The Roundup

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Wednesday, May 14, 2014 Volume 40 • Number 13

# Watford City Hosts 'One Book Dakota' Project

**Submitted by Jessie Veeder**

In a joint effort with the South Dakota Humanities Council and the 125th Anniversary Committees from the states of North and South Dakota, the North Dakota Humanities Council will commemorate the entry of South and North Dakota into statehood with a special One Book collaboration.

"Dakota: A Spiritual Geography" by Kathleen Norris will serve as the joint One Book for the two states in 2014. The humanities councils in North and South Dakota will engage residents in literary programming based on Norris' New York Times bestselling book, in which she paints "a fine portrait of the High Plains and its people as well as a very personal memoir of a spiritual awakening," according to Publishers Weekly.

Norris will conduct a sixteen-city tour in North and South Dakota, arriving in Watford City, ND on Friday, June 13th. She will be presenting a reading and book signing at the Pioneer Museum, 5 p.m.

"The South Dakota Humanities Council is very pleased to be able to work with our neighboring state on this very special and unprecedented One Book collaboration," said Sherry DeBoer, executive director for the South Dakota Humanities Council. "We are excited to commemorate both states' heritage with the brilliant work of a tremendous author."

A joint special edition of the book has been printed and free copies are being distributed to libraries across both states. Statehood logos and language indicating the joint selection as the North and South Dakota One Book will appear on the front book cover. The North Dakota Humanities Council is also sponsoring book discussions in communities across the state focused on "Dakota."

"When Sherry called and asked if North Dakota wanted to partner on this project, I was thrilled," said Brenna Gerhardt, executive director of the North Dakota Humanities Council. "When it was written, Norris's book represented the Dakotas to the nation, and it still does. When I travel and tell people I'm from North Dakota, I often have people ask me if I've read "Dakota." Revisiting her book is a lot like looking in the mirror and thinking, 'Is this how people see us?' I'm curious to see if people will agree with the picture she paints of us or find it as appealing as people from outside our borders do."

Norris is an award-winning poet, writer, and author of The New York Times bestsellers "The Cloister Walk," "Amazing Grace: A Vocabulary of Faith," "The Virgin of Bennington" and the 2014 One Book, "Dakota: A Spiritual Geography." "Dakota" is a former New York Times Notable Book of the Year and was selected at the time of its printing as one of the best books of the year by Library Journal.

The San Francisco Sunday Examiner and Chronicle calls Norris "one of the most eloquent yet earthbound spiritual writers of our time."

Watford City will host a meet and greet with Kathleen Norris on Friday, June 13th at 5 p.m. at the Pioneer Museum of McKenzie County.

The Pioneer Museum of McKenzie County has received a grant from the North Dakota Humanities Council to distribute 25 copies of Norris' book "Dakota: A Spiritual Geography."

Area book clubs and residents are encouraged to pick up a copy and attend the June 13th event.

The event is free and open to the public. For more about the North Dakota Humanities Council and the One Book program, visit www.ndhumanities.org/.

To obtain a copy of "Dakota: A Spiritual Geography" by Kathleen Norris, contact Jessie Scofield at jessieveeder@gmail.com or stop by the Pioneer Museum of McKenzie County or the McKenzie County Public Library.

The full North Dakota tour includes:

Mon. June 9 – Grand Forks (Fire Hall Theater, 7 p.m.)

Tues. June 10 – Ellendale (Ellendale Opera House, 7 p.m.) 125th Joint Event with Frederick, South Dakota featuring a Sense of Place concert

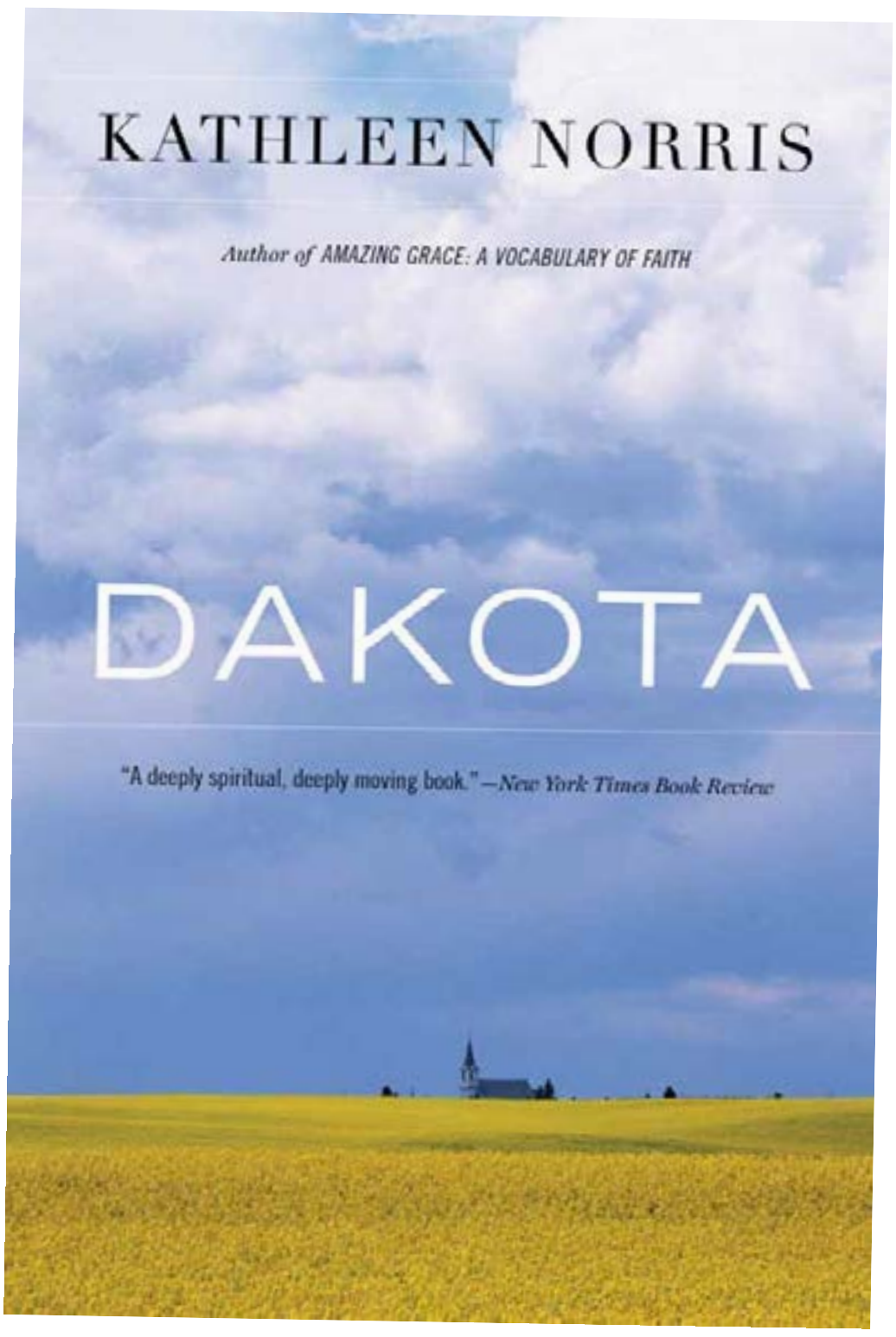
Wed. June 11 – New Rockford (The Opera House, 7 p.m.)

Thurs. June 12 – Minot (Taube Museum, 7 p.m.)

Fri. June 13—Watford City (Pioneer Museum, 5 p.m.)

Mon. June 16 –Hettinger, ND (Mirror Lake Park, 7 p.m.) 125th Joint Event with Lemmon, SD featuring a public picnic at 5:30 p.m. and a Sense of Place concert at 7 p.m. with Jessie Veeder and Chuck Suchy

Sat. October 4 – Bismarck (Bismarck State College, Campus Read Event, 2 p.m.)




## Community Champion

**The 2014 Adult Community Champion of the Quarter Award was presented to Ryan Bell of Sidney by Richland Co. Sheriff Brad Baisch at the Rau Elementary Spring Progam on May 8. Pictured is Bell (left) and Rau sixth grade teacher Mrs. Donahue after accepting the award. See page 11 for more photos from the program.**

## Meadowlark Brewery to Hold Fundraiser for Foundation

Meadowlark Brewery, in conjunction with the Foundation For Community Care is offering a limited, exclusive tour of their eagerly anticipated location opening.

A $100 donation to the Foundation's Endowment fund will secure your spot in a tour of Sidney's first eatery and brew house on Wednesday May 21st, 10 days prior to the public opening. The tour will be led by the brewery's owner, Travis Peterson, orating interesting stories and showcasing historical pieces unearthed during the building remodel. In addition to a sampling of the brewery's one-of-a-kind beers, your ticket will also allow you access into an insider look at the state of the art brewing method with the head brew master. The chief chef of Meadowlark Brewery will offer food tasting from the restaurant's flavorful variety of menu choices.

Reservations will begin on May 13th. Due to the limited amount of space during ongoing construction, only 25 spaces will be available for this intimate event. All participants must be at least 21. Reservations will be taken on a first come basis, don't delay!!

Purchase tickets at the Foundation for Community Care at 221 2nd Street NW, Sidney, MT 59270, or call Gina at 406.488.2699. "…ensuring the continuance and quality of local healthcare services."

