

## Cross country season begins Aug. 12

by Nathan Price

Cross Country at New Rockford-Sheyenne is back.

After a brief hiatus, the NR-S cross country program returned last year and built itself a strong foundation of young athletes, and together they learned the ropes of long-distance running.

They got faster and faster as the season went on, and now the program is set to return this fall with hopes of building on the progress made a year ago.

This season will be head coach Joe Greiner's second with the team, and he said he's looking forward to another successful year, this time with enough runners to field two full teams of five.

"I'm looking forward to bringing back six experienced runners as well as adding a couple new ones. We should have scoring boys' and girls' JV teams this year," said Greiner.

"This year I feel like I'm a dog who's figuring out how long the leash goes," he said about seeing the program grow and improve. "We're going to go on multiple field trips be-

fore the season starts and we're going to do a home meet this year."

Greiner is particularly looking forward to that home meet, which will be the first cross country meet in New Rockford in at least 20 years. It takes place on Monday, Sept. 30 at the golf course north of town.

This cross country season promises to be a big one for NR-S, and Greiner said he wants to see the program grow even more. In an effort to get more students involved, he's encouraging parents to let their kids know about cross country and just how healthy it is for young athletes.

Learning how to run long distances greatly improves a person's endurance, which is scientifically proven to improve all kinds of athletes, whether in football, basketball, volleyball or just about any

other sport.

It's why so many of North Dakota's brightest high school athletes are also competing in cross country and/or track. Greiner said he's gone

extra lengths this year to avoid overlaps, particularly with volleyball, so that students won't be forced to choose between cross country and other activities.

Meanwhile, Greiner also wants parents to know about the impact running can have on a young student's mental health, and he said last year's team greatly benefited from a good run to start their day.

"Even when running in the dark, they benefited from a run before the school day," said Greiner.

Practice for cross country starts on Friday, Aug. 12, and Greiner said the team will take several "field trips" before their first meet this season, where

the kids will get some great cross country practice.

The season kicks off on Saturday, Aug. 24 at the Originals Invitational at the Parkhurst Rec. Area in Jamestown, N.D., followed soon by the Northwood Invitational on Tuesday, Aug. 27.

Class B cross country meets in North Dakota are typically divided into a junior high division, a girls' varsity division and a boys' varsity division.

Junior high kids would run a 3K (1.8 miles), and varsity girls and boys would run a 5K (3.1 miles).

Each runner would be competing to finish the best they can for individual placement, but they'd also compete as a team, with each scoring a certain number of points depending on their finishing position.

The season will conclude at the state meet in Jamestown on Friday, Oct. 25.

Those interested in cross country should get in touch with Greiner, and check out their Facebook group "NR-S Cross Country," which is constantly updated with important information for parents.



## Within our Walls

by Jodi Hovdenes, President  
CHI St. Alexius Health Carrington Medical Center

### Back-to-school tips for a successful year

We are approaching that time of the year again. Soon our children will be heading back to school. Are we ready? Are they ready? Here are a few suggestions that can assist you and your child in having a great back-to-school experience.

It is recommended that children have a well-child exam yearly. During this exam, your provider will be able to track your child's growth and development. He/she can assess for any physical or emotional needs your child may have, and can intervene quickly if any issues are identified. It is also a good time to review immunizations, and we can assist with referrals to public health if vaccinations are needed. Vaccinations protect students from diseases and keep them healthy.

Will your child participate in sports? Now is a good time to get that sports physical scheduled. Sports physicals allow healthcare providers to perform an exam on your child to determine whether or not they feel it is safe for your child to participate in physical activity.

Your provider is also able to address any health concerns they feel may interfere with your child's sports performance or increase their chance of getting hurt. For example, if your child suffers from asthma, the healthcare provider may be able to adjust medications that would allow your child to breathe easier during physical activities.

When was your child's last eye exam? It is recommended that children have their eyes checked yearly. As children grow and change, so may their eyesight. It is crucial to identify and treat any sight concerns as soon as

possible as these concerns may interfere with your child's ability to learn. If your child states they are having trouble seeing the "board" in the classroom, or words are fuzzy on the paper, it is time to get their eyes checked.

