Bozeman. In 2023, she received the Distinguished Service Ruby Award from Epsilon Sigma Phi, an Extension Honorary. Dr. Goetting received the Community Partner award from AARP. She has been appointed to the Montana Supreme Court Commission on Continuing Legal Education. She received her PhD from Iowa State University and her master's and bachelor's

Letter By Marley Voll **MSU Richland County Extension** to The Do you know when your Will is effective and when it

isn't? If you don't have a Will, do you agree with Montana's list of priority heirs? Are those who you want to receive vour hard-earned assets? Dr. Marsha A. Goetting, MSU Extension Family Economics Specialist will give you tips about making sure your Will does what you want it to. That is, if you have one. If you don't have a Will, then she will explain who receives your assets and how you are letting Montana law decide for you. Additionally, Marsha will discuss topics important to agriculture producers including land and livestock brand transfers, stepped up and carry over basis, and the federal estate tax exemption that sunsets in 2025.

opportunity to participate in Marsha's workshop.

degrees from Kansas State University.

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ASBT Scholarship **Applications Online** At asbt.com

By Rochelle Villa I Marketing Officer **American State Bank & Trust Company**

WILLISTON, ND - American State Bank & Trust Company, Williston, is pleased to announce the availability of four scholarship opportunities online at asbt.com for high school seniors and current college students. The scholarships are facilitated by ASB's Trust Department, with criteria outlined

The Kingsley T. Davidson Memorial Scholarship: Applicants must be graduating or have graduated from a Williams, McKenzie, or Divide County High School.

The John Eberle Scholarship Fund: Applicants must be seniors in high school or recent graduates; they must have resided in Divide, Williams, or Burke counties for at least two years before applying. A minimum grade point average of 2.00 is required, along with demonstrated financial need, and applicants must remain full-time students. Preference will be given to nursing and agriculture students. Eberle scholarship recipients may apply annually and may receive one scholarship per year for up to four years.

The Frank A. and M. Esther Wenstrom Foundation Scholarship: Applicants must be seniors in high school or graduates of a Williams County High School or Carrington (ND) High School, and they must plan to attend or be attending the University of North Dakota, Grand Forks.

The Maude M. Schuetze Foundation Scholarship: Applicants must have graduated from one of the following Montana high schools: Culbertson, Westby, Plentywood, Medicine Lake, Froid, or Bainville. They must attend an accredited college, university, or trade school full-time for at least one year.

All applications can be completed and submitted online at asbt.com/for-you/investing/save-for-college-scholarships/. The deadline for all applications is April 1, 2025.

For further information, please contact the Trust Department at 701-774-4120.

If you or someone you know is a young person in our community that would be interested in learning more about our organization, please have them reach out via our Facebook page, or contact our Chapter Com-

We thank the Richland County community for their continued support of our organization as we strive to create leadership opportunities for our young people through community involvement.

mittee Chair Harleigh Man-

ley directly at 406-480-3069.

- Richland County Jaycees Chapter Committee 2025

Sidney's Heavyweight Stetson Armes pins Polson's Durai Mahkuk at the Class A Duals in Livingston last weekend. (Photo by Erin Graves)

Sidney Wrestlers Place 2nd at Class A Duals Jan. 24-25 in Livingston

Right: The Sidney/ Fairview wrestling team poses with the 2025 Class A Duals 2nd place plaque. (Photo by Erin **Graves**)

Pool 2 - Sidney / Fairview Match #1 Round 1 Sidney/Fairview received a Bye

Match #2 Round 2 Sidney/Fairview 53, Billings Central/Joliet, 26

144 - Graves (Sidney/ Fairview) pinned Cooper Bristol (Billings Central/Joliet) 0:18

150 - Brody Keysor (Sidney / Fairview) over Trey Bazaldua (Billings Central/ Joliet) Fall 1:03

157 - Tristan Knight (Billings Central/Joliet) over Jason Sorteberg (Sidney / Fairview) Dec 15-11

165 - Aaron See (Sidney / Fairview) over Bauer Beckwith (Billings Central/ Joliet) Fall 1:54

175 - Ty Schepens (Sidney / Fairview) over Jett Lafontaine (Billings Central/ Joliet) Fall 0:57

190 - Cooper Fulgham (Sidney / Fairview) over Dane Mueller (Billings Central/Joliet) Fall 2:56

215 - Soloman Stortz (Billings Central/Joliet) over Thor Fulgham (Sidney / Fairview) Fall 0:35

285 - Stetson Armes (Sidney / Fairview) over Unknown (Unattached) Forf

103 - Eli Lonski (Sidney / Fairview) over Owen Wegner (Billings Central/Joliet) TF 20-5

110 - Kaius Rivera (Billings Central/Joliet) over Bodee Bright (Sidney / Fairview) TF 15-0

118 - Aramis Rivera (Billings Central/Joliet) over Unknown (Unattached) Forf

126 - Djay Wipf (Billings Central/Joliet) over Unknown (Unattached) Forf

132 - Brenner Mullin (Sidnev / Fairview) over Xander McCann (Billings Central/Joliet) Fall 1:53

138 - Aaron Schmitz (Sidney / Fairview) over Alexander Bear Don't Walk (Billings Central/Joliet) Fall

Match #3 Round 3 Sidney / Fairview defeated Libby / Troy 54-24

110 - Bodee Bright (Sidney / Fairview) over Levi Nick (Libby / Troy) Fall 1:32 118 - Bridger Bache

(Libby / Troy) over Unknown (Unattached) Forf 126 - Gabe Bassett

(Libby / Troy) over Unknown (Unattached) Forf 132 - Brenner Mullin

(Sidney / Fairview) over Darrin Denton (Libby / Troy) Fall 0:47 138 - Aaron Schmitz

(Sidney / Fairview) over Nicholas Campbell (Libby / Troy) Fall 5:00

144 - Reece Graves (Sidney / Fairview) over Connor Benson (Libby / Troy) Fall 0:54

150 - Brody Keysor (Sidney / Fairview) over Boe Miles (Libby / Troy) Fall 1:19



165 - Aaron See (Sidney / Fairview) over Hunter Rooney (Libby / Troy) Fall

175 - Tanner Wolfe (Libby / Troy) over Ty Schepens (Sidney / Fairview) Fall 1:05

190 - Ian Thom (Libby / Troy) over Cooper Fulgham

(Sidney / Fairview) Dec 10-8 215 - Thor Fulgham (Sidney / Fairview) over Unknown (Unattached) Forf