## Montana-Dakota Advises Customers to be Wary of Telephone Scam Regarding Utility Service

**Submitted by Shane Homiston**

Montana-Dakota Utilities is warning its customers about a utility scam that has hit parts of our service territory, including the Watford City and Williston area. People have been receiving calls from someone who states that if you do not pay your utility bill immediately over the phone, your utility service will be disconnected. Montana-Dakota Utilities does not operate in that manner. If you receive such a call, hang up and call us at 1-800-638-3278 and let us know you received the call. Customers should not share information such as credit card or checking account numbers with individuals who contact them in this manner. Representatives of Montana-Dakota Utilities will always have your utility account number, we will never insist that you use a prepaid debit card to make your payment, and we only send disconnection notices by U.S. mail. Any personnel in the field to carry out a disconnection will have a company ID and will present it upon request. Additional information is available on our website: www.montana-dakota.com. Montana-Dakota Utilities Co. distributes natural gas and generates, transmits and distributes electricity and provides related services in the northern Great Plains. The company serves approximately 135,000 electric customers and 245,000 natural gas customers in 262 communities in North Dakota, South Dakota, Montana and Wyoming. Montana-Dakota is a division of MDU Resources Group, Inc., a diversified natural resources company traded on the New York Stock Exchange as "MDU." For more information about MDU Resources, visit the company's Web site at www.mdu.com. For more information about Montana-Dakota, visit www.montana-dakota.com. Media Contact: Mark Hanson at (701) 530-1093 or mark.hanson@mduresources.com.

## 3rd Annual Sherry's Softball Tourney June 14

**Submitted by Tammy Pederson**

Sherry's 3rd Annual Softball Tournament will soon be here. It will be held Saturday, June 14, 2014 at South Meadow Softball Complex. This event is open to all ages. Prizes will be awarded throughout the day. Entry fee is $100/team. I invite you to put a team together with your employees, family, and friends.

Once again we are expecting a great turn out. Continued support is needed. I ask that you consider making a donation to the tournament. All donations are very appreciated.

On behalf of Sherry's family and myself, I would like to thank you for all of your help in making the tournament a success. We look forward to the tournament and celebrating Sherry's life.

For more information or to register a team, please contact myself, Tammy at 406-489-0451 or sherrystournament@hotmail.com. You can also like us on Facebook at Sherry's Softball Tournament.

Donations can be mailed to : Sherry's Tournament, c/o Tammy Pedersen, 2051 Sage Lily Dr., Sidney, MT 59270.

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## AREA RECOVERY GROUPS

**MONDAYS:**
**Noon —** AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
**1 - 3 p.m. –** Grief Recovery Support Group in First Lutheran Church, Fellowship Room, Watford City.
**6 p.m. –** Al-Anon,Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
**7 p.m. –** Fairview Alive and Kicking at Fairview Alliance Church, 704 S. Western Ave.
**8 p.m.—** AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

**TUESDAYS:**
**7 p.m. —** AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

**WEDNESDAYS:**
**5:00 p.m. –** Sober Life Young People's NAAA 12- step recovery group, 25 yr. old & younger, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
**8 p.m.—** Al-Anon, Sanford Room, McKenzie Co. Public Library, Watford City.

**THURSDAYS:**
**7 p.m. –** NA meeting, MonDak Trucking office Bldg., 725 W. Holly, Sidney.
**8 p.m.—** AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

**FRIDAYS:**
**6:30 - 7:30 p.m.-** 5 Stones faith based recovery meeting, Sidney Nazarene, 606 9th St. SW, Back door is open.
**7 p.m. – Watford City area Celebrate Recovery,** Assembly of God, 2117 S. Main. For help call Robert 417-296-2809 or Stephanie 417-296-2810.
**8 p.m. –** AA meetings, Trinity Lutheran Church Ed. Bldg, Sidney.

**SATURDAYS:**
**7P.M. –** AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.
**9 a.m. & 7 p.m. —** AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.

**SUNDAYS:**
**7 p.m. —** AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney

## STATISTICS

### LAKE WATER LEVEL REPORT

| | Sakakawea | Fort Peck |
|---|---|---|
| Current Elevation | 1837.9 | 2226.1 |
| Last Week's Elev. | 1837.4 | 2225.7 |
| One Year Ago | 1827.9 | 2223.2 |
| Release For Day (C.F.S.) | 28,000 | 7,900 |

### WATFORD CITY WEATHER DATA

Source: North Dakota Agricultural Weather Network

| Date | High | Low | Precip. |
|---|---|---|---|
| May 5 | NA | NA | NA |
| May 6 | NA | NA | NA |
| May 7 | NA | NA | NA |
| May 8 | NA | NA | NA |
| May 9 | NA | NA | NA |
| May 10 | NA | NA | NA |
| May 11 | NA | NA | NA |
| YTD Rainfall | | | 22.44 |

### SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

| Date | High | Low | Precip. |
|---|---|---|---|
| May 5 | 64 | 31 | 0.06 |
| May 6 | 64 | 42 | 0.17 |
| May 7 | 50 | 39 | 0.01 |
| May 8 | 59 | 37 | 0.00 |
| May 9 | 70 | 31 | 0.00 |
| May 10 | 61 | 42 | 0.29 |
| May 11 | 59 | 40 | 0.02 |
| Average YTD Precipitation | | | 2.72 |

# OBITUARIES

## Anna Elletson, 86, Billings, MT

Memorial services for Anna Elletson, 86, of Billings (formerly of Sidney, MT) will be at 2 p.m., Thursday, May 15, at Shepherd of the Valley Lutheran Church in Sidney, MT, with Pastor David Huskamp officiating. Interment of her cremains will follow in the Sidney Cemetery. Remembrances, condolences, and pictures may be shared with the family at www.fulkersons.com.

Anna passed away on May 6, 2014, at Billings Clinic. Rejoice! Anna has gone to be with our Savior!

# Sidney Pole Vaulting Team Featured in "Vaulter" Magazine

**Submitted by Ross Hall**

The Sidney High School Track Team, specifically the Pole Vault participants, and Pole Vaulting coach Steve Yockim, are on the cover and singled out in a story in the May, 2014 issue of "VAULTER" magazine. In it's lead-in, the magazine states:

"Our high school feature this month takes us to Montana. Sidney High School in Sidney, Montana is doing well in the world of pole vaulting. Their coach, Steve Yockim, has been with SHS for 19 years now. He is doing amazing things with his team. You will definitely want to see what the Eagles have going on."

Congratulations to Coach Yockim, the many participants he has worked with in his career, and the Sidney High School Track and Field coaching staff for being a part of a nationally respected program, and bringing recognition to the efforts of our kids in our great community!

# Summer Workshop Schedule for Educators

The North Dakota Game and Fish Department has set its summer schedule of conservation workshops for educators.

National Archery in the Schools – June 3-4, Bismarck. Workshop participants are provided the fundamentals to teach archery in grades 4-12, either indoors or outdoors, and will be able to implement an archery unit in the classroom, and as an after-school activity. A preregistration fee of $10 is required. Register by calling Jeff Long at 701-328-6322.

Habitats of North Dakota – June 10-11, Minot. Designed for teachers, environmental educators and anyone who works with youth. Wetlands, badlands, prairie, woodlands and riparian habitats are studied.

Visual Arts Approach to Teaching Life Science – June 25-26, Bismarck. Participants will experiment with clay, water, pastel and colored pencil, while emphasizing North Dakota resources, environment and wildlife.

Science Resources for Elementary Educators – July 9-10, Bismarck. This workshop provides participants with an overview of resources available to educators, including Wildlife of North Dakota, Elementary Aquatic Education, and Habitats of North Dakota.

Registration information for habitats, visual arts or science resources workshops is available by visiting the University of North Dakota website, http://educators.und.edu/workshops/index.cfm, or by calling Sherry Niesar at 701-527-3714.

# Thank You

The family of Kirstin Wiseman would like to thank everyone for all the flowers, cards, food and support including FCCLA, Key Club, Blue Rock Dist. Co., Sidney High School students, staff, and choir, also Central, West Side, and Middle School, Fulkerson Funeral Home, The Rush, Video Hot Spot, Father Jim O'Neal, St. Matthews, and our amazing community. You have all helped us through this tragic time. Kirstin will be deeply missed by all. Kirstin touched a lot of hearts and it goes to show through the outpouring of support from this community. She was taken from us way too soon! Rest in peace to our beautiful, sweet daughter Kirstin! Thoughts and prayers for Jordan Tyler and family.

Special thanks to Nicole Monsen, Toree Tofte, Lakayla Nentwig, for everything!

Brian, Cyndi, Austin, Grandpas and Grandmas, aunts & uncles.

# Montana Newspaper Association/ Montana PBS to Sponsor U. S. House and Senate Debates

**Submitted by Jim Rickman**

The Montana Newspaper Association and Montana PBS have joined together to sponsor the first United States Senate and United States House of Representatives candidate debates of the political season.

The debates will be held in the Library Auditorium at Montana Tech in Butte on Saturday afternoon, June 14, 2014. The U. S. Senate debate will begin at 1:30 p.m., followed by the U. S. House debate at 3:30 p.m. The debates will be recorded and broadcast on MontanaPBS on Sunday, June 15, 2014: House at 5:00 p.m. and Senate at 6:30 p.m.

The debates are free and open to the public. Seating is limited.

# EVENTS

**SEND US YOUR EVENTS!**
THE ROUNDUP: PO Box 1207
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## Richland County

**Events in Sidney unless otherwise listed. MT Zone.**

**Wed., May 14**
**3:30 p.m. –** Montana Representative Steve Daines coming to dicuss growing energy industry economic issues facing eastern Montana communities, Crime in the Bakken meeting, Richland Co. Event Center, 2118 W. Holly St.