Assist your children with developing a good sleep routine. Children tend to flourish when they are well-rested. The American Academy of Sleep Medicine recommends that preschoolers ages 3-5 get 10 to 13 hours of sleep a night. School aged children ages 6-12 are recommended to get between nine and 12 hours of sleep a night, and teenagers ages 13-18 get eight to 10 hours of sleep per night.

In an article published by the Cleveland Clinic, Dr. Shah states that when parents are trying to determine an appropriate bedtime for their child, they should first determine what time their child needs to wake up, and count backward from that time to determine an appropriate bedtime.

Eating healthy and staying active can also aid in a favorable back-to-school experience.

Research shows that healthy eating and physical activity is linked to improved academic success. Young people aged 6-17 should participate in at least 60 minutes of physical activity every day. Physical activity can help cognitive skills, attitudes, concentration, attention, and improve classroom behavior. Not eating a healthy breakfast is also associated with impaired cognitive function.

The new school year is fast approaching. Let's do our part to help our children remain healthy and active so that they can have the best learning experience possible.

## N.D. Angus Tour set for September 14-16

Enjoy socializing with fellow Angus peers as well as meeting new acquaintances at this year's upcoming N.D. Angus tour. The tour will headquarter out of Devils Lake, N.D., and feature North Dakota Angus breeders from Carrington to Hannaford, and Rolette to Fordville.

The event will kick off Saturday, September 14 with registration and a social gathering of all participants, sponsors and ranches at the Fireside Inn & Suites in Devils Lake.

The N.D. Angus Auxiliary will be hosting a fundraiser event as well. This will include a unique tour of

CoJACK Snack & Pack and Black Paws Brewing Company. For \$50/ticket, attendees will also enjoy a brisket meal with all the sides and a fundraiser auction event will also take place.

The two-day tour will begin with Cowboy Church Sunday morning, before departing for stops at the North Dakota State University Carrington Research Extension Center for a tour of Angus University; Spickler South and Spickler North, Glenfield, with Farnsworth Angus Ranch and Hoyt Angus Ranch also displaying; Topp Angus, Grace City; Harding Angus Ranch, Tolna; Haugen

Cattle Company, Hannaford; and Ressler Ranch, Cooperstown.

Day two stops include Arrow Brand Genetics, Maddock; Gurr Lake Angus and McCumber Angus, Rolette; Nelson Angus, Egeland, with Johnson Bros. Angus displaying; and Jallo Angus Ranch, Fordville.

Throughout the tour the N.D. Junior Angus members will be hosting a poker run, where participants will get a card at each stop, and the winning hand at the end of each day will receive a prize.

The cost of the tour, which includes a two-day bus ride and all meals on the tour, is

\$75 per person if pre-registered by August 31, and \$100 per person after August 31. Participants age 18 and under are free, but must register. The headquarters hotel is the Fireside Inn & Suites, Devils Lake, N.D. A block of rooms is available under N.D. Angus for \$119/night and reservations can be made by calling (701) 662-6760.

To register for the tour, go to [www.ndangus.com](http://www.ndangus.com). Hosted by the North Dakota Angus Association (NDAA), contact Travis and Ashley Bruner, NDAA Sec./Treas. at (701) 400-1016 or [northdakotaangus@gmail.com](mailto:northdakotaangus@gmail.com) for further details.

Continued from page 1

### ACHIEVEMENT-

ations in Eddy County. Dennis and Annie have three grown children (two girls and one son), as well as nine grandchildren. Their son, Aaron, joined the farm in 2016, and his wife Kimberly is now working as a chiropractor for Nicolai Chiropractic in New Rockford.

Meanwhile, Darin and Diana have three grown sons and six grandchildren. Their youngest son, Dalton, along with his wife Taylor, joined the farm in 2014. They also own The Hair Studio and Hanson's Bar in New Rockford.

Together, the Weber family works hard to keep their farm successfully growing a variety of crops.