285 - Stetson Armes (Sidney / Fairview) over Hunter Nelson (Libby / Troy) Fall 4:49

103 - Eli Lonski (Sidney / Fairview) over Darius Williamson (Libby / Troy) Fall 0:47

Match #4 Round 4 Sidney / Fairview defeated Beaverhead Co. (Dillon) / Twin Bridges / Sheridan 62-12

103 - Eli Lonski (Sidney / Fairview) over Unknown (Unattached) Forf

110 - Bodee Bright (Sidney / Fairview) over Rogan Madison (Beaverhead Co. (Dillon) / Twin Bridges / Sheridan) Fall 0:41

118 - Double Forfeit

126 - Trey Fifield (Beaverhead Co. (Dillon) / Twin Bridges / Sheridan) over Unknown (Unattached) Forf

132 - Brenner Mullin (Sidney / Fairview) over Logan Barnes (Beaverhead Co. (Dillon) / Twin Bridges / Sheridan) TF 19-4

138 - Aaron Schmitz (Sidney / Fairview) over Ryerson Payne (Beaverhead Co. (Dillon) / Twin Bridges / Sheridan) Fall 0:49

144 - Reece Graves (Sidney / Fairview) over Darrell Lewis (Beaverhead Co. (Dillon) / Twin Bridges / Sheridan) Fall 1:11

150 - Brody Keysor (Sidney / Fairview) over Bretton White (Beaverhead Co. (Dillon) / Twin Bridges /

Sheridan) Fall 0:39 157 - Jason Sorteberg (Sidney / Fairview) over Tucker Crowe (Beaverhead Co. (Dillon) / Twin Bridges /

Sheridan) Fall 3:05 165 - Aaron See (Sidney / Fairview) over Quirt Crafton (Beaverhead Co. (Dillon) / Twin Bridges /

Sheridan) Fall 0:18 175 - Ty Schepens (Sidney / Fairview) over Hank Hagenbarth (Beaverhead Co. (Dillon) / Twin Bridges /

Sheridan) Dec 13-7 190 - Cooper Fulgham (Sidney / Fairview) over Unknown (Unattached) Forf

215 - Beaudry Payne (Beaverhead Co. (Dillon) / Twin Bridges / Sheridan) over Thor Fulgham (Sidney / Fairview) Fall 1:51

285 - Stetson Armes (Sidney / Fairview) over Couper Estep (Beaverhead

McKenzie County Community **Orientation Feb. 6**

By McKenzie Co. Economic Development

The first McKenzie County Community Orientation event in 2025 will take place Feb. 6. Get registered today! Participants will learn about local activities, community

engagement opportunities and enjoy a bus tour highlighting key points of interest. Doors open at 1 p.m., with snacks sponsored by the Watford City EDC, and the orientation runs from 1:30- 4:30 p.m.

The program is limited to 40 participants per date, with a \$10 registration fee. Each attendee will receive informative handouts and a \$20 gift card to The Merc at Long X upon completing the orientation. Employers are encouraged to promote this opportunity to their employees, as community involvement is linked to workforce retention. Family members are welcome to attend, but each must register individually. Scan the QR Code in the photo above for more information and click here to register.



Co. (Dillon) / Twin Bridges / Sheridan) Fall 0:36

Match #5 Round 5 Sidney / Fairview defeated Corvallis 54-30

132 - Brenner Mullin (Sidney / Fairview) over Shane Spencer (Corvallis) Fall 1:24

138 - Aaron Schmitz (Sidney / Fairview) over Byron Stocker (Corvallis) Fall 0:51 144 - Reece Graves

(Sidney / Fairview) over Rogan Sutherland (Corvallis) Fall 0:37 150 - Brody Keysor

(Sidney / Fairview) over Emmitt Allsop (Corvallis) Fall 1:08 157 - Castin Burkholder (Corvallis) over Jason Sort-

Fall 0:50 165 - Kade Bowles (Corvallis) over Aaron See

eberg (Sidney / Fairview)

(Sidney / Fairview) Fall 3:43 175 - Ty Schepens (Sidney / Fairview) over Colton Snyder (Corvallis) Fall 3:11

190 - Maurice Craun (Corvallis) over Cooper Fulgham (Sidney / Fairview) Fall 4:54

215 - Thor Fulgham (Sidney / Fairview) over Aidan Emerson (Corvallis) 285 - Stetson Armes

(Sidney / Fairview) over Blaine Wallace (Corvallis) Fall 2:42 103 - Eli Lonski (Sidney

/ Fairview) over Axton Houser (Corvallis) Fall 1:25 110 - Bodee Bright

(Sidney / Fairview) over Unknown (Unattached) Forf 118 - Kahle Hill (Corvallis) over Unknown (Unat-

tached) Forf 126 - Quinn Wissenbauch (Corvallis) over Unknown (Unattached) Forf

Championship -Sidney / Fairview Match #1 Champ. Round 1 Sidney / Fairview defeated Polson 78-6

175 - Ty Schepens (Sidney / Fairview) over Damien Kato (Polson) Fall 1:26

190 - Cooper Fulgham (Sidney / Fairview) over Unknown (Unattached) Forf 215 - Thor Fulgham (Sidney / Fairview) over

Unknown (Unattached) Forf 285 - Stetson Armes (Sidney / Fairview) over Durai Mahkuk (Polson) Fall

103 - Eli Lonski (Sidney / Fairview) over Wyatt Moldenhaur (Polson) Fall 1:11

110 - Bodee Bright (Sidney / Fairview) over Unknown (Unattached) Forf

118 - Tyson Syth (Sidney / Fairview) over Gerardo Alverez (Polson) Fall 0:54

126 - Logan Clairmont (Polson) over Unknown (Unattached) Forf

132 - Brenner Mullin (Sidney / Fairview) over Corben Carlson (Polson) Fall 0:31

138 - Aaron Schmitz (Sidney / Fairview) over Levi Atkins (Polson) Fall 1:22 144 - Reece Graves

(Sidney / Fairview) over Loui Mohr (Polson) Fall 0:19 150 - Brody Keysor

(Sidney / Fairview) over Ryatt Maley (Polson) Fall 0:22 157 - Jason Sorteberg

(Sidney / Fairview) over Sheamis Cobb (Polson) Fall 0:51 165 - Aaron See (Sid-

filed.