**Thurs., May 15**
**1 - 4 p.m. –** SuperHost training, Sidney Elks Lodge. Refreshments provided. Please call the Sidney Chamber at 433-1916 to register, there is no cost to attend.
**7 p.m. –** Sidney High School Spring Band Concert, High School Gym.
**7 p.m. –** American Sewing Guild, MSU Extension Building. Contact Laurie for more info. 701-481-9900.

**Fri., May 16**
**6:30 - 7:30 a.m.–** Men's Breakfast Fellowship, Sidney Lutheran Brethren Church.
**11:30 a.m. —** Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.
**6:30 pm –** 5 stone drug and alcohol recovery meeting, Sidney Church of Nazarene, 606 9th ST. SW, back door is open.

**Sat. May 17**
**11 a.m. –** Lambert High School Graduation, Lambert School.
**11 a.m. –** Bainville High School Graduation, Bainville School.
**1 p.m. –** Froid High School Graduation, Froid School.
**1 p.m. –** Savage High School Graduation, Savage School.
**1 p.m. –** Baccalaureate, Richey School, new gym.
**3 p.m. –** Richey High School Graduation, Richey School, new gym.

**Sun., May 18**
**1 p.m. —** Savage Senior Center cards & potluck .
**2 p.m. –** Sidney High School Graduation, Sidney High School gym.
**6:45 p.m. —** Sidney Moose Lodge Bingo, Main Session

**Mon., May 19**
**11:30 a.m. —** Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.
**6:30 p.m.—** Sidney Moose Lodge Pinochle games.

**Weds., May 21**
**5:30 - 7 p.m. –** Richey Senior Citizens pancake supper, Richey Senior & Community Center. Last pancake supper until September.

**Sat., May 24**
**1 p.m. –** Culbertson High School Graduation, Culbertson School.
**3 p.m. –** Fairview High School Graduation, Fairview School.

**Sat. & Sun, May 25 & 26**
**9 a.m –** Sidney High School Youth Rodeo, Richland County Fairgrounds.

**Mon., May 27**
**6 p.m. –** MonDak Writers Group, MonDak Heritage Center. Free and open to new members.

**Wed., May 28**
**11:30 a.m.–**Richland Red Hatters, meet at Sidney Country Club, RSVP by May 26 by calling Sylvia 798-3882 or Margaret Bradley 488-4613.

**Fri., May 30**
**9 a.m. - 12 noon –** Senior Commodity distribution, back door of the Nutter Building, 123 W. Main. Message phone 433-4353.

**May 6 - May 31**
**Exhibit:** Annual Custer County Juried Art Show, MonDak Heritage Center.

## McKenzie County

**Events in Watford City unless otherwise listed. CT Zone.**

**Thurs., May 15**
**12 p.m. - 2 p.m. –** McKenzie Co. Food Pantry, lower level of the First Lutheran Church, 212 2nd Ave. NW, Watford City, Cash Wise food giveaway, for more info or to set up an appt. call 701-444-3451 or www.mcfoodpantry.com.
**7 p.m.–** Pinochle, Watford City Senior Center, 205 5th St. NW, for more info call 842-3760.

**Sun., May 18**
**2 p.m. –** Alexander High School Graduation, Alexander School.

**Mon., May 19**
**1 - 3 p.m. –** Grief Recovery Support Group First Lutheran Church, Fellowship room, Watford City.
**5 p.m. –** Watford City sales tax community forum, Civic Center. For more information visit www.watfordcitypennies.com or www.facebook.com/wcpenniesaddup.

**Tues., May 20**
**6 - 8:30 p.m. –** Watford City Area Chamber of Commerce presents, Deborah Dragseth, PH.d. Professional Development training,The pursuit of Happiness, held at Teddy's Residential Suites, 113 9th Ave. SE, Watford City.

**Wed., May 21**
**9 - 11:30 a.m. –** Watford City Area Chamber of Commerce presents, Deborah Dragseth, PH.d. Professional Development training,Generation Y: A Guide to understanding america's 14th Generation and from **1 to 3:30 p.m. –** Customer Service: An Ongoing Commitment to Excellence, held at Teddy's Residential Suites, 113 9th Ave. SE, Watford City.

**Sat., May 24**
**1 p.m. –** Watford City High School Graduation, Watford City High School.

## Other Surrounding Counties

**Events at the Confluence unless otherwise listed are CT Zone.**

**Thurs., May 15**
**Ft. Buford** opens for the season 10 a.m. - 6 p.m.CDT and the **Yellowstone - Missouri Confluence Visitors Center** 9 a.m. - 7 p.m. daily.
**9 a.m. –** Montana Representative Steve Daines to discuss growing energy industry economic issues facing eastern Montana communities, meeting with Dry Prairie Rural Water Authority, 5808 Hwy 16, Culbertson, MT.

**Fri. & Sat., May 16 & 17**
**9 a.m. - 6 p.m. –** Quilting at the Confluence, every level of quilter welcome.

**Sat., May 17**
**1 p.m. –** Fort Buford flag raising ceremony with 6th Infantry.
**2 p.m. –** Dedication ceremony at Fort Buford Masonic site.

**View all monthly events on our calendar at: www.roundupweb.com**

Dean Risinger

# Risinger to Compete at State Special Olympics Meet

**By Dianne Swanson**

After winning gold medals in the 100 meter run, bowling, standing long jump and the tennis ball throw at the regional Special Olympics in Miles City, Dean Risinger of Fairview is excited about competing at the State Special Olympics in Billings May 13 – 16. He will compete in the tennis ball throw, the standing long jump and the 100 meter run.

Risinger, who was born with Downs Syndrome, is a freshman at Fairview School. His family, including his mom Michelle Judd, moved to Fairview in 2005 and got involved in Special Olympics. Michelle and Dean both work hard selling tickets for the state pickup drawing. Because of Dean's efforts, he has been chosen for the Norbie Challenge at the state games. Three names are chosen to receive extra money for their region to help with travel or equipment expenses. "It's an extra special thing during the closing ceremonies," Judd explained.

This is the second time Risinger has been chosen and Judd credits the outstanding support from Fairview and the area. "The support has been amazing," she said. Ticket sales help those from Fairview with $4 out of the $5 ticket price coming back. "I do it for Dean, but also for everyone else in Fairview," Judd said.

# Special Event Volunteers and Alcohol Liability

**Submitted by Ronda Welnel**

With the summer season fast approaching, area communities are beginning to plan their festivals, fairs, and fundraisers. With many of these special events alcohol is sold and served by volunteers and as a volunteer many of you may not be aware that you bear the same liabilities for illegal alcohol sales as someone who is paid to serve and sell alcohol. Therefore, it is crucial you understand your responsibility when serving and selling as well as the consequences for any illegal sales.

Currently, Montana law requires volunteers who serve and sell alcohol under a licensed establishment for a special event be trained in Responsible Alcohol Sales and Service Training, however Montana Law does not require volunteers who serve and sell alcohol under special permit to be trained, though both bear the same liability for illegal sales.

Illegal alcohol sales can result in you being held both criminally and civilly liable. An illegal sale to a minor can include a $500.00 dollar fine and up to six months in jail. Over-service of alcohol can include being cited criminally in addition to being sued civilly if the individual served injures or kills someone else as result of over service.

To ensure a safer event for all, it is recommended that all event volunteers be trained in Responsible Alcohol Sales and Service Training so they understand their liabilities but also learn the skills necessary to be responsible when selling and serving alcohol.

To reduce your liability when planning Special Events in your community the following guidelines are recommended: 1) Ensure all volunteers are trained in Responsible Alcohol Sales and Service Training 2) Require all servers to be 21 years of age or older 3) Do not allow volunteers or security to drink alcohol while on duty 4) Ensure area serving and selling alcohol is cordoned off from event to prevent youth access or from alcohol leaving secured area. 5) Ensure IDs are being checked consistently. 6) To prevent over-service it is advisable to set limits on the amount of alcohol that can be purchased by each individual. 7) Post signage regarding ID checking and over-service laws. Signage is available free of charge through the Montana Department of Revenue or District II Alcohol & Drug Program.

Underage drinking and over-service of alcohol unfortunately plague all our communities in Montana, and we all bear the responsibility in preventing the many tragedies as a result of these actions. Implementing simple changes to any event can reduce potential tragedies from occurring and liabilities associated with illegal sales. For more information or FREE assistance in developing special event procedures please contact District II Alcohol & Drug Program at 406-433-4097 or email nicoledhackley@yahoo.com or rwelnel@hotmail.com


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J&J Homes

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& Our Granddaughter's Birthday!
Wednesday, May 14th
FACE PAINTING
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& PONY RIDES!
Bedding Plants · Trees · Shrubs
Annuals · Perennials · Baskets
Plant Paradise
Jessica Burns & Linda Casey
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SIDNEY HEALTH CENTER
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Sidney Health Center is bringing an interactive exhibit of the human brain to Sidney on May 20 at the Richland County Fair Event Center. The AmeriBrain is an inflatable exhibit that allows attendees to walk through an oversized brain and see first-hand the locations in the brain for movement, hearing, touch, personality, balance and more. Also, learn about diseases and conditions related to the brain including stroke, Parkinson's, Alzheimer's, and concussion to name a few.

Hands-On Learning Open House
Tuesday, May 20 • 4-7PM
at the Richland County Fair Event Center
Located at the Fairgrounds in Sidney, MT
Visit us online at www.sidneyhealth.org or "Like Us" on facebook

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# One Text or Call Could Wreck it All

**Submitted by Richland County Injury Prevention Team**

With the increasing demands on our personal and professional time we are all looking for a way to do it all. Multitasking seems to be the answer in so many cases. But it should never be an option when operating a vehicle. One of the most alarming and widespread forms of distracted driving from teens to the retired is cell phone use. Add distraction with the increased traffic and larger vehicles on our roadways and you have a formula for tragedy.