"Through the years we have grown spring wheat, winter wheat, canola, soybeans, corn, peas, lentils, flax, barley, oats, oil and confection sunflowers and alfalfa," states the Weber family in a written statement.

They also use cover crops and have transitioned away from conventional tillage,

instead utilizing minimal till and no-till practices.

And as members of the Conservation Reserve Program and the Wetland Reserve Program, the Webers are working diligently to preserve their land and the environment.

Their hard work hasn't gone unnoticed, and they are deserving winners of the Eddy County SCD's annual award.

"We all want to thank the Eddy County SCD for nominating us for the 2024 Achievement Award," said the family.

### STAMPEDE-

goat relay race. And with \$2,500 added to the purse, there will again be plenty of money up for grabs in each event.

And of course, championship belt buckles will be handed out to the winners as well, for both the ranch rodeo and barrel racing. The barrel race and ranch rodeo are also open class events, with no rodeo association connections required.

All totaled, this year's

Sheyenne Stampede promises to provide another exciting day of rodeo action and great music.

General admission tickets are available online for \$40 per person, while kids 12 and under get in free. Without purchasing a ticket beforehand, the cost of admission increases slightly to \$50.

For a link to purchase tickets and for more information about this year's Sheyenne Stampede, visit the Sheyenne Stampede page on Facebook. Those interested in competing in the ranch rodeo should get in touch with Brent Helseth at (701) 302-8220.

Premier sponsors for this year's stampede include the New Rockford Eagles Club, Bessette Motors and CenDak Cooperative.

Have story ideas you'd like published? Contact the New Rockford Transcript at 947-2417

### Public Notice

#### ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES OF THE NORTH DAKOTA BOARD OF MEDICINE

RELATING TO GENETIC COUNSELOR LICENSING, PHYSICIAN ASSISTANT LICENSING, TELEMEDICINE PRACTICE OF PHYSICIANS, AND DEFINITIONS OF DISCIPLINARY TERMS FOR ALL PROFESSIONS.

TAKE NOTICE that the North Dakota Board of Medicine will hold a public hearing to address proposed changes to the N.D. Admin. Code title 50, at 9:00 a.m. on September 6, 2024, at the Board's conference room, located at 4204 Boulder Ridge Rd, Suite 220, Bismarck, ND 58503.

A copy of the proposed rules may be reviewed on the Board's website: [www.ndbom.org](http://www.ndbom.org) or obtained by writing the Board of Medicine at 4204 Boulder Ridge Rd, Suite 260, Bismarck, ND 58503, or calling (701) 450-4060. Written comments may be submitted to this address until September 16, 2024. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Board at the above telephone number or address at least five days prior to the public hearing. Dated this 26th day of July, 2024. Sandra DePountis Executive Director North Dakota Board of Medicine

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 UPCOMING LIVE & ONLINE LAND AUCTIONS: 313.61 Acres - Towner Co. Bidding: Sept. 12-18-Live Auction Date: Sept. 18: Owner: Klier Family Trust; 2,138.88 Acres - Towner Co. Bidding: Sept. 20-26-Live Auction Date: Sept. 26; Owner: Zelda Rinas Family Trust. Nikolaisen Land Company, 844.872.4289, www.niklandco.com

## Public Notice

**NOTICE OF EXECUTION SALE**  
 IN DISTRICT COURT, EDDY COUNTY, NORTH DAKOTA  
 Civil No. 14-2024-CV-00007  
 Gate City Bank, Plaintiff,  
 vs.  
 Matthew T. Shaffer, a single person; and any other person in possession;  
 Defendants.