ney / Fairview) over Gabriel Houston (Polson) Fall 1:36 Match #2 Quarterfinal

Sidney / Fairview defeated Columbia Falls 55-15

175 - Winslow Peter (Columbia Falls) over Ty Schepens (Sidney / Fairview) Dec 11-4

190 - Rowdy Crump (Columbia Falls) over Cooper Fulgham (Sidney / Fairview) Fall 3:47

Fall 0:42

Fall 0:35 110 - Double Forfeit 118 - Bodee Bright (Sidney / Fairview) over Angel

lumbia Falls) Fall 1:28 126 - Tyson Syth (Sid-

(Sidney / Fairview) over

Falls) Fall 0:51

Schaeffer (Columbia Falls) Fall 0:20

157 - Dylan Delorme (Columbia Falls) over Jason Sorteberg (Sidney / Fairview) Fall 0:22

Sidney / Fairview defeated Ronan 54-22

(Sidney / Fairview) over Brady Hout (Ronan) Fall 1:22

(Sidney / Fairview) over Cooper Wayman (Ronan) Fall 1:47

/ Fairview) over Unknown (Unattached) Forf

McCollum (Ronan) Fall 5:21 118 - Tyson Syth (Sidney / Fairview) over Justus Orman-Bergman (Ronan)

(Ronan) over Unknown (Un-

215 - Thor Fulgham

285 - Stetson Armes

103 - Eli Lonski (Sidney / Fairview) over Tucker

ney / Fairview) over Octavi-

Bradley Beck (Columbia Falls) Fall 2:58

144 - Reece Graves

150 - Brody Keysor

ney / Fairview) over Kaden Kaber (Columbia Falls) Dec

(Ronan) over Stetson Armes (Sidney / Fairview) Maj 12-1 103 - Eli Lonski (Sidney

110 - Bodee Bright (Sid-

(Sidney / Fairview) over Adam Lolli (Columbia Falls)

(Sidney / Fairview) over Unknown (Unattached) Forf

Williams (Columbia Falls)

Lorenzana Enriquez (Co-

ous Christianson (Columbia Falls) Maj 11-3 132 - Brenner Mullin

138 - Aaron Schmitz (Sidney / Fairview) over Fisher Whitaker (Columbia

(Sidney / Fairview) over Kale

(Sidney / Fairview) over Unknown (Unattached) Forf

165 - Aaron See (Sid-

Match #3 Semifinal

190 - Cooper Fulgham

215 - Thor Fulgham

285 - Jackson Davis

ney / Fairview) over Brander

Fall 4:00 126 - Daniel Sanchez

Sidney's 118 pound wrestler, Tyson Syth locks up a cradle on Polson's Gerardo Alverez at the Class A Duals in Livingston. Syth won the match with a



Bodee Bright runs a wing on Laurel's James Cook in the Championship Dual at the Class A Duals in Livingston. Bright won the mat 7-1 and went 7-1 on the weekend. (Photo by Erin Graves)

attached) Forf

132 - Ridge Cote (Ronan) over Brenner Mullin (Sidney / Fairview) Dec 7-3 138 - Aaron Schmitz (Sidney / Fairview) over Sky-

lar Sias (Ronan) Fall 1:06 144 - Reece Graves (Sidney / Fairview) over Tyson Lake (Ronan) Fall 0:26 150 - Brody Keysor

(Sidney / Fairview) over

Jairyn Krause (Ronan) Fall

157 - Jason Sorteberg (Sidney / Fairview) over Tobias Cantlon (Ronan)

165 - Koda King (Ronan) over Aaron See (Sidney / Fairview) Fall 0:47 175 - Domingue McKay

Fall 0:17

(Ronan) over Ty Schepens (Sidney / Fairview) Dec 7-5 Match #4 1st Place Match Laurel defeated Sidney / Fairview 38-32

285 - Tye Brown (Laurel) over Stetson Armes (Sidney / Fairview) Fall 1:40 103 - Eli Lonski (Sidney / Fairview) over Aiden Hill

(Laurel) Fall 1:16 110 - Bodee Bright (Sidney / Fairview) over James

Cook (Laurel) Dec 7-1 118 - Konner Heath

(Laurel) over Tyson Syth (Sidney / Fairview) TF 17-1 126 - Emerson Nose

(Laurel) over Unknown (Unattached) Forf 132 - Elijah Nose (Laurel) over Brenner Mullin

(Sidney / Fairview) Dec 6-1 138 - Aaron Schmitz (Sidney / Fairview) over Jaiden Moreland (Laurel)

144 - Reece Graves

(Sidney / Fairview) over Michael Moorman (Laurel) TF 18-2 150 - Brody Keysor (Sidney / Fairview) over

157 - Logan Knaub (Laurel) over Jason Sorteberg (Sidney / Fairview)

Sawyer Pallett (Laurel) Fall

165 - Holden Hoiness (Laurel) over Aaron See (Sidney / Fairview) Fall 0:33 175 - Ty Schepens (Sid-

Fall 1:50

(Laurel) Dec 4-2 190 - Levi Love (Laurel) over Cooper Fulgham (Sidney / Fairview) Fall 0:27

(Sidney / Fairview) over Bro-

dy Vandyke (Laurel) Dec 3-1

215 - Thor Fulgham

ney / Fairview) over Eli Hill

NOTICE OF ELECTION FOR THE TRENTON INDIAN SERVICE AREA

NOTICE OF ELECTION IS HEREBY GIVEN FOR CHAIRPERSON AND DISTRICT REPRESENTATIVES

Chairperson-Vacancy District I- One Reprentative Vacancy District II- One Representative Vacancy District III- One Representative Vacancy Election to be held April 1st, 2025, **Terms expiring April 2029**

Polling places (open 10am - 7pm, local time): District I - TBA - Williston

District II - Trenton Indian Service Area District III - TBA

Deadlines pursuant to code: Notice of intent deadline is March 1, 2025. This must be received in the election board post office box by 1pm on March 1, 2025, to be timely

Deadline for requesting absentee ballots will be March 25, 2025.

Deadline for candidate to submit name of their watcher to the election board is March 25, 2025.

Questions: contact Chairperson Rhonda Grimmer (701-770-5926), Dist. I Rick Falcon (701-580-1538), Dist. II Andrea LeBrun (701-480-0532), Dist. III Darlas Rogers (406-769-7604).