Texting is a great concern because it combines three types of distraction – VISUAL – MANUAL – COGNITIVE. In other words, texting involves taking your eyes off the road, your hands off the wheel and your mind off the task of driving. At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving according to National Occupant Protection Use Surveys done by National Highway Traffic Safety Administration. The National Safety Council found that people talking or texting cause more than 25% off all vehicle crashes. As of December 2012, 171.3 billion texts were sent each month according to the Cellular Telecommunications Industry Association. Five seconds is the average time your eyes are off the road while texting. When traveling at 55 mph, that's enough time to cover the length of a football field blindfolded.

Remember distractions are also eating, conversations with passengers, putting on make-up or fixing your hair, reading, looking at maps, fiddling with the radio, managing kids in the backseat or any other action that takes your eyes off the road, your hands off the wheel and your mind off the task of driving.

The National Highway Traffic Safety Administration, the State of Montana & the Richland County Injury Prevention Team are reminding all drivers "ONE TEXT OR CALL COULD WRECK IT ALL". What are the 5 most important things in your life ~ family, job, material object, activities…? What could you lose by using your cell phone while driving? How would it affect your life and the lives of those you love and care about if you were in or caused a crash?

So the next time you are pressed for time, and it seems like multitasking in the car is the best decision, remember those who have lost their lives or loved ones because someone thought they could do two things at once. Make the commitment to drive UNDISTRACTED.

Montana Office of Instruction reported on the 2013 Montana Youth Risk Behavior Survey 61.3% of teens talked on a cell phone and 55.8% texted while driving. Parents don't just tell young drivers "Do not use your cell phone while driving" but also tell young drivers "Do not call or text your friends when you know they are driving". Be good role models while driving and teaching your young drivers. Young drivers value their phones. Demonstrate alternatives to cell phone use: Park the phone, Drive the car. Designate a texter. Download an app.

Employers, develop policies that not only keep your employees safe on the roadways but the community as well. The Richland County Injury Prevention Team can assist with policy writing and also come to your safety meetings to provide awareness and information on "Safe Driving".

For more information or resources contact the Richland County Injury Prevention Team or Mary Sundheim, Injury Prevention Specialist at the Richland County Health Department 406-433-2207.

1 2 3 4 Parents!
Parenting Children Ages 1 to 4

**Parenting Class**
**Saturday, May 17**
**9am - 2:30pm**

***Parents & childcare providers are welcomed to participate in this one-day session that includes topics on:***

- Discipline without violence
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- Building a bond
- Ages & stages of children
- Parenting styles
- The power of choice
- Rules & Routines
- Encouraging positive behavior

Best Beginnings
Richland County Family Resource Center

MONTANA CHILDREN'S TRUST FUND

***The class & course materials are FREE. Please RSVP to Nicole Hackley at 406-433-4097 or richlandcountyfrc@yahoo.com by May 16, 2014. NO CHILDREN PLEASE.***

***Join us at the MSU Extension Building | 1499 N. Central Ave • Sidney, MT (Large green building on the right, on the highway to Fairview)***

# Williston Market Now Pickup Location for Costco Purchases

Farley's Market (www.FarleysMarket.com) opened it's online marketplace, loaded with thousands of Costco products, to residence of Williston and surrounding cities in Montana and North Dakota.

Farley's Market gives consumers online access to Costco's famed product inventory and quality brands, including Costco's Kirkland brand, allowing them to place their favorite product purchases without ever leaving their home or business.

"This is a game-changer for people who have come to enjoy the quality and culture of Costco but now live or frequent an area where access to Costco products is a long trip away," said Jeff Rice, Founder and CEO of Farley's Market. "We are really excited to be able to leverage our technology and our strong relationships to provide a delivery solution to an obvious need. We have some big shoes to fill to keep costs down and quality of our offering at its highest level."

"We look forward to earning the business," continued Rice. "We hope to have a full-blown retail warehouse-equivalent in Williston by the end of the year. The timing of the retail warehouse depends on how quickly we navigate through the various government processes. But today, we serve these communities by offering an online marketplace and local pick-up depot, so customers can schedule the convenient pick-up of their orders. You can order right now."

Farley's Market is not new to their online and depot pick-up business model. They have been serving the Sun Valley, Idaho area since last year, growing monthly, and have plans to expand into the Colorado resort areas, the Lake Tahoe area, and several locations on the east coast, where people want great Costco products but are somewhat limited by their access.

Rice went on to say, " Our objective is to use our technology experience to create business solutions at competitive prices, while providing high quality products. We do these things well. It is simple: Shop 24/7 from dozens of categories of your favorite products. Place your order by Tuesday night and we'll have your products ready for you on Friday and Saturday from 10 a.m. until 6 p.m. every week."

About Farley's Market:

Farley's Market is the online marketplace for Costco products for customers living hours away from a warehouse location. Customers can purchase over 2,000 Costco and Kirkland brand products. Farley's Market is changing the behavior of consumers in remote and destination towns by providing access to their favorite products. Leveraging technology to make your life easier and more affordable is at the heart of Farley's Market's dedication to delivering great products to great places. Learn more at www.Farleys-Market.com

For more information contact John Livermore, Williston, ND 970-708-9777.

Richland County Centennial
Friday - Sunday, June 13th - 15th

**Self-Guided Historical Tours**
- **Airplane Ball Drops** (Presented By Seigfried Agency Insurance & Real Estate)
- **Kiwanis Pie Social • Local Entertainment**
- **Sidney-Richland County Library Children's Street Fair • History Tours**
- **Kid's Pedal Tractor Pull**
- **Children's Entertainment**

**SAWYER BROWN**
***Free Concert | Saturday, June 14th • 8pm***

***Free Concert:***
Rob Quist & Great Northern
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Free BBQs
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Centennial Parade
Sat, June 14th • 10am
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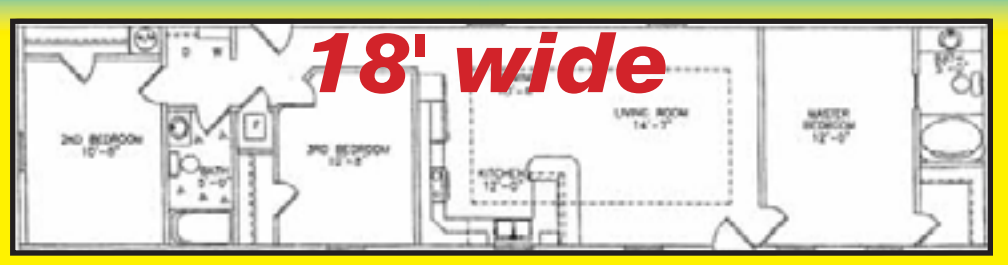


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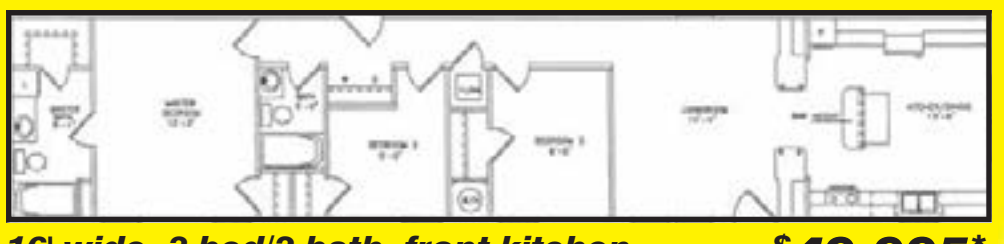

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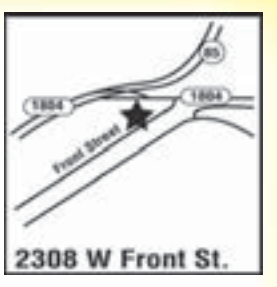


M-W-Th: 9am-7pm • T-F: 9am - 6pm • Sat: 9am - 4pm
***2308 West Front St. Williston, ND | 701-572-2590***

# Annual Sidney Duathlon June 7

**Submitted by Tim Fine**

The Richland County run and bike club will be hosting the Sidney Duathlon on Saturday, June 7.

The duathlon will consist of a 5k run-10k bike-and an additional 5k run. This Run-Bike-Run will start at 8 am mountain time with registration from 7am to 7:45 on Saturday, June 7th at Meadow Park in Sidney. It is competitive with prize money for the top places for individuals and teams and many door prizes.

The race will begin at Meadow Park with a 5k that will go through the northwest portion of Sidney. Single participants, teams of two, or teams of three can compete in this race in their respective divisions.

Registration is $20 per person prior to May 23rd. After May 23rd it is $35 per person. Check our website for the race course and more information http://www.runsidney.com.

For more information, feel free to contact Tim Fine at 489-1914.

# Natural Resources Youth Camp Recruits Youth for 28th Year

**Submitted by Martin Twer**

Youth, ages 14-18, are invited to spend a week this summer learning about natural resources through a series of hands-on experiences in Montana's outdoors. For over 25 years, the Montana Natural Resources Youth Camp (MNRYC) has provided a safe and fun opportunity for high school age students to study the scientific principles, economic realities, historical heritage, and social perspectives of natural resource management.

"The future decisions of how our natural resources are managed will be made by the youth of today," says Camp Director Martin Twer. "The camp aims to provide an experience that inspires a personal and professional desire to learn about conservation and management of Montana's natural resources."

