

Armstrong Selects Wrestling Legends Troy And Terry Steiner For Rough Rider Award

Governor Kelly Armstrong last week announced national champion wrestlers, legendary wrestling coaches and twin brothers Terry Steiner and Troy Steiner as the 51st and 52nd recipients of the North Dakota Theodore Roosevelt Rough Rider Award, the highest commendation bestowed upon the state's citizens.

"The names Troy and Terry Steiner are legendary in the wrestling world, carrying a well-earned reputation of excellence not only in North Dakota but on both the national and international stage," Armstrong said. "As athletes they dominated their opponents, winning championships in high school, college, national and international competition. As coaches and ambassadors, their positive influence and impact on the sport of wrestling is immeasurable, bringing distinction and recognition to their home state."

"Troy and Terry have embodied the North Dakota values of resilience, hard work and grit, inspiring countless young men and women to pursue the sport of wrestling," Armstrong added. "Their commitment to mentoring athletes and promoting wrestling has strengthened the sport's pipeline from grassroots programs to international competition, all while remaining deeply connected to North Dakota."

"Troy and I are humbled, honored, and proud to receive this award, and we want to thank Governor Armstrong for selecting us," Terry Steiner said. "The people in the community of Bismarck and the state of North Dakota have lifted us up from the very beginning, and we are forever grateful. Our North Dakota roots and the nurturing community that we grew up in allowed us to grow, flourish and succeed in our athletic, professional and personal lives. When you put ordinary people in an extraordinary environment, they become extraordinary."

"Receiving the North Dakota Theodore Roosevelt Rough Rider Award is truly humbling, and we are incredibly grateful to Governor Armstrong," Troy Steiner said. "Growing up in North Dakota shaped who we are in every area of our lives. The values of hard work, humility, faith and community were not just taught - they were lived. The people of North Dakota set a standard of humility, toughness and integrity that challenged us to be our best, and that foundation continues to guide us today. Terry and I are honored beyond words to receive this recognition and proud to represent the state that built us."

Born and raised in Bismarck, the Steiner brothers were among

the first members of MATPAC Wrestling when coach Milo Trusty founded the now-nationally ranked club in 1978. As wrestlers for Bismarck Century High School, Troy won three individual state titles at 112, 119 and 125 pounds from 1986-1988, and Terry won back-to-back titles in 1987-1988 at 126 and 130 pounds.

The brothers found continued success on the college wrestling circuit at the University of Iowa. Troy won All-American honors all four years, Terry became a three-time All-American, and each won an individual NCAA championship - Troy at 142 pounds in 1992 and Terry at 150 pounds in 1993. Troy was a three-time Big Ten Conference champion.

Troy went on to represent the United States as a nine-time member of the U.S. National Team, winning titles at the 1992 World Cup and the 1996 Pan-American Games. He placed third at the U.S. Olympic Trials in 1992 and 1996. Terry also became a member of the U.S. National Team, competing at the highest levels of freestyle wrestling that included being a 1996 Pan American champion, who placed at the U.S. Open a number of times.

However, perhaps their greatest mark on the sport has been made through coaching.

Terry has led the U.S. Women's National Wrestling Team as head coach since 2002. Under his guidance, USA Wrestling's women's program has been built into an elite power in international wrestling and helped create opportunity that has led women's wrestling to become the fastest-growing female sport in the nation. Terry has led the U.S. women's freestyle team for six Olympic Games, every Olympics that has included women's wrestling dating back to Athens in 2004. He has coached twelve Olympic medalists, four gold medalists, three silver medalists and five bronze medalists, including the first U.S. Olympic champion in women's wrestling (Helen Maroulis) and the youngest U.S. Olympic wrestling champion regardless of discipline (Amit Elor). In the 21 Senior World Teams led by Terry, the U.S. has won an astonishing 72 medals, with 22 golds, 17 silvers and 33 bronzes. He has coached five of the six women inducted into the National Wrestling Hall of Fame. Before joining USA Wrestling, Terry worked as a Division I assistant coach at Wisconsin and Oregon State.