Conservation Cost Share Applications Accepted Until Feb. 28

By Julie Goss

Richland County Conservation District

The Richland County Conservation District is accepting applications for the 2025 Conservation Cost Share Program. Applications can be picked up at the Conservation District Office 2745 W. Holly St., Sidney, MT or by emailing richland-cd@gmail.com requesting an application.

Landowners in Richland County seeking to implement conservation practices on their property may be eligible for 50 percent cost share on the practices. The conservation districts share for 2025 is limited to \$5,000 per applicant or \$10,000 for a multi-year project.

Examples of eligible practices include, irrigation projects, stock wells, pipelines, grass seeding, fencing or any project that enhances or protects the natural resource. Practices must benefit the natural resources in Richland County, design standards and specifications need to follow NRCS specifications where applicable. Proposed practices must be completed within one year of approval and payment will be made upon completion and inspection of the project. Projects that have been implemented prior to contract agreements are not eligible for cost share. The Richland County Conservation District Board of Supervisors will make all decision on prioritizing and acceptation of applications.

If you have a smaller conservation practice that would enhance the natural resources in Richland County, stop by the conservation district office at 2745 W. Holly St. to pick up an application or call 406-943-3001 pr email us at ridchlandcd@gmail.com to have an application sent to you. Applications are due back to the conservation district by Feb. 28 and applicants will be notified by March 31, if they will be funded.

Over \$2.6 million in conservation practices have been installed in Richland County since the cost share program was introduced. Funds for the cost share program are provided by Richland County and must be installed on property in Richland County.

James Memorial Center Membership Drive 2024/25 Midway Update

From Dec. 1, 2024 through Feb. 28, 2025, every membership counts more than ever! A very humble THANK YOU to everyone who has purchased a new or renewed membership thus far!

An amazing donor has generously offered to DOU-BLE-MATCH every dollar of your new membership fee within this 3-month period as a donation to the James Memorial Preservation Society. For renewing members, your support counts too! Your renewed membership fee will be matched DOLLAR-FOR-DOLLAR.

Several tiers are available, starting at an annual student or senior membership for \$25. Some of the benefits include art class discounts, monthly eNews, monthly postcards announcing new exhibits, and being an integral piece of our mission of PRESERVING HISTORY, PROMOTING ART, AND ENHANCING COMMUNITY.

The JMAC is a non-profit art center operated by the James Memorial Preservation Society in the historic original Williston Library building, which opened in February 1911. The James Memorial Preservation Society, in leasing the building from the city, assumed full financial responsibility for the maintenance and repair of the building and for exhibitions and activities held in it. Our mission is to share art and culture with the community of Williston, North Dakota while preserving the historic building known as The James Memorial Art Center.

Please visit the james memorial.org for more information and to become a member.

The James Memorial Art Center is located at 621 First Ave. West, Williston. Gallery hours are Monday-Thursday 9 a.m.-3 p.m. and Friday 12-5 p.m. September – April, the gallery is open on Sundays from 1-5 p.m.. It is closed for major holidays.

Exhibitions, receptions, and other regularly scheduled events are free and open to the public.

WCCU Donates \$500,000 To WSC Healthcare Training Facility

By Sarah Johnson Marketing Director Western Cooperative Credit Union

Western Cooperative Credit Union is proud to announce a donation to the Williston State College Healthcare Training Facility. Justin Maddison, WCCU President/CEO Board of Directors, presented a check for \$500,000 to Hunter Berg, of the Williston State College Foundation executive director on Jan. 23, 2025.

Williston State College received support from the state of North Dakota to build the Healthcare Training Facility, with support from local funds. This facility will allow for expansion of the healthcare programs at WSC while also bringing four-year completion programs to the region from six



(L to R): Hunter Berg, Williston State College Foundation executive director; Lee Murphy, WCCU Board of Directors, Heather Feiring, WCCU Board of Directors, Larry Novak, WCCU Board of Directors chairman; and Justin Maddison, WCCU president/CEO. (Photo submitted)

other four-year universities in the North Dakota University System.

Western Cooperative

Credit Union has a long history of supporting worthy causes in our region, and the future of healthcare in Western North Dakota is surely one of them. WCCU is committed to supporting our communities.

Ranger Bantams Sitting 1st In League Standings



Above: Hitch Horsburgh vs. Dickinson, Jan. 26. (Photo by Brenda Filler)

Right: Chloe Harmon vs. Dickinson, Jan. 26. (Photo by Brenda Filler)

By Brenda Filler

The Richland Ranger Bantams continue to have a stunning hockey season. Together, coaches Braden Kindopp and Shane Schantz continue to guide the Bantams through an unforgettable season. During this '24-'25 season the Bantams have had 13 league games so far successfully winning each one placing them first in league standings with the NDAHA (North Dakota Amateur Hockey Association) Bantam B West league.

Like so many other players throughout the Ranger Club the Bantams have also been fighting multiple illnesses and playing short but through it all they have pushed through and were able to add another two league wins to their season.

gue wins to their season. Friday, Jan. 24, the Bantams traveled to Crosby to take on the Comets. The Bantams played steadily throughout the game, scoring one goal in the first period and 4 goals in both the second and third periods. The game ended in a 9-3 victory and the first win of the weekend for the Rangers.

Saturday, Jan. 25, the Rangers had an opportunity to test their skills, knowledge and teamwork against a team two levels above them. The non-league matchup against the Watford City Oilers Bantam A team gave the Ranger Bantams their most challenging game this season! Scoring first was the Rangers, Conner Price with an assist by Jake Schlothauer, then Watford City answered back by scoring three. Rangers, Cooper Thiel scored unassisted giving them the last goal of the first period. second period started with Watford City scoring 2. Midway through the second there was an unfortunate injury to the Rangers, Jake Schlothauer rendering him unable to finish the game. Ending the second period was a goal from Hangers, Cooper Thiel assisted by Conner Price. Ultimately, the Rangers did not score in the third resulting in a non-league loss to the Oilers.

Sunday, Jan. 26, was the second home game of the weekend for the Rangers, bringing them face to face with the Dickinson Outlaws. Both offense and defense worked together as a team securing a shutout victory of 5-0 for the Rangers giving them their second win of the weekend.

It has been said "A hockey team is like a puzzle. Every piece is vital." Well, that is absolutely true for the Rangers. All our family, friends, fans, sponsors and teammates are a piece of our hockey puzzle. This team and this club could not be what it is without our "puzzie pieces" and the Richiand Ranger Bantam team would like to give a huge thank you to all each of you for your continued support and sponsorship.