That is why Twer and others are inviting youth ages 14-18 to spend one week (July 13-18, 2014) learning about Montana's natural resources in the rustic setting of the Lubrecht Experimental Forest east of Missoula. "The accommodations are comfortable, the food is great, and the instruction and friendships are the best," Twer says.

Enrollment is open now and qualified campers are accepted on a first-come basis. The fee for camp is $200 which includes meals, supplies, and lodging. Campers are encouraged to contact their local Conservation District for sponsorship, which could cover much of the camp fee.

A limited number of need-based travel assistance grants (up to $100) are available upon request.

An optional program, the Conservation Leadership School (CLS) will also be offered for returning campers (fee: $250). It provides advanced curriculum modules offered concurrently with the class sessions of the core program, and is focused on working landscapes in Montana. We plan to visit active logging operations, a working ranch, tour a saw mill, study fisheries, and learn about stream and landscape restoration work following the Milltown Dam removal. CLS includes an overnight camping trip into the mountains.

Campers in both programs learn about wildlife, forests, streams, soils, geology, range lands, and multiple land-use and the challenges of applying these disciplines in on-the-ground management. In between the field sessions, taught largely by natural resource agency and industry professionals, campers will spend a half-day rafting the Alberton Gorge, participate in special evening programs, interact with guest speakers, and experience hands-on learning-through-discovery.

For more information as well as the application package visit the camp website http://mnryc.org or contact Camp Director Martin Twer by phone 406-243-2775 or email director@mnryc.org.

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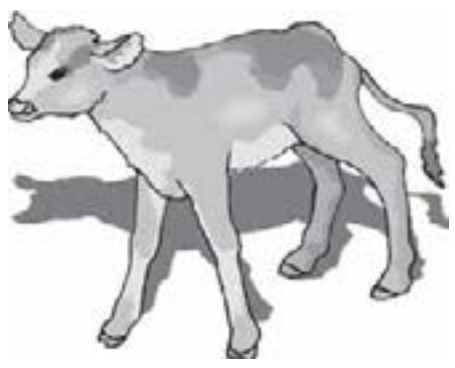

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## Schedule Advisory

# Daines to Tour Eastern Montana This Week

**Submitted by Alee Lockman**

Montana Representative Steve Daines will spend this week traveling throughout eastern Montana to highlight Montana's growing energy industry and discuss economic issues facing eastern Montana communities.

The following schedule is subject to change, and additional events will be added. Regular schedule updates will be distributed throughout the next week. Due to the changing nature of this schedule, advance confirmation of attendance at events is recommended.

To confirm attendance or obtain more information, please contact Alee Lockman at alee.lockman@mail.house.gov or (202) 809-2680.

Full details regarding Daines' public schedule for the week of May 12, 2014 is as follows:

**Wednesday, May 14 – Wibaux, Sidney**

**Discussion with Wibaux High School Students**

Daines will stop by Wibaux High School to meet with students, faculty and staff and discuss growing educational and employment opportunities in Montana's energy sector. Daines will speak with all students during an all-school assembly at 1:00PM, and then will meet directly with a senior civics class at 1:30PM.

WHEN: 1:00PM MT

WHERE: Wibaux High School Gymnasium, 121 F ST North, Wibaux, MT

**Crime in the Bakken Meeting**

Daines will hold a meeting with Sidney and Richland County elected officials, law enforcement, and community leaders to discuss growing law enforcement challenges in the Bakken region. Participants will discuss the need for increased coordination with local law enforcement partners to mitigate the impact of drug-related crime and infrastructure challenges.

Expected attendees include Richland County Attorney Mike Weber, Custer County Attorney Wyatt Glade, U.S. Marshal Darrell Bell, Deputy U.S. Marshal Rod Ostermiller, representatives from the High Intensity Drug Trafficking Areas program, Montana Department of Criminal Investigation Administrator Bryan Lockerby, Richland County Commissioners and other local elected officials and legislators.

WHEN: 3:30PM MT

WHERE: Richland County Event Center, 2118 W Holly St., Sidney, MT

**Thursday, May 15 – Culbertson**

**Meeting with Dry Prairie Rural Water Authority**

Daines will meet with Dry Prairie Rural Water Manager Clint Jacobson, office and field staff and board members to discuss ongoing work to complete the Dry Prairie Rural Water Project. Daines will also discuss his recently-introduced legislation, the Authorized Rural Water Projects Completion Act (H.R. 4420), which works to ensure funding for the completion of rural water projects, like Dry Prairie Rural Water.

WHEN: 9:00AM MT

WHERE: Dry Prairie Rural Water Authority, 5808 Highway 16, Culbertson, MT.

**Friday, May 16 – Poplar**

**Meeting with Fort Peck Tribal Executive Board**

Daines will meet with members of the Fort Peck Tribal Executive Board to discuss issues affecting the Fort Peck Assiniboine and Sioux Tribes and residents of the Fort Peck Reservation, including the completion of the Fort Peck Reservation/ Dry Prairie Rural Water project and the implementation of the Land Buyback Program under the Cobell Settlement. Fort Peck Councilman Grant Stafne recently testified before the House Natural Resources Committee regarding the Tribe's frustrations with the implementation of the Land Buy Back Program.

WHEN: 9:00AM MT

WHERE: Fort Peck Assiniboine and Sioux Tribes Headquarters, 501 Medicine Bear Road, Poplar, MT.

# Sidney To Host 2015 State Class A Golf Tournament

The Montana High School Activities Association announced that Sidney High School and the Sidney Country Club have been awarded the Montana State Class A Championship Golf Tournament which will be contested on October 2nd and 3rd in 2015. This would not have been possible without the support and efforts of the School Board and Administration of the Sidney Public Schools, the Sidney Chamber of Commerce, the Sidney Hotels and Motels who support the TBID Board and it's members, and Jay Frank, SHS Coach and manager of the Sidney Country Club. Twenty schools, their players, coaches, and fans will be experiencing the outstanding facilities, and the hospitality of the City of Sidney.


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# All Welcome on Local Native Plant Society Summer Field Trips

**Submitted by Libby Knotts**

The Maka Flora Chapter of the Montana Native Plant Society has planned four field trips for 2014. If you enjoy the outdoors, have an interest in plants, like to hike or are just curious about trying something new, plan to attend some of these outings. You do not need to be a Native Plant Society member to participate.

This summer's field trips offer a variety of landscapes, plants, and interesting site-seeing. The descriptions provided here are brief, so contact Libby Knotts at 406-774-3778 or at rek@midrivers.com with any questions to be sure the trip meets your expectations, physical abilities, and equipment. If you plan to bring children, please ask if the activity is appropriate for your children. Be prepared. Wear appropriate clothes and shoes. Bring food, water, extra clothes, raingear, sunscreen, insect repellent, sunglasses, hat, and any other personal gear you might need. Montana weather can change rapidly! Please contact Libby a few days prior to each trip to make sure it is still scheduled as planned.

Sunday, May 18: Lambert, MT – 12:00 meet at the Lion's Den café in Lambert. We will go south of town to explore prairie environments, hoping to find spring blooms such as Townsendia daisy, sand lily, and crocus.

Saturday, July 12: Comertown, MT – 12:00 meet at the "ghost town" of Comertown. Bring your own lunch. We will explore the prairie pothole country. From Plentywood, go east on Highway 5 for 7.4 miles; turn left onto Dooley Road for 6 miles; turn right onto Comertown Dooley Road for 6.4 miles; then turn left onto Comertown Road and continue about 1/2 mile to the abandoned town site.

Sunday, August 10: Brush Lake State Park – 12:00 meet at the lake. The lake has a sandy beach, good swimming, and camping is allowed. Come for clean-up around the lake and plant walks. Bring garbage bags and gloves and something for a potluck picnic. From Plentywood go south 15 miles on Highway 16 to Highway 258 (East Reserve Highway), go east about 15 miles to Brush Lake county road, turn south 1 mile. From Medicine Lake, go north 8 miles on Highway 16 to Highway 258.

Saturday, September 13: Fort Peck Lake area – This hike is tentative, but would be a strenuous hike in sand arroyo country about 15 miles south of the town of Fort Peck. Please contact Libby Knotts closer to the date for further information.

The Montana Native Plant Society is a non-profit organization chartered in 1987. Today there are over 600 members and six chapters across the state. The Maka Flora Chapter represents a large area of eastern Montana. Maka is the Sioux word for prairie, and flora is the Latin word for flower. You can learn more about the Montana Native Plant Society by visiting their website at www.mtnative-plants.org.

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# Great Class for Parents with Young Children

**Submitted by Nicole Hackley**

The Richland County Family Resource Center is offering a parenting class for parents with young children, titled 1,2,3,4 Parents! This parenting class is designed for parents with children ages one to four years old, as well as professionals that work with this age group of children, such as grandparents or childcare providers.

Some of the topics included in this class are: ages and stages of children, different parenting styles, preventing behavioral problems, child-proofing your home, the parent/child bond, self-care for the caregiver, discipline and rules, choice and consequence, the "When-Then" rule, routines, and the power of encouragement. All of the sessions are taught by a trained facilitator, in an environment that helps encourage sharing personal experiences and learning from other parents.

Class is on one day on Saturday, May 17th from 9:00 a.m. to 2:30 p.m. with a half hour break for lunch. The session will be held at the MSU Extension Building at 1499 N. Central Avenue in Sidney. The class is FREE, but child care will not be provided. Please no children. To sign up or if you have any other questions please contact Nicole Hackley, Family Resource Center Coordinator at 433-4097. The class is brought to you in part by the Montana Children's Trust Fund.