NOTICE IS HEREBY GIVEN, that by virtue of a judgment and decree of foreclosure rendered and given in the District Court in and for the County of Eddy, North Dakota, Southeast Judicial District, entered and docketed in the Office of the Clerk of said Court on May 13, 2024, in an action wherein Gate City Bank was Plaintiff and Matthew T. Shaffer, a single person; and any other person in possession; were the Defendants; on which day it was adjudged that there was due and owing the Plaintiff from the Defendant Matthew T. Shaffer together with costs and disbursements of said action, the sum of \$88,669.26, and by virtue of a Special Execution issued to me by the Clerk of said Court, I will sell the real property described in said judgment and hereafter described to the highest bidder for cash at public auction at the front door of the Courthouse in the City of New Rockford, County of Eddy, North Dakota, on August 28, 2024, at the hour of 10:00 a.m. of that day to satisfy the amount due with accrued costs and interest at the date of sale, or so much thereof as the proceeds of said sale applicable thereto will satisfy.

The premises to be sold as aforesaid are situated in the County of Eddy, State of North Dakota, and are more particularly described as follows:  
 Lots 10, 11 and 12, Block 9, Fairview Addition to the City of New Rockford, Eddy County, North Dakota.

(Street Address: 321 2nd Avenue N, New Rockford, ND 58356)  
 Dated at New Rockford, North Dakota, this 12 day of July, 2024.  
 Paul Lies  
 Sheriff of Eddy County,  
 North Dakota

Sarah A. Aaberg (ND ID #08393)  
 O'Keefe O'Brien Lyson Ltd  
 Attorney for Gate City Bank  
 720 Main Avenue  
 Fargo, North Dakota 58103  
 701.235.8000  
 sarah@okeeffeatorneys.com  
 Published July 22, 29 and August 5, 2024

## NOTICE TO CREDITORS

IN THE DISTRICT COURT OF EDDY COUNTY, STATE OF NORTH DAKOTA  
 In the Matter of the Estate of Dale Settelmeyer, Deceased.  
 Probate No. 14-2024-PR-00009  
**NOTICE IS HEREBY GIVEN** that the undersigned has been appointed personal representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication of this notice or said claims will be forever barred. Claims must be either presented to Sandra Settelmeyer, personal representative of the estate, at 1588 Hwy 281, New Rockford, N.D. 58356; or filed with the Court.  
 Dated this 15th day of July, 2024.

Sandra Settelmeyer,  
 Personal Representative  
 1588 Hwy 281,  
 New Rockford, N.D. 58356  
 PETERSON LAW OFFICES, P.C.  
 523 Central Avenue, P.O. Box 231  
 New Rockford, N.D. 58356  
 Attorneys for Personal Representative  
 Published July 29,  
 August 5 & 12, 2024

## FOR SALE ON BIDS

THE CITY OF PEMBINA ND has a 1999 Clarke Bison Mosquito Fogger #101486 for sale by sealed bid. Bids must be received by 8/9/2024 to be considered. City reserves the right to reject any and all bids. More info 701.825.6932. Mail bids to City of Pembina, 152 W Rolette St., Pembina ND 58271.

## MISCELLANEOUS

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## Public Notice

**ABBREVIATED NOTICE OF INTENT TO AMEND NORTH DAKOTA ETHICS COMMISSION RULES**  
 RELATING TO THE COMPLAINT PROCESS

TAKE NOTICE that the **Ethics Commission** will hold a public hearing to address proposed changes to the N.D. Admin. Code ch. 115-02-01 at  
**9:00 am on Thursday, September 26, 2024 at 600 E Boulevard Ave, Judicial Wing Rm. 321, Bismarck and on Microsoft Teams. These are not emergency rules.**

A copy of the proposed rules and a link for the hearing may be found at [www.ethicscommission.nd.gov](http://www.ethicscommission.nd.gov) or obtained by calling (701) 328-5325. Written comments may be submitted on the Ethics Commission's website or to 600 E Boulevard Ave, Dept 195, Bismarck, ND 58505 until October 7, 2024. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Ethics Commission at the above telephone number at least 14 days prior to the public hearing.

Dated this 29th day of July, 2024.  
 Rebecca Binstock, Executive Director, North Dakota Ethics Commission

## HEALTH/MEDICAL

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## Housing

**Great Plains Housing Authority** has Section 8 Rental Assistance and Rent Help assistance available. Please contact **GPHA at 701-252-1098** or apply online at [greatplainsha.com](http://greatplainsha.com)



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