Troy has held coaching roles at multiple major Division I wrestling programs, including Minnesota,

Wisconsin, Iowa, Oregon State and Fresno State, building nationally competitive teams while mentoring countless student-athletes in character, discipline and leadership. Currently, Troy is the head coach of the Gopher Wrestling Club in Minneapolis, where he coaches aspirational World and Olympic wrestlers.

Both Troy and Terry have continued to return to Bismarck and other cities in North Dakota for wrestling camps and coaching seminars, giving back to the program, community and state that launched their stellar careers as world-class wrestlers.

"As competitors, coaches and mentors, Terry and Troy have built a legacy that continues to elevate North Dakota and strengthen the sport of wrestling for future generations," Armstrong said.

The Theodore Roosevelt Rough Rider Award recognizes present and former North Dakotans who have been influenced by the state in achieving national recognition in their fields of endeavor, thereby reflecting credit and honor upon North Dakota and its citizens. Established during the 1961 Dakota Territory Centennial, the award was initially given as an honorary rank of Colonel in the Theodore Roosevelt Rough Riders. North Dakota Secretary of State Michael Howe and State Historical Society Director Bill Peterson both concurred with Armstrong's selection of Terry Steiner and Troy Steiner for the Rough Rider Award.

The award will be presented in the fall in Bismarck. Details will be released at a later date.

Oil Activity Report

Permits:
Slawson Exploration Company, Inc., Pegasus 2-16-21H, NENE 16-157N-91W, Mountrail Co., 300' FNL and 330' FEL, Development, Confidential, Kittleson Slough, 2330' Ground, Bottom hole location: SWSE 21-157N-91W, API #33-061-05658, Spacing unit: Sections 16 and 21, T157N R91W, drill-back outside of spacing unit

Slawson Exploration Company, Inc., Pegasus 1-16-21UH, NENE 16-157N-91W, Mountrail Co., 350' FNL and 330' FEL, Development, Confidential, Kittleson Slough, 2330' Ground, Bottom hole location: NWNE 16-157N-91W, API #33-061-05659, Spacing unit: Sections 16 and 21, T157N R91W

Slawson Exploration Company, Inc., Warlock Federal 3-15-13H, NENE 16-157N-91W, Mountrail Co., 400' FNL and 330' FEL, Development, Confidential, Kittleson Slough, 2330' Ground, Bottom hole location: NENE 13-157N-91W, API #33-061-05660, Spacing unit: Sections 13, 14 and 15, T157N R91W, location outside of spacing unit

Slawson Exploration Company, Inc., Warlock Federal 2-15-13H, NENE 16-157N-91W, Mountrail Co., 450' FNL and 330' FEL, Development, Confidential, Kittleson Slough, 2330' Ground, Bottom hole location: NESE 13-157N-91W, API #33-061-05661, Spacing unit: Sections 13, 14 and 15, T157N R91W, location outside of spacing unit

Slawson Exploration Company, Inc., Warlock Federal 1-15-13H, NENE 16-157N-91W, Mountrail Co., 500' FNL and 330' FEL, Development, Confidential, Kittleson Slough, 2330' Ground, Bottom hole location: SESE 13-157N-91W, API #33-061-05662, Spacing unit: Sec-

tions 13, 14 and 15, T157N R91W, location outside of spacing unit

Additional Information:
Approved for Confidential Status:

Silver Hill Energy Operating, LLC, K&L Hegstad South W 158-92-10-22-1MBHX, SWSW 3-158N-92W, Mountrail Co.

Released from Confidential Status:

Hess Bakken Investments II, LLC, EN-Hanson A-155-94-0607H-6, SESW 31-156N-94W, Mountrail Co., Manitou

Hess Bakken Investments II, LLC, EN-Hanson A-LW-155-94-0618H-1, SESW 31-156N-94W, Mountrail Co., Manitou

Hess Bakken Investments II, LLC, EN-Hanson-156-94-3130H-7, SESW 31-156N-94W, Mountrail Co., Manitou

Producer Now Abandoned:
Whiting Oil and Gas Corporation, Lee State 44-16H, SESE 16-154N-90W, Mountrail Co.

Whiting Oil and Gas Corporation, Carkuff 11-12H, NWNW 12-154N-92W, Mountrail Co.