## NOTICE

Barring unforeseen circumstances, the Lower Yellowstone Irrigation Project will begin filling and flushing the Main Canal on

**MONDAY, MAY 12 AT 6AM**

Please ensure that all children, livestock, and fences are out of the canals, ditches, drains and harm's way. Please unlock any gates along canals.

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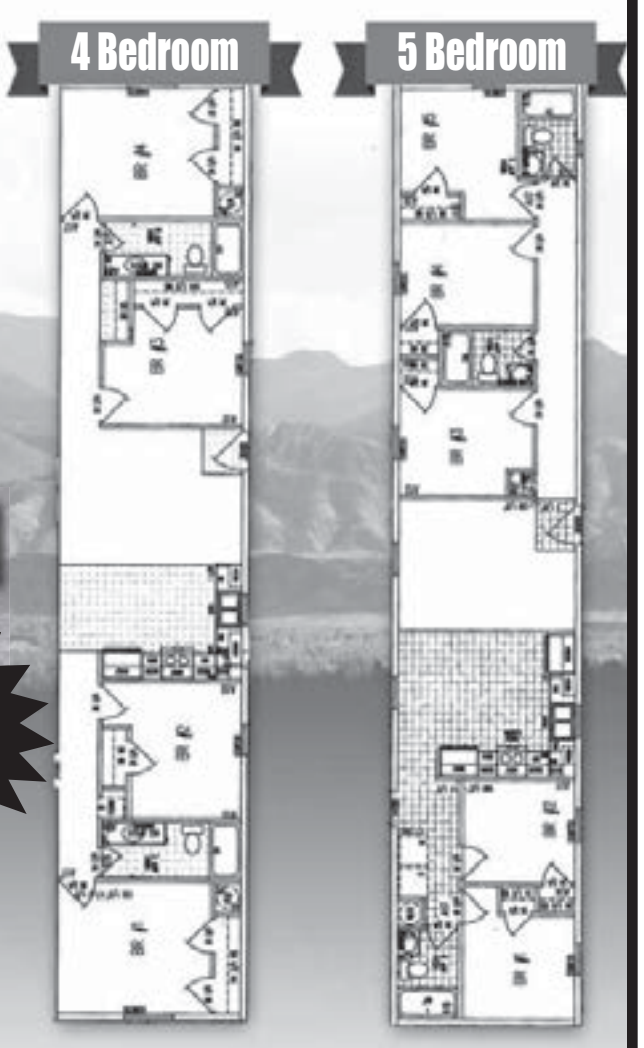


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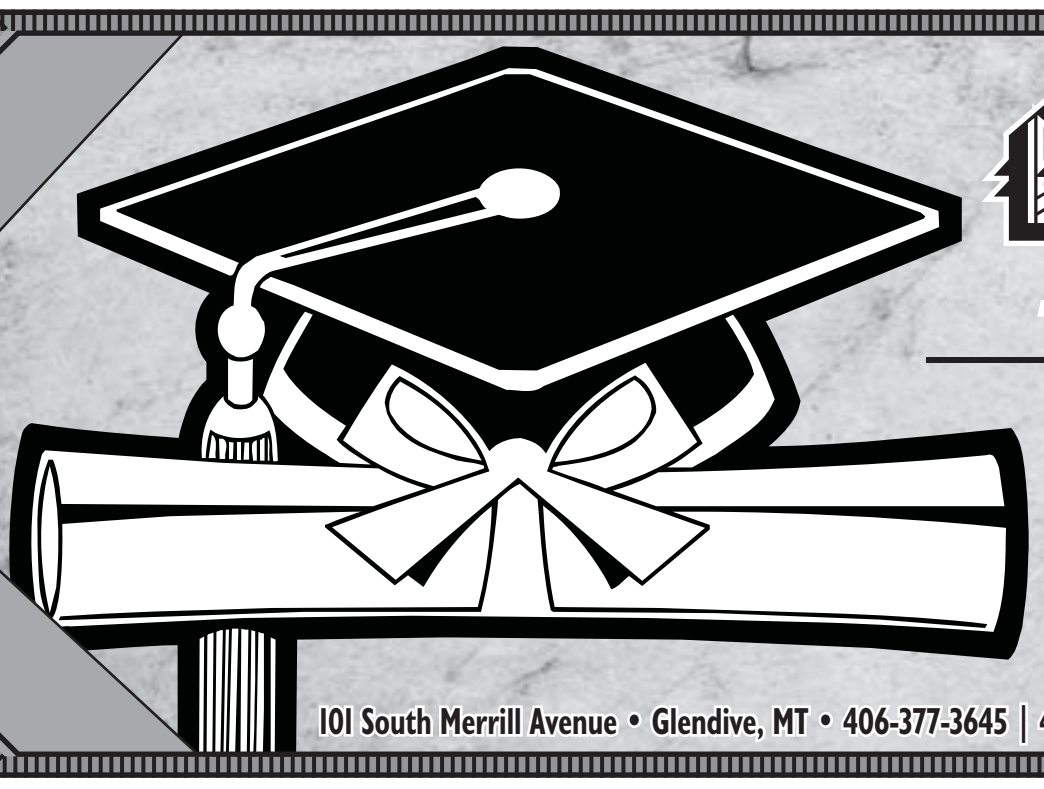

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# Walsh Introduces New Bill to Authorize Keystone XL Pipeline and Reform Infrastructure Approval

## Removing RED TAPE Act cuts through politics to approve critical projects.

**Submitted by Andrea Helling**

Senator John Walsh today introduced legislation to authorize the construction of the Keystone XL Pipeline and reform approval of future infrastructure projects to prevent the President from unilaterally stopping projects from moving forward.

The Removing Repeated Executive Delays to Transboundary Approvals of Pipelines and Engineering Act – Removing RED TAPE Act – identifies critical infrastructure projects that have become politicized, removes authority for making decisions on those projects from the President, and delegates that responsibility by Congress under its Constitutional authority to regulate commerce with foreign nations.

"Washington is so broken that politics prevented the President from making a timely decision on Keystone, and we can't afford to wait any longer on a project that will bring jobs to Montana," said Walsh. "This bill will expand oversight and jumpstart decisions that can be stalled for years in the Executive Branch. It's time to show leadership, take responsibility to reform how we approve projects that are right for our country, and do the work Americans expect us to do."

The Removing RED TAPE Act removes the President's authority to approve or deny permits for border-crossing infrastructure projects and makes permanent the current system with the State Department as the lead agency for making those decisions. This reform lowers the risk of politics directly interfering in infrastructure decisions. It also subjects federal agency decisions on infrastructure at the international border to the same congressional oversight applied to other major federal decisions.

The State Department has completed all of the impact studies required before approving the Keystone XL Pipeline. However, last month, the President decided again to delay a decision on authorizing the project.

Walsh supports the Keystone XL Pipeline because the project will create jobs, reduce reliance on hostile countries like Russia and Venezuela, and safely transport oil, including Montana oil from the Bakken Formation. Walsh has called for the best possible materials to be used in the construction of the Keystone XL Pipeline while preserving protections for landowners and implementing effective emergency response plans. He believes construction of the pipeline is necessary to reduce the reliance of delivering oil by rail, which is increasingly dangerous.

Walsh understands the challenges climate change presents, including an increase in temperature extremes in Montana that are already impacting livestock operations, leading to devastating floods, reducing habitat for species like trout, and causing longer and more intense wildfire seasons. Walsh believes tackling climate change requires long-term solutions – rather than the politicized blocking of a single infrastructure project.

The State Department has concluded that the Keystone XL Pipeline will not impact the rate of extraction of petroleum or continued demand for petroleum in the U.S.


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{12-4tp}

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{12-4tp}

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{8-tfn}

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{10-3tp}

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{6-tfn}

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{11-2tp}

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{13-2tc}

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{13-4tc}

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Sat, May 17
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### Golf
Tues, May 20
Bainville, Froid/Lake, R&L at Seeley Lake - State
Fairview at Ennis - State

### Baseball
Fri & Sat, May 16 & 17
Watford City at Region Tourney

Mon & Tues, May 19 & 20
Watford City at Region Tourney

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# How the West was Really Won

**Rau Elementary School held their spring program on May 8 entitled "How the West was Really Won." Above (L-R) Rhett Rossol, Rhys Larson and Morgan Fugate crack a smile at friends & family between songs.**

**(L-R) Addison Foss and Ben Entzel show off their cowboy singing skills.**

**Cooper McNally (left) and Jacobi Dore act their parts during the program.**

**Hayley Miller speaks her part in traditional western outfit.**

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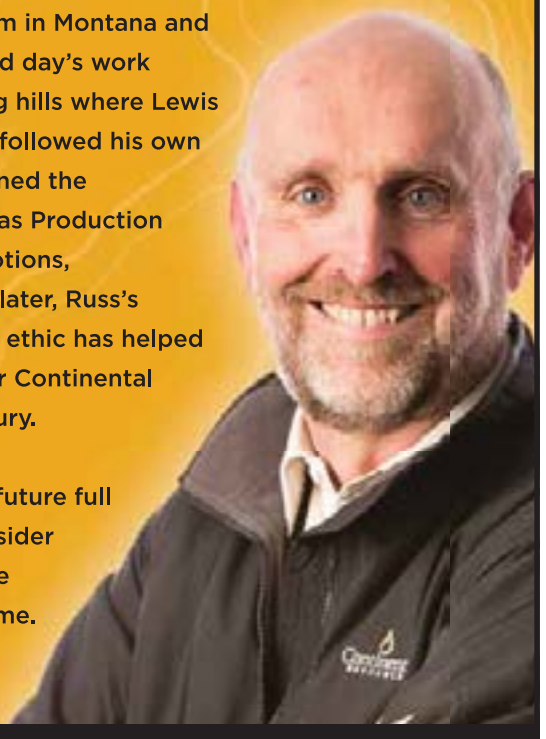

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# OUTDOORS

## Goin' for the Big Ones

**The North Dakota paddlefishing season is in full swing. The season runs through the end of May; but might be cut short if harvest limits are reached. The Montana paddlefish season begins May 15. Pictured are paddlefishermen attempting to snag a fish at the Yellowstone-Missouri River Confluence on Sunday.**

## Renew Boat Registration Online

The State Game and Fish Department is urging boat owners who have yet to renew their registration for 2014, to use the agency's online renewal system to speed up processing time.