Next up for your Ranger Bantams is two home games: Friday, Jan. 31 vs. Williston Orange at 6 p.m. Sunday, Feb. 2 vs Watford City at 9 a.m.

There are only a few home games left for the Rangers so please come out to the arena and show your support.

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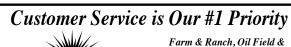




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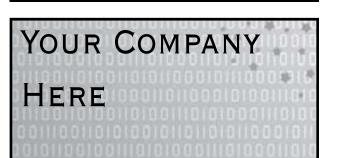


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FOR

LEGALS PUBLIC NOTICE FOR OPERATING ASSISTANCE

This is to notify all interested parties that Richland County Transit (RCT) is applying for \$238,395.95 under the Montana Department of Transportation's Operating Grant Program. Funding will be used for operating expenses associated with providing transportation services to the general public, elderly, and persons with disabilities within Richland County. The application is on file at 2190 West Holly St, Sidney. If requested, a Public Hearing will be held and public notice indicating the location, date, and time of the hearing will be provided. For more information or for those who require accommodation for disabilities, contact Richland County Transit, Jodi Berry-Manager, at the address above or call (406) 433-7433 or the Department of Transportation, Helena at (406) 444-9192 (voice).

MNAXLP

(Publish January 22, 29, and February 5, 2025)

Montana 7th **Judicial District Court Richland County** In the matter of the Name

Change of Nancy Jo Binder Your Name Now Nancy Jo Binder Petitioner

Cause No.: DV-42-2024-0000232-NC **NOTICE OF HEARING**

ON NAME CHANGE This is notice that Petitioner has asked the District Court for a change of name from Nancy Jo Binder to Nancy Jo Crusch. The hearing will be on 03/06/25 at 2 p.m. The hearing will be at the Law & Justice Center in Richland County. Date: 01/21/2025

Janice Klempel Clerk of District Court By: Lily Grismer Deputy Clerk of Court

MNAXLP

(Publish January 29, and February 5, 12 and 19, 2025)

PUBLIC OPPORTUNITY TO PROTEST TRANSFER OF **OWNERSHIP OF** Montana All-Alcoholic

Beverages License BAINVILLE REALESTATE LLC (JESSE FRICKLE, Owner(s)) has applied to transfer Montana All-Alcoholic Beverages License No. 17-999-6973-001 to be operated at STATELINE RESTAURANT BAR & CASINO. 2 Us Highway 2, Bainville, Roosevelt County. The public may protest this license transfer

in accordance with the law. Who can protest this transfer? Protests will be accepted from residents of the county of the proposed location Roosevelt County, residents of adjoining Montana counties, and residents of adjoining counties in another state if the criteria in 16-4-207(4) (d), Montana Code Annotated (MCA), are met.

What information must be included? Protest letters must be legible and contain (1) the protestor's full name, mailing address, and street address: (2) the license number 17-999-6973-001 and the applicant's name BAINVILLE REALESTATE LLC; (3) an indication that the letter is intended as a protest; (4) a description of the grounds for protesting; and (5) the protestor's signature. A letter with multiple signatures will be considered one protest letter.

What are valid protest grounds? The protest may be based on the applicant's qualifications listed in 16-4-401, MCA, or the grounds for denial of an application in 16-4-405, MCA. Examples of valid protest grounds include: (1) the applicant is unlikely to operate the establishment in compliance with the law; (2) the proposed location cannot be properly policed by local authorities; and (3) the welfare of the people in the vicinity of the proposed location will be adversely and seriously affected.

How are protests submitted? Protests must be postmarked to the Department of Revenue, Office of Dispute Resolution, P.O. Box 5805, Helena, Montana 59604-5805 on or before February 8, 2025.

What happens if the transfer is protested? Depending on the number of protests and the protest grounds, a public hearing will be held in Helena or Bainville. All valid protestors will be notified of the hearing's time. date and location. Hearings typically are scheduled within 90 days. A protester's hearing testimony is limited to the grounds in the protester's letter. Following the hearing, the Department of Revenue will notify the public whether the license transfer is approved

or denied. How can additional information be obtained? The cited MCA statutes are online at leg.mt.gov/bills/ mca_toc/. Questions may be directed to Kelsey Verbanac or Witt Williams, Compliance Specialists for the Department of Revenue's Alcoholic Beverage Control Division, at 444-3016 or 406-444-3505 kelsey.verbanac2@mt.gov and Witt.Williams@mt.gov.

MNAXLP (Publish January 22

and 29, 2025)

PUBLIC OPPORTUNITY TO PROTEST TRANSFER OF OWNERSHIP OF Montana All-Alcoholic **Beverages License**

BAINVILLE REALESTATE LLC (JESSE FRICKLE, Owner(s)) has applied to transfer Montana All-Alcoholic Beverages License No. 17-999-6821-001 to be operated at COLBY'S CASINO, 4 Us Highway 2, Bainville, Roosevelt County. The public may protest this license transfer in accordance with the law.

Who can protest this transfer? Protests will be accepted from residents of the county of the proposed location Roosevelt County, residents of adjoining Montana counties, and residents

CA\$H FOR **Mobile Homes** 1990 + Newer **REH Sales** 970-308-5571 of adjoining counties in another state if the criteria in 16-4-207(4) (d), Montana Code Annotated (MCA), are met.

What information must be included? Protest letters must be legible and contain (1) the protester's full name, mailing address, and street address; (2) the license number 17-999-6821-001 and the applicant's name BAINVILLE REALESTATE LLC; (3) an indication that the letter is intended as a protest; (4) a description of the grounds for protesting; and (5) the protestor's signature. A letter with multiple signatures will be considered one protest letter.