Whiting Oil and Gas Corporation, Merganser State 44-16TFH, SESE 16-154N-91W, Mountrail Co.

Permit Renewals:
Stephens Williston, LLC dba SEG Williston, LLC, Gernand 13X-32A, NWSW 32-156N-90W, Mountrail Co., Ross, proposed drillback outside of spacing unit

Stephens Williston, LLC dba SEG Williston, LLC, Gernand 13X-32B, NWSW 32-156N-90W, Mountrail Co., Ross, proposed drillback outside of spacing unit

More information on oil activity in the state can be found online at <https://www.dmr.nd.gov/oilgas/>.

First Case Of Measles Reported In Traill County

North Dakota Health and Human Services (HHS) is reporting one confirmed measles case in Traill County and another case in Pembina County for a statewide total of twenty-three confirmed cases to date in 2026. This is the first case reported in Traill County.

The United States has confirmed 1,136 cases in 2026. Manitoba, Canada is currently reporting an outbreak of measles. Globally, increased measles cases are being reported in many countries.

Who is at risk?

Unvaccinated individuals are at the highest risk of contracting measles. Community immunity for measles is achieved when more than 95 percent of a community is vaccinated, protecting those who are too young, immunocompromised, or otherwise unable to receive vaccination. When vaccination rates drop, everyone's risk increases. Vaccination rates have declined in North Dakota with 80 percent of children age 19-35 months and 89 percent of North Dakota kindergarteners up to date with measles vaccination recommendations. Local rates vary greatly, with some areas more susceptible to outbreaks.

Measles is a highly contagious viral illness that can be serious, particularly for young children and individuals with compromised immune systems. Measles spreads easily through the air and can remain in a room and on surfaces for up to two hours after a person who is contagious leaves that space. Individuals with measles are contagious for several days before and after symptoms appear.

What to do if you were exposed

Individuals who may have been exposed to measles are encouraged to monitor for symptoms, including fever, cough, runny nose, red eyes

and rash. If symptoms develop, contact a health care provider for testing. Testing is important so public health officials can follow-up and notify contacts about potential exposure.

Individuals who think they have measles should call first before seeking health care to avoid spreading measles to others. If not vaccinated, individuals are recommended to quarantine (stay at home) for twenty-one days after the date of exposure.

There is no antiviral treatment currently available for measles. Supportive care can be offered to measles patients, and resources often demand that families care for measles patients at home. In some instances, measles cases require hospitalization. Four confirmed cases in North Dakota have required hospitalization in 2026.

What are the measles vaccine recommendations?

The measles, mumps, and rubella (MMR) vaccine has been around for decades and offers the best protection against measles. MMR is routinely recommended at 12-15 months of age with a second dose at 4-6 years of age.

Pembina County, North Dakota is currently considered an outbreak, so ND HHS is recommending early and accelerated vaccination for some individuals residing in or traveling to that county.

Individuals who are not fully vaccinated against measles, especially those residing in or traveling to areas experiencing outbreaks or internationally, are encouraged to talk to a trusted health care provider about measles vaccination.

For the most up-to-date information on measles in North Dakota, exposure locations and prevention guidance, visit hhs.nd.gov/measles.

Prayer to the Blessed Virgin

Oh, most beautiful flower of Mount Carmel, fruitful vine, splendour of Heaven. Blessed Mother of the Son of God; Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in my necessity (Make request). There are none that can withstand your power.

Oh, Mary, conceived without sin, pray for us who have recourse to thee. (3 times)

Holy Mary, I place this prayer in your hands. (3 times)

Say this prayer for three consecutive days and then you must publish and it will be granted to you in full. Thanks

Alger Township Annual Meeting

The Annual Meeting of Alger Township will be held on Tuesday, Mar. 17, 2026 at 7:00 p.m. at the home of the Clerk to elect officers, and take care of any other business that may come before the Board.

Holly Kaiser, Township Clerk

Crane Creek Township Annual Meeting

Crane Creek Township Annual Meeting will be held on Monday, Mar. 23, 2026 at 6:00 p.m. at the Fladeland Shop on 43rd Street. Election of officers will be held along with any other business to come before the Board.