Due to a high volume of registrations coming in as boat owners prepare for the new boating season, Game and Fish Department licensing manager Randy Meissner says the processing time currently is 10 to 14 days.

"For someone who wants to have their boat licensed for 2014 and ready to go by Memorial Day weekend, they might be cutting it a little close if they mail in their renewal," Meissner said. "By renewing online at the Game and Fish website, it only takes a few days for us to get the new registration card and decals out in the mail."

The Game and Fish website address is gf.nd.gov. Click on the "Boating" tab, and look for the watercraft registration section.

Once the renewal is accepted and the credit card approved, customers are instructed to print out the "Purchase Summary" screen which constitutes a 10-day temporary permit, allowing the boat to be used immediately while the renewal is being processed, Meissner said.

2014 is the first year of a three-year boat licensing period. More than 60,000 boat owners were mailed renewal notices in December. Anyone who has a boat and did not receive a renewal notice, should contact the department at 701-328-6300; or email ndgf@nd.gov.

Meissner added that the Game and Fish online system is for renewals only. If the registration is a transfer of ownership or new watercraft purchase, the only option is to mail it in, because Game and Fish needs the sales receipts and other documentation of the purchase.

**Send your fishing pictures to The Roundup for publication and recieve a free fishing pole.**
**Email: *info@roundupweb.com***

## Important Reminder for Boat Owners

One glance at a lake or river and you already notice several boats on the water. With that mind, boat owners are reminded that properly-fitted life jackets should be worn and not used as a comfortable seat cushion.

North Dakota Game and Fish Department boat and water safety coordinator Nancy Boldt said water temperatures in spring are extremely cold, and sudden immersion can cause serious problems.

"Spring weather is unpredictable, and a pleasant outing can turn quickly when windy conditions arise," Boldt said. "Wearing a life jacket will not only keep the individual afloat, but also insulates the body which in turn slows the loss of critical body heat caused by exposure to cold water."

In addition, Boldt said wearing a life jacket reduces the panic and allows a person time to evaluate the situation. "If you go into the water without one, you're struggling to do what a life jacket is designed to do," she said.

**Missouri River Safety Day May 15**

The North Dakota Game and Fish Department and Townsquare Media are sponsoring the Missouri River SPLASH – a recreation and boating safety event for everyone who enjoys the Missouri River.

The event is Thursday, May 15 in Mandan from 3-6 p.m. at Moritz Sport and Marine. Displays, hands-on activities, demonstrations, regulations, registrations and prizes are included.

The event is free, and people of all ages are invited to attend.

State law requires youngsters ages 12-15 who want to operate a boat or personal watercraft with at least a 10 horsepower motor to first pass the state's Boat North Dakota safety course. In addition, some major insurance companies give adult boat owners who pass the course a premium discount on boat insurance.

The Boat North Dakota safety course is free and available at the Game and Fish Department.

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# USDA Announces $78 Million Available for Local Food Enterprises, Historic Investment Will Support Entire Local Food Supply Chain

**Submitted by Michael Damm**

Agriculture Secretary Tom Vilsack today announced that USDA is making a historic $78 million investment in local and regional food systems, including food hubs, farmers markets, aggregation and processing facilities, distribution services, and other local food business enterprises.

"The 2014 Farm Bill has given USDA new tools, resources and authority to support the rural economy," Vilsack said. "Consumer demand for locally-produced food is strong and growing, and farmers and ranchers are positioning their businesses to meet that demand. As this sector continues to mature, we see aggregation, processing, and distribution enterprises across the local food supply chain growing and creating jobs in rural and urban communities. These historic USDA investments, in support of local food, gives farmers and ranchers more market opportunities, provides consumers with more choices, and creates jobs in rural communities."

Vilsack said today that forty-eight million dollars in loan guarantees for local food projects is now available through USDA 's Rural Development's Business and Industry Guaranteed Loan Program, and $30 million is available through competitive grants via the Agricultural Marketing Service's (AMS) Farmers Market and Local Foods Promotion Program.

The 2014 Farm Bill requires USDA to set aside at least five percent of Business and Industry (B&I) program loan guarantees for projects that focus on local food business enterprises. Details on how to apply for local food funding through the B&I program are available on the Rural Development website. Applications are accepted on a rolling basis. The B&I program has the authority to fund local food infrastructure in urban areas as long as the project supports farm and ranch income and expands healthy food access in underserved communities.

Rural Development's B&I program provides financial backing for rural business development in partnership with private-sector lenders. It is one of several USDA programs that help finance local foods projects. In 2013, Rural Development supported more than 170 local food infrastructure projects – from food hubs to scale-appropriate processing facilities, to cold storage and distribution networks. Entities eligible for B&I loan guarantees include cooperatives, non-profit organizations, corporations, partnerships or other legal entities, Indian tribes, public bodies or individuals.

The 2014 Farm Bill tripled funding for marketing and promotion support for local food enterprises by creating the Farmers Market and Local Foods Promotion Program, administered by the Agricultural Marketing Service (AMS). This new program makes $30 million available annually to farmers markets, other direct producer-to-consumer venues, and other businesses in the local food supply chain. Under this program, $15 million is now available for marketing and promotional support specifically for local food businesses, including food hubs, delivery and aggregation businesses, and processing and storage facilities along the local food supply chain, while $15 million is for marketing support for farmers markets and other direct to consumer outlets. Since 2009, AMS, which administers this program, has funded nearly 450 projects totaling $27 million to support direct marketing efforts for local food. More information about how to apply is available on the AMS website. Applications are due June 20, 2014.

These funding opportunities are cornerstones of the USDA's commitment to support local and regional food systems. USDA's Know Your Farmer, Know Your Food Initiative coordinates the Department's policy, resources, and outreach efforts related to local and regional food systems. The Know Your Farmer, Know Your Food Compass maps nearly 3,000 local and regional food projects supported by USDA and eleven other federal agencies. Secretary Vilsack has identified local food as one of the four pillars of USDA's commitment to rural economic development, along with exports, conservation and biobased economies.

Anthony Preite, State Director, USDA-Rural Development Montana, said, "This additional $78 Million in Farm Bill funds could significantly raise the total Farm Bill dollars invested in Montana, from the more than $3.4 million, Rural Developments has invested so far, in 2014."

# MFU's Mid-Year Meeting Covers MT Hot Topics

**Submitted by Sandy Courtnage**

The Montana Farmers Union (MFU) announced open registration for its Mid-Year Meeting, which will take place June 4-5, 2014, in Lewistown at the Yogo Inn.

"The conference this year is sure to interest MFU members and non-members alike," said MFU President Alan Merrill. "We have excellent panels discussing everything from Sage Grouse to Water Rights to the Farm Bill."

June 4:

BLM Updates – a panel of BLM, MT Fish, Wildlife & Parks, and U.S. Fish & Wildlife Service representatives will discuss Sage Grouse, and land and management issues.

Water Uses in MT – an overview of water rights and an update on the status and potential impacts of Tribal Compacts will be discussed by MT DNRC and Interim Legislative Water Committee members.

Chandler Goule, Senior V.P. of Programs, National Farmers Union, will provide a Farm Bill Update.

Celebrating the International Year of the Family Farmer, Bob Shumaker, Alaska Farmers Union President, and Yasinta Shumaker, will discuss farming and co-op development in Zambia.

Evening Dinner will be on the Charlie Russell Chew Choo.

June 5:

Rail Transportation Issues – recent grain car shortages and traffic delays, elevator storage and impacts to the 2014 crop should transportation service not improve will be discussed.

Updates on MT Pulse Crop planting and the potential for Industrial Hemp in Montana will round out the agenda.

Additional information is posted on the MFU website, where online registration is available, www.montanafarmersunion.com.

# Recent Hail Storm Reminder of New MT Hail Insurance Processes

## Producers should visit agr.mt.gov or contact department

**Submitted by Jana Mertens**

The recent hail storm in central Montana is a good reminder of the changes to the Montana State Hail Insurance Program. Purchasing a policy, premium rates, and the coverage available to Montana producers has changed this year.

Producers will be contacting the State Hail Insurance Program office by mail, fax or phone to purchase a hail insurance policy. County department of revenue offices will no longer be processing new policies, instead they will be providing information to interested parties on how to begin the process. Forms will also be available at Montana State University Extension Offices and Conservation District Offices.

# MFU to Hold Farm Bill Education Meetings

**Submitted by Sandy Courtnage**

It was two years in the making, but the Farm Bill finally did pass.

"The bill contained more than 400 references to decisions that U.S. Department of Agriculture Secretary Tom Vilsack needed to make before numerous programs could be implemented," said MFU President Alan Merrilll. "Consequently, we waited for a few months to allow some of the details to be worked out in Washington, D.C. before providing the educational tools farmers and ranchers need."