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> MNAXLP (Publish January 22 and 29, 2025)



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RICHLAND COUNTY CALL FOR BIDS NOTICE IS HEREBY GIVEN,

that the Board of County Commissioners of Richland County, Montana, on Monday, the tenth (10th) day of February, 2025, at 11:00am, in their office at 201 West Main Street, Sidney, Montana, will publicly open sealed bids for the purchase of one:

NEW 165-BBL ALUMINUM VACUUM TRAILER

A detailed list of specifications may be obtained by contacting the Richland County Public Works office at 2140 West Holly Street, Sidney, MT 59270 (406.433.2407); or send email to countyworks@richland.org. Requests for ADA/EEO accommodations or information should be directed to Stephanie Verhasselt, Richland County Clerk & Recorder, 201 West Main Street, Sidney, MT or 406.433.1708 (phone), by noon on February 5th, 2025. Alternative accessible formats of this notice are available upon request. No bid shall be considered

unless accompanied by a bid bond, bank draft, money order, certified or cashier's check in the amount of not less than ten

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percent (10%) of the total bid. The bid shall be presented in a sealed envelope containing a complete copy of the bid proposal, bidder's certification and specifications clearly

NEW 165-BBL ALUMINUM VACUUM TRAILER

The Board of County Commissioners reserves the right to reject any or all bids, to waive irregularities, or to accept any bid which they deem to be in the best interest of Richland

Dated at Sidney, Montana, this 6th day of January, 2025.

Stephanie Verhasselt Richland County Clerk & Recorder

MNAXLP

(Publish January 22 and 29, 2025)



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WSA MICHE

unch Menus

Sidney Schools Thurs., Jan. 30: Cheese-

burgers, lettuce, tomato, onions, French fries, pears. Fri., Jan. 31: No school. Mon., Feb. 3: Beef tacos, tots, mandarin oranges.

Tues., Feb. 4: BBQ pork riblets, macaroni & cheese, apricot cups. Fish sticks elementary. Wed., Feb. 5: Hot dogs,

potato wedges, strawberry applesauce.

Savage School Thurs., Jan. 30: Turkey

noodle soup, tuna/egg salad sandwiches, fresh veggie, fruit.

Fri., Jan. 31: No school. Mon., Feb. 3: Korean beef, brown rice, broccoli, fruit. Tues., Feb. 4: Chicken a la king, biscuits, peas, fruit. Wed., Feb. 5: Knoephla soup, turkey sandwiches, fresh veggie, fruit.

Rau School Thurs., Jan. 30: Pizza, gar-

den salad, peaches. Fri., Jan. 31: No school. Mon., Feb. 3: Hot dogs, potato wedges, green beans, grapes.

Tues., Feb. 4: Chicken patties on buns, gems, man-. darin oranges. Wed., Feb. 5: French toast,

hash browns, sausage links, grape juice. **Froid School**

Thurs., Jan. 30: Finger steaks, beans, chips, fruit,

salad bar. Fri., Jan. 31: No school. Mon., Feb. 3: Tater tot cas-

salad bar. Tues., Feb. 4: Ham & bean soup, ham sandwiches, veggies, fruit, salad bar.

serole, buns, veggies, fruit,

Wed., Feb. 5: Chicken legs, mashed potatoes, gravy, veggies, fruit, dessert, salad bar. **Bainville School**

Thurs., Jan. 30: French

dips, green beans, mandarins, salad bar. Fri., Jan. 31: Goulash, zuc-

chini, mixed fruit, salad bar. Mon., Feb. 3: Chicken wings, mixed fruit, carrots & celery, salad bar Tues., Feb. 4: Super nachos, mini peppers, man-

goes, salad bar. Wed., Feb. 5: Orange chicken, fried rice with veg-

gies, mandarins, salad bar. Richey School

Thurs., Jan. 30: Chicken

strips, lo mein, peanut butter bars, fruit, salad bar.

Fri., Jan. 31: No school. Mon., Feb. 3: Chicken, mashed potatoes, gravy, corn, dinner rolls, fruit, sal-

Tues., Feb. 4: Tacos, soup, fruit, salad bar.

Wed., Feb. 5: Chicken broccoli alfredo, fruit, salad bar.

Culbertson School Thurs., Jan. 30: Baked

spaghetti, breadsticks. Fri., Jan. 31: Hamburgers, baked beans. 2 p.m. out, no salad bar.

Lambert School Thurs., Jan. 30: Sliders,

tots, fruit. Fri., Jan. 31: Italian

dunkers, green beans, fruit. Fairview School

Thurs., Jan. 30: Chicken alfredo lasagna rollups

veggie, fruit, fresh garden salad (3-5); fresh garden bar (6-8). Fri., Jan. 31: No school. Mon., Feb. 3: Homemade

pizza, fresh veggie, fruit,

fresh garden salad (3-5); fresh garden bar (6-8). Tues., Feb. 4: Super nachos, refried beans, veggie, fruit, fresh garden salad (3-5); fresh garden bar (6-8). Wed., Feb. 5: Burgers, fries,

veggie, fruit, fresh garden

salad (3-5); fresh garden bar (6-8). **East Fairview School** Thurs., Jan. 30: Orange chicken & rice.

Fri., Jan. 30: No school. Mon., Feb. 3: Chicken patties.

Tues., Feb. 4: Knoephla soup, rolls. Wed., Feb. 5: Meatloaf, mashed potatoes.

Alexander School Thurs., Jan. 30: Crispitos, gravy, chips with cheese, fruit & vegetable bar. Fri., Jan. 31: No school.

Mon., Feb. 3: Corn dogs, macaroni & cheese, fruit & vegetable bar. Tues., Feb. 4: Taco in a

bag, fruit & vegetable bar. Wed., Feb. 5: Cheesy lasagna hotdish, green beans, breadsticks, fruit & vegetable bar.

Watford City School Thurs., Jan. 30: Chicken

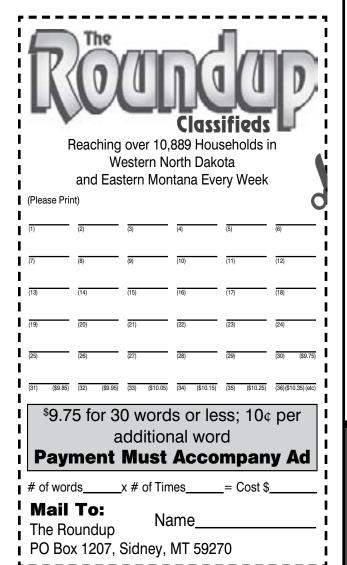
asada fries or pizza lunchables, pico, veggie, salad bar, fruit, Tostitos chips. Fri., Jan. 31: Sloppy joes on buns or Smucker's uncrustables, veggie, salad bar, fruit, Doritos, nacho cheese. Mon., Feb. 3: BBQ pulled pork sandwiches or Smuck-

bar, fruit Tues., Feb. 4: W.C. chili or deli roll up pin wheels, cinnamon rolls, veggie, salad bar, fruit, crackers.

ers uncrustables, baked

beans, crinkle fries, salad

Wed., Feb. 5: Chef's choice day or turkey & cheese on bread, veggie, salad bar, fruit, chocolate cake with icing.