Brooks Annala, Township Clerk

Howie Township Annual Meeting

The Annual Meeting of Howie Township will be held on Tuesday, March 17, 2026 from 6:45 p.m. to 7:30 p.m. at the farm of Steven Pennington. Election will be held for one supervisor for a three-year term, and one clerk/treasurer for a two-year term. Any other business to come before the board will be acted on at this time. A regular board meeting will follow the Annual Meeting.

Shelly Ventsch, Township Clerk/Treasurer

Austin Township Annual Meeting

The Annual Meeting of Austin Township will be held on Wednesday, Mar. 18, 2026 at 7:00 p.m. at the home of the Clerk, 7791 54th St. NW, Palermo. The purpose of the meeting will be election of officers and to conduct any other business to be brought before the Board.

Heather Jenkins, Township Clerk

Crowfoot Township Annual Meeting

The Annual Meeting and Election of Crowfoot Township will be held on Saturday, March 21, 2026 at 2:00 p.m. at the home of the clerk. Purpose of the meeting is for election of officers, and to conduct any other business that may properly come before the Board. In the event of a storm, the meeting will be held on Saturday, March 28, 2026 at 2:00 p.m. at the home of the clerk.

Ellen Johnson, Township Clerk

Knife River Township Annual Meeting

The Knife River Township Annual Meeting will be held on Tuesday, Mar. 17, 2026 at 4:00 p.m. at the home of the clerk for election of officers and to address any business to come before the Board.

Elaine Uran, Township Clerk

Brookbank Township Annual Meeting

The Annual Meeting of Brookbank Township will be held on Tuesday, Mar. 17, 2026 at 9:00 a.m. at the home of the Clerk, in the shop, to elect township officers and to conduct any other business that may come before the board.

Nixie Anderson, Township Clerk

Debing Township Annual Meeting

Debing Township will hold their Annual Meeting on Tuesday, Mar. 24, 2026 at 8:00 a.m. at the Mountrail County South Complex in the conference room. There will be election of officers, and any other business that may come before the Board at this time.

Tara Uran, Township Clerk

Lowland Township Annual Meeting

The Lowland Township Annual Meeting will be held on Tuesday, Mar. 17, 2026 at 6:30 p.m. at the Loni Coons residence, 6056 74th St. NW, Donnybrook, ND. Business to be conducted will include the election of officers, and any other business to come before the Board.

Miles Gustavson, Township Clerk

Burke Township Annual Meeting

The Annual Meeting for Burke Township will be held on Tuesday, Mar. 24, 2026 at 7:00 p.m. at the home of the Clerk. Election of officers will be held and any business that comes before the Board.

Rochelle Feldman, Township Clerk

Egan Township Annual Meeting

The Annual Meeting of Egan Township, Mountrail County, will be held at the John Cuddigan farm on Tuesday, Mar. 17, 2026 at 2:00 p.m. for the purpose of election of officers, and to conduct any other business to properly come before the Board.

John Cuddigan, Township Clerk

Manitou Township Annual Meeting

The Annual Meeting of Manitou Township will be held on Tuesday, March 17, 2026 at 7:30 p.m. at the home of the Clint Ruden. There will be election of officers and any other business brought before the Board.

Donna Ruden, Township Clerk

Cottonwood Township Annual Meeting

Cottonwood Township Annual Meeting will be held on Thursday, Mar. 19, 2026, at 3:00 p.m. at the Dustin and Barb Roise residence. The purpose of the meeting will be election of one supervisor and one clerk/treasurer, and to conduct any other business to be brought before the Board.

Mary Dennis, Township Clerk

Fertile Township Annual Meeting

The Fertile Township Annual Meeting will be held on Tuesday, Mar. 17, 2026 at 1:00 p.m. at Jim Waldock's residence. The purpose of the meeting is to elect officers and discuss any township business.

Jim Waldock, Township Clerk

McAlmond Township Annual Meeting

The McAlmond Township Annual Meeting will be held on Tuesday, Mar. 17, 2026 at 7:00 p.m. at the Roger Vesey residence. There will be election of officers, and to conduct any other business to come before the Board at this time.

Gary Swensrud, Township Clerk