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## -Sales and Service- New and Used Vehicles



# Girls' Wrestling

Continued From Page 6

to Haydn Wolf (BH) 8-2 (1:44); Weigel won by fall over Lily Christianson (Minot) 2-8 (1:05); Weigel won by fall over Katelyn Cook (KBBC) 7-7 (2:17). **3rd place.**

**118-Elise Kristiansen**, NGS (4-8) lost by fall to Sydney Huber (BC) 9-7 (1:30); Kristiansen lost by decision to Juliet Davis (Car) 5-11 (3-5); Kristiansen received a bye. **7th place.**

**130-Alexis Schneider**, NGS (received a bye); Schneider won by fall over McKenna Jones (Stanley) 5-6 (0:56); Schneider won by fall over Breanna Erickson (Dick) 8-3 (2:51); Schneider won by tech fall over Sophia Knittel (IB) 8-1 (TF-1.5 2:41 (15-0)). **1st place.**

**136-Felicia Haas**, NGS lost by fall to Chanelle Volk (SB) 3-4 (2:27); Haas received a bye; Haas lost by fall to Melody Kubat (SB) 4-4 (5:15).

**136B-Adisyn Zubke**, NGS (5-7) won by fall over Lila Iverson (Oakes) 0-4 (2:56); Zubke lost by fall to Sava Nelson (Minot) 10-3 (1:46); Zubke won by fall over Lola Brewer (Car) 4-7 (0:59); Zubke won by fall over Aurora Kershaw (Bis) 3-8 (1:31). **2nd place.**

**142-Shylo Bjerklie**, NGS (1-8) lost by injury default to Amaya Baptiste (KBBC) 8-0 (Inj. 0:16); Bjerklie received a bye; Bjerklie lost by fall to Casey Gross (WC) 6-7 (0:33).

**170-Lexxi Zubke**, NGS (3-7) lost by fall to Ashlyn Michaelsohn (SB) 1-5 (1:56); Zubke received a bye; Zubke lost by fall to Josie Trieu (Bis) 3-5 (1:50).

**170B-Reagen Kuhn**, NGS (2-2) received a bye; Kuhn won by fall over Cecilia Anderson (BH) 1-4 (0:46); Kuhn lost by fall to Raynah McDaniel (Bis) 2-1 (1:31); Kuhn lost by fall to Amethyst Sutton (Dick) 3-2 (0:26); Kuhn won by fall over Alyssa Quesada (Stanley) 1-9 (1:17). **5th place.**

Logan County Family & Community Wellness Agent

**NDSU**

EXTENSION  
LOGAN COUNTY



*By Dustin Hammond*

### Make a Positive Change in the New Year

“New Year, New Me” is probably the most overused phrase on the internet right now. Many people make those promises every year that this year will be the year they do this or that. Roughly a quarter of all people make New Year’s Resolutions. How can we make sure that we keep those promises to ourselves? Here are a few tips to make it easier.

According to a recent YouGov survey, 35% of people who made resolutions managed to stick to all of their goals, and 50% of people managed to keep some of their resolutions. That’s a lot of people who are making at least some positive changes to their lives – even if they also fail at some of their goals.

The way you frame your resolutions could make an important difference. Per Carlbring at Stockholm University recently tracked the progress of 1,066 people who made New Year’s Resolutions at the end of 2017. He categorized their intentions into two classes. Some were “avoidance goals” – which, as the name suggests, involved quitting something like sweets, alcohol or social media. The others were “approach goals,” – which involved adopting a new habit – such as swimming twice a week or practicing the guitar in the evening. On average, the participants were about 25% more likely to meet their approach goals than the avoidance goals. “Instead of stopping things, you should start doing things,” he concludes.

Fortunately, Carlbring says we can often turn an avoidance goal into an approach goal to maximize our chances of success. Supposing you want to lose weight. “Instead of saying that I want to stop eating a candy bar every day, I might instead say that I want to start eating carrots each afternoon,” he says. “Because that would increase your blood sugar level, and you wouldn’t have the craving for something else.”

If you feel like you spend too much time on Facebook, YouTube, or BisManOnline, you can set yourself the goal of reading 10 pages of a book or magazine whenever you are ready for a bit of downtime or distraction on your phone – a productive activity that should, I hope, lure you away from looking at your screen for hours and hours.

You’ll still need perseverance, of course – but Professor Carlbring argues that we should be forgiving of the odd failure. “If you face a setback, then you might think that you will never be able to achieve your goal,” Carlbring says. “But you can try to view it as a lesson to be learned.” The best advice is to not quit, accept a gap or slip, and continue with your goals. If you face a serious blockage, you can always try to look for another milestone that might mark a new beginning. If you’ve started to founder in February, for example, you might make a new commitment to start again at the beginning of March – a small act of reframing that should give you the boost of the fresh-start effect all over again.

Any journey worth pursuing will include a few bumps along the way – but by understanding the psychology of personal change, you can vastly increase your chances of reaching the goal. Feel free to contact me with any questions at 701-754-2504 or email [dustin.hammond@ndsu.edu](mailto:dustin.hammond@ndsu.edu).

(Adapted from an article by BBC correspondent David Robson and input from the author)

## Fredonia

Kathy Jacobson • 647-2408

Following is the list of winners for Fredonia Legion Clifford Ost Post 260 meat raffle held on Saturday, December 19, 2024,

Brad Benton, Kulm, Ryan Baumgartner, Linton, Kevin Bitz, Bismarck, Andrew McDermid Kulm, Jeremy Dallman, Wishek, Jane Schoonover, Gackle, Donavon Fey, Kulm, Judy Mueller Kulm, Thelma Wahl Tappen, Glenn Gersweski, Kulm, Jeff Lutt, Fredonia, Greg Krueger, Minnesota and Leah Krueger, Fredonia.

### NAPOLEON WEATHER

Clark Haas, Observer

	H	L	Pre.
Fri., Dec. 20	14	-12	.01
Sat., Dec. 21	23	8	
Sun., Dec. 22	32	9	
Mon., Dec. 23	29	9	
Tues., Dec. 24	29	20	
Wed., Dec. 25	31	22	
Thurs., Dec. 26	38	21	

Normal for December ..... .62  
 December this year ..... .15  
 Normal Jan. 1 to Dec. 31 .. 19.57  
 Year To Date ..... 22.93

Court File

No. 24-2024-PR-00014

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Attorneys for  
 Personal Representative

IN THE DISTRICT COURT OF  
 LOGAN COUNTY,  
 NORTH DAKOTA

**In the Matter of the Estate of  
 Math J. Gross, Deceased  
 NOTICE TO CREDITORS**

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 either be presented to Barbara J. Gross, Personal Representative of this estate at 1655 Pocatello Dr., Bismarck, ND 58504, or filed with the Court.

Dated December 13, 2024  
 Barbara J. Gross  
 1655 Pocatello Dr.  
 Bismarck, ND 58504

First publication on the 25th day of December, 2024.

(Dec. 25, Jan 1 & 8)

**2025**

HAPPY NEW YEAR!

Thank you for your support in 2024!  
 We look forward to serving you for years to come!

-Lucas & Jessica Wald

*Main Street Hardware*  
 Napoleon, ND 58561  
 701-754-2221

We will be closing at 3 p.m. Tuesday, December 31st.  
 We will be closed on Wednesday, January 1st.

*Merry Christmas  
 & Happy New Year*

**CRAIG WEIGEL CUSTOM HARVESTING**  
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*Thank you* for your business in 2024  
 & we look forward to serving you in 2025