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Pain Relief Or A Problem? North Dakota Lawmakers **Hear Kratom Debate**

By Jeff Beach **North Dakota Monitor**

Witnesses on a few weeks ago, characterized the kratom plant as both a

Feeling Off? IT COULD

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Mood Swings?

Menopause?

Fatigue?

dangerous and sometimes fatal drug and as a safe way to manage chronic pain and help people wean themselves off more dangerous

The testimony on kratom came during a North Dakota House Judiciary Committee hearing on House Bill 1101, which would add mitragynine, derived from kratom, to a list of controlled substances.

Supporters of the bill included the North Dakota Board of Pharmacy and a registered nurse in Watford City who sees kratom use at the addiction recovery center where she works as a problem.

McKenzie McCoy is a nurse at Providence House, a treatment center in Arnegard, where she said kratom withdrawal "is worse than just a fentanyl or heroin withdrawal."

The committee was not able to listen to all the people who wanted to testify on the bill and did not act on the bill, needing more time to review written testimony.

Olivia Martin, Minot, was among those who submitted written testimony against the bill. She has watched her mother struggle with the pain that comes

"Opiates usually are what is slapped on the pre-Continued on page 9.



NOT A THING

MANAGED

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EASY PEASY

- GONE





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Discover A Higher Level Of Well-Being At Harmony Wellness

By Dianne Swanson

"Future medicine is a medicine of frequencies." Albert Einstein.

At Harmony Wellness, Sidney, MT, Ann Riedy, RN, is your guide to a higher quality of mental, emotional and physical wellness using a variety of modalities. She has 20 years of experience as an RN in Lemmon. SD. and is a certified nutritionist.

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Are you experiencing stress, anxiety, emotional struggles, lack of focus, PTSD, illness or disease? Discover your body's own healing energy in the Harmonic Egg. Riedy is one of hundreds of Egg Guardians throughout the world. Each Egg has a name with hers being "Louise", which is her middle name.

The Harmonic Egg uses sacred geometry, light, color and sound to empower the body's own healing energy. By amplifying energy resonance within the chamber, the client receives an energy therapy that is precisely

By Lisa Gorder

path to becoming the Di-

rector of the Hair Society

Institute of Cosmetology

is a testament to passion,

resilience, and the power

of transformation. A Puerto

Rican-Dominican woman

raised in the Bronx, NY,

Leticia's journey began in

the vibrant and art-filled

streets of New York City. A

professional ballet dancer

and contemporary music

choreographer, she was

immersed in the arts from

a young age, always pas-

sionate about beauty in all

world of hairstyling where

Leticia's career truly flour-

ished. At the age of 16, she

began working part-time

at a hair salon owned by

her mother's best friend.

"I had no formal training

back then, just a hands-on

experience," Leticia recalls.

But this hands-on approach

gave her the foundation

in cosmetology, earning her professional license. With

over 33 years in the beauty

industry, Leticia's journey

has been one of continuous

learning and growth. She

However, it was in the

its forms.

industry.

tologist.

Leticia Ortiz Kirkwood's

controlled, consistent and repeatable. The goal is to focus and relax. A 0 gravity chair provides a floating sensation. Riedv adds comforting blankets and selects colors according to the client's specific intention. She explained that colors have frequencies that absorb into the body, enhancing healing. The liver for instance, likes the color orange. Red pro-

vides energy in adults. Blues

Ann Riedy and the

(Photo by Dianne

credits much of her success

to the mentors who guided

her early on, and to her own

determination to innovate

and operated Hair Safari

Salon in Florida. But after

the economic downturn, she

and her family relocated to

Williston, ND, in 2010. As a

single mother, Leticia's ca-

reer in cosmetology became

her anchor, providing her

with the stability needed to

care for her children during

Hair Safari Salon in Willis-

ton, gaining a reputation for

excellence. But in 2020, she

decided to take her career in

a new direction by opening

the Hair Society Institute of

Cosmetology. "I saw the gap

in the industry in our area's

opportunities. I wanted to

give cosmetology students

the foundational skills and

confidence they need to suc-

ceed," she says. "I wanted

to give them more than just

For 13 years, Leticia ran

a period of uncertainty.

In 2008, Leticia owned

and educate others.

Harmonic Egg.

Swanson)

and greens help soothe.

Riedy then selects from 60 different kinds of therapeutic music from 199 instruments which offer frequencies to enhance the experience. Clients react positively to the right kind of music with some feeling it on a spiritual level. Harmonic Eggs are all over the world, with the music coming from local musicians in natural settings. You may hear birds

not just about being a busi-

ness owner," she explains.

model, sometimes a moth-

er, and even a counselor to

your students. Every class is

their own journey, and I take

that responsibility seriously."

of running a school are

many. Leticia has no regrets.

"It's been one of the most

fulfilling decisions I've ever

made," she says. "Knowing

I've had a positive impact on

my students, helping them

build careers and develop

a skill set they can rely on

for their future, fills me with

Cosmetology has become

a place of empowerment,

where students not only

learn the art of beauty but

also gain confidence and direction for their lives. As

Through her leadership the Hair Society Institute of

pride."

Though the challenges

singing or leaves rustling as part of the unique music of the area. She said the frequency for love has the

highest energy field. Harmony Wellness is a full-service spa with energy related modalities. The Lymph Star Pro provides electrostatic energy to loosen the lymph system and move the fluid around the body, detoxing the body and assisting the immune

system. The machine does the work with the energy moving through channels of glass bulbs.

Bio-resonance energy scans, sauna, red light mat, and ion cleanse foot baths are also offered at Harmony Wellness.

Riedy welcomes groups of five men or women to book a couple of hours during the evening or weekend to experience three different modalities. Please call for more information and to make an appointment.

During the month of February, Harmony Wellness is offering two Harmonic Egg sessions for the price of one!

Harmony Wellness is located at 35330 CR 130, just north of Sidney. Please call 605-431-7972 and Leave a Message. Riedy will get back to you. Or visit www. harmonywellnessmt.com to make an appointment.

"My greatest reward in life is to listen and help you find that harmony and peace within yourself," Ann Riedy.

Pain Relief Or A Problem..