Chandler Goule, Senior V.P. of Programs for National Farmers Union, will be in Montana in early June to present several Farm Bill updates.

The meeting dates are as follows:

Wednesday, June 4, in Lewistown at the Yogo Inn at noon. This presentation is part of the MFU Mid-Year meeting and pre-registration is required. Register online at www.montanafarmersunion.com.

Thursday, June 5, in Glendive at the Comfort Inn at 7 PM.

Friday, June 6, in Miles City, at the Sleep Inn at 10 AM.

Friday, June 6, in Billings, at the Holiday Inn at 3:30 PM.

The final three meetings are free and open to the public. Don't miss this opportunity to hear the latest from Washington, D.C. about the 2014 Farm Bill implementation.


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•Dresser w/Mirror
•Dresser, Hope Chest
•Wall Crank Phone (complete)
•Telephone Cabinet
•Iron Telephone Operator Chair (from Intake, MT)
•Columbia Phonograph
•(2) Headboards
•East Lake Headboard & Footboard w/side rails (very rare)
•Dresser
•(4) Trunks
•Queene Annes Chair
•(12) Gun Case, wood
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•Cream Cans
•Griswold Cast Iron Pans, several
•Medium Size School Bell
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•Coggshall Saddle, No.74
•Sentinel Butte Saddle, No.255
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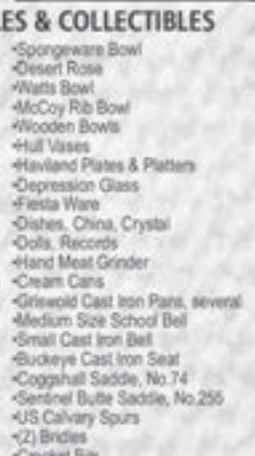

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•Stevens 12 gauge Single Shot Shotgun, patent 1913
•Remington 22 short long & long Rifle, model V2923, Bolt w/Tasco Scope
•Remington 12 gauge Pump Shotgun
•Stevens 20 gauge Bolt Action Shotgun w/clip, model 236A, patent 1905
•Ruger 22 Mark I Target Pistol, Clip Scabbard, leather
•Case of 38 & 45 Ammo
•Case of 22 LR Ammo
•Ammo Cans
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FOR MORE INFORMATION: Ed or Lori 406-377-1630
Lunch will be available.
AUCTIONEERS NOTE: Darrel passed away in 2013 and was a long time resident of Dawson County. There are many antiques with some being very rare at this sale. There are many more items than listed as they were already boxed. This is a sale you will not want to miss!!! See you on May 24th! Rick

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# Sidney Lions Club Welcomes New Members

**The Sidney Lions Club welcomed two new Lions members at its April 28 general meeting. New members are, middle from left, Jeff Hintz, sponsored by Lion Craig Price, and Julia Hill, sponsored by Lion Cheryl VanEvery. (Submitted by Libby Berndt)**

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# Richland County is Accepting ECP Applications for Flood Damage

## Emergency Conservation Program (ECP) Application Deadline is May 30, 2014

**Submitted by Tammy Lake**

Richland County has been approved to implement the Emergency Conservation Program (ECP) due to floods. Producers need to file an ECP application with the FSA before starting work on land damaged by flood water. Emergency Conservation Program is a cost share program which assists producers with damage caused by excessive rain and the floods that have occurred. Signup for the program began on May 1, 2014 and ends May 30, 2014.

A producer qualifying for ECP assistance may receive cost-share levels not to exceed 75% of the eligible cost of restoration measures. The Richland County Committee has been approved for the following conservation practices to correct damage due to the flood:

EC1 - Removing Debris from Farmland: Practice is used for removing debris from farmland. A typical example of this is taking debris off cropland and fences.

EC2- Grading, Shaping, Releveling, or Similar Measures: Practice is used for grading, shaping and leveling land that has been damaged by the flood and is returned to agricultural use. Example - Land has erosion caused by flood and leveling of the land is needed to restore it.

EC3- Restoring Permanent Fences: Practice corrects damage to fences caused by the flood. Example - Fences in water gaps which have been washed out due to the high water.

Cost-share is calculated up to 75% of the actual costs, after they are adjusted based on the age of the fence.

Age of fence: Allowable actual cost factor

0-5 years old 100% of computed cost-share

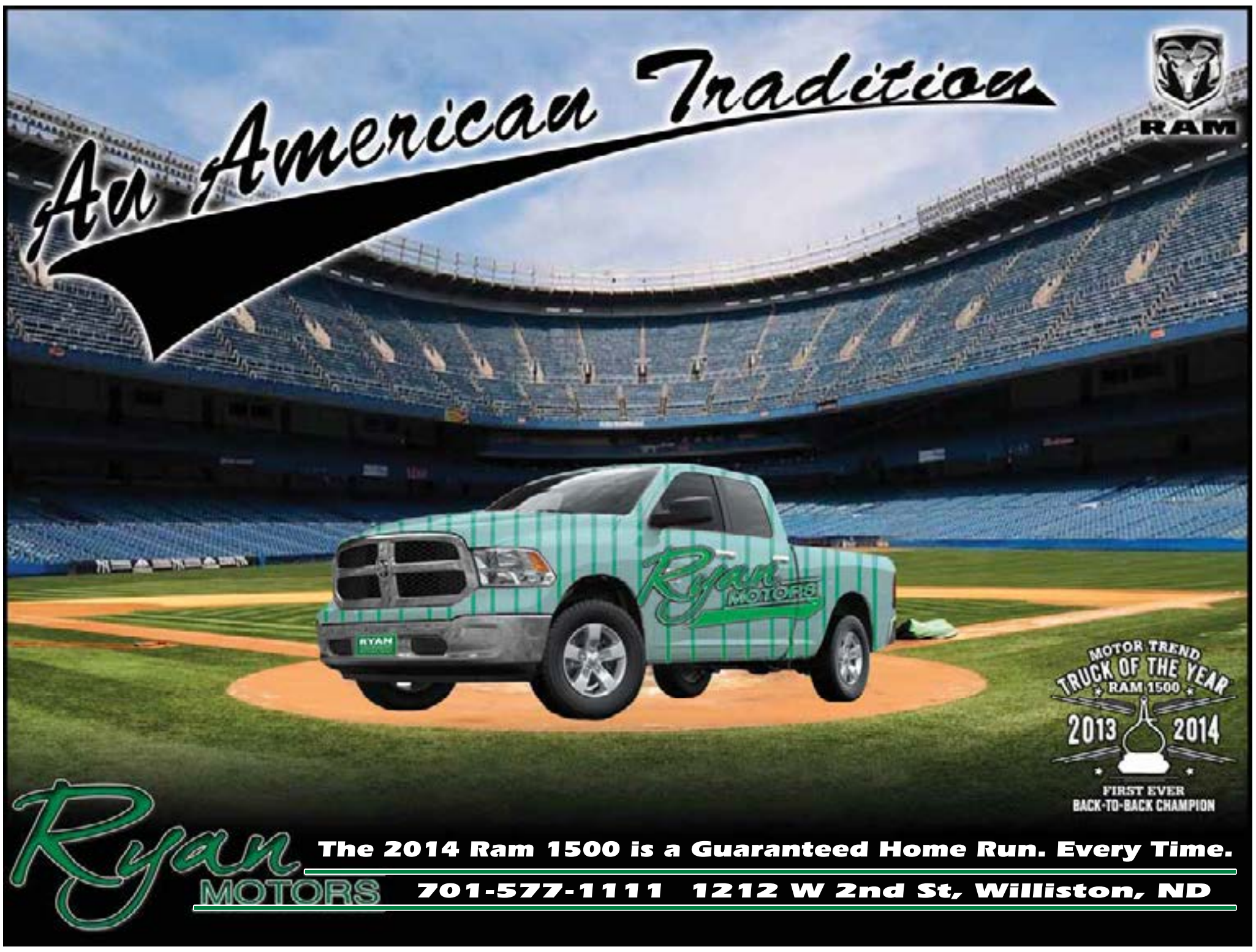
6-10 years old 75% of computed cost-share

11-30 years old 60% of computed cost-share

Over 30 years old 0% of computed cost-share

EC4 - Restoring Conservation Structures and Other Installations: Practice restores conservation structures and installations damaged by the flood. Example - Restoration of ditches and other permanently installed systems destroyed by the flood.

Eligibility for cost share assistance is based on a minimum of $1,000 of eligible damage. All requests for cost share are subject to the availability of funds. Producers are encouraged to provide the FSA office with the following data at the time of application: Location of the damage and extent of the damage, such as length of fence, time needed to remove debris, damage to land or conservation structures with estimates of costs to repair. Please call the office at (406) 433-2103 to schedule an appointment.

# Golden Roundup

# Stay Active as You Age

(BPT) - Getting older can be a challenge. Staying on top of your health and fitness goals often becomes more difficult as you try to find enough time in the day to balance the schedules of work and life, and taking care of others. Improper nutrition, joint and muscle soreness and inactivity are additional challenges. Here are three simple tips to overcoming these challenges to continue living a healthy, active lifestyle.

First, get proper nutrition. Erica Wasser, registered nutritionist and nutrition coach with Life Time - The Healthy Way of Life Company, notes that taking a multivitamin is one of the best things you can do for your overall nutrition. She also suggests limiting processed or packaged foods by making meals that will last.

"Instead of cooking one chicken breast, cook three," says Wasser. "Add one to a salad, eat one with a side of steamed vegetables and use the last in a sandwich or wrap."

Smart snacking is also important. Focus on items like Greek yogurt, cottage