Continued from page 8.

scription pad," she wrote.

But she said her mother found kratom in 2016, and after researching it, began using it with little to no side-effects.

"She has been able to manage her pain with a plant compared to the alternative," she wrote.

Martin said she now faces the same struggle.

"Doctors have already prescribed me opioids. I'm 26 years old and cannot be a part of society with that in my system. I cannot get a job, I cannot drive a car, and I cannot leave my bed," she wrote. "With kratom I can."

Members of the House Judiciary Committee held a public hearing at the Capitol on Jan. 13, 2024.

The Congressional Research Service describes kratom as a tree native to Southeast Asia that is related to the coffee plant. The leaves have been eaten for medicinal and other purposes, with users reporting both stimulant and sedative effects.

A handful of states have banned kratom, while more, including Minnesota and South Dakota, have passed regulations such as age restrictions, Congressional Research Service reported.

Mark Hardy, North Dakota Board of Pharmacy executive directo,r said kratom is most commonly sold online and in smoke shops. He described its effects like that of morphine and oxycodone. He told lawmakers he is in favor of adding mitragynine as a schedule 1 drug, which are drugs with no medical use and a high potential for abuse.

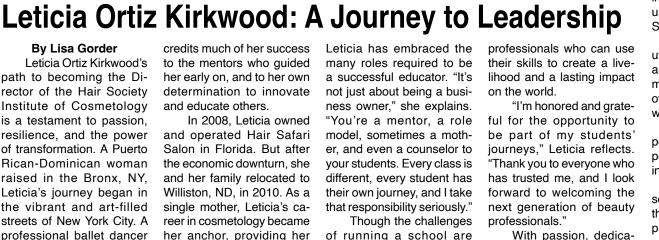
Mac Haddow, American Kratom Association public policy official, advocated for regulation of kratom but said people using it to treat chronic pain should not be turned into felons.

He said kratom used to be more widely available, being sold in places such as health food stores, but a push by the Food and Drug Administration turned retailers off the products. There are no federal regulations banning or approving

kratom, though the FDA has warned that it may not be safe. Haddow said the FDA's own study found no adverse effects.

"The FDA now is conducting a human abuse potential study. Great. We welcome it," he said.

"We don't ban substances because of what we don't know or we fear. We ban them when we have conclusive scientific data."



With passion, dedication, and a deep love for what she does, Leticia Ortiz Kirkwood's story is one of transformation, leadership, and an unwavering commitment to helping others shine.



Leticia Ortiz Kirkwood. (Photo submitted)



by appt 966 10th Ave SE • Sidney, MT (In MacGrady Construction Bldg)

technical knowledge; I wantfor what would become a Leticia continues to evolve ed to give them the tools to lifelong career in the beauty both personally and professionally, she remains deeply transform their lives." At 17, Leticia expandcommitted to her mission: The school has since ed her horizons further by graduated 80 students, and to build a society of beauty starting the first modeling agency in the Bronx, while DOT & Sports Physicals also attending a performing arts school. Fashion design, Sports & Work Injury Treatment photography, dance, and modeling all formed part of her creative education, igniting a deep passion for aesthetics that would later drive her work as a cosme-Chiropractic Following her mother's guidance, Leticia decided to pursue formal education











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Sidney's Speech, Drama, **Debate Team Competes At Divisionals 2025**



Debate Team: Oliver Slade, Zander Capwell, (Coach Clark) Aaron Dominguez Valdez and Ivy Cross.



Drama Team: Brooke Watson, Cedar Hovde, Emma Pust, Tyler Frandsen, Whisper Enriquez, Sophie Pust, William Brinker and Ian Pust.

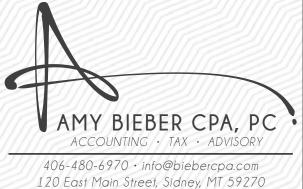


Speech Team: Tytus Carter, Elicia Snodgrass, Signe Havorson, Keaton Burke, Mason Quick and Robert Knotts.





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IT'S TAX SEASON

Deadline is April 15

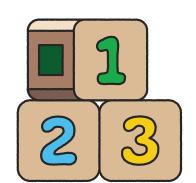
Here Are Some Helpful Tips From The IRS:

- Don't count on receiving a refund by a certain date. Some refunds are required to be held until after late February.
- Track your refund on IRS.gov or the IRS mobile app, IRS2Go.
- All IRS Taxpayer Assistance Centers (TACs) are by appointment only. Don't wait until it's too late to ask questions! However, Most questions can be resolved on the IRS.gov website without visiting a TAC.
- There are tools, filing options and other services and resources available on www.IRS.gov.

Consumer Alerts on Tax Scams

Note that the IRS will never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.



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1st Row: Tytus Carter, Mason Quick, **Brooke Watson, Cedar** Hovde, Ivy Cross, **Emma Pust and Signe** Halvorson; 2nd row: William Brinker, Elicia Snodgrass, Whisper Enriquez, Sophie Pust, Oliver Slade, Zander Capwell, Aaron Dominguez Valdez, lan Pust, Keaton Burke and **Robert Knotts. (Photos** by Christy Pierce)

Submitted by **Christy Pierce**

The Sidney Eagle Speech, Debate and Drama team travelled to East Helena for Eastern A Divisionals competing against 10 schools. Sidney had 18 competitors and every single one qualified for state. The Drama Team placed 3rd. Speech and Debate placed 6th.

Senior and team captain Cedar Hovde helped lead the Drama team to 3rd place by entering in two separate events, Humorous solo and Humorous Theatre.

Drama Results: Humorous Solo: 1st,

William Brinker; 2nd, Cedar Humorous Theatre: 6th,

Cedar Hovde & Brooke Wat-Pantomime: 2nd, Emma Pust; 3rd, Ian Pust;

7th, Whisper Enriquez. Drama Solo: Qualifier

for state Tyler Frandsen and Sophie Pust.

Speech Results:

Extemporaneous: 2nd, Keaton Burke; 4th, Elicia Snodgrass. Informative: 3rd, Mason

Quick; 6th, Signe Halvorson. Original Oratory: 5th, Tytus Carter; Qualifier for

state Robert Knotts. Debate Results:

Lincoln Douglas: 4th, Ivy Cross; 5th, Oliver Slade. Public Forum: 5th, Zander Capwell and Aaron Dominguez Valdez.

The team heads to Laurel for state on Thursday, Jan. 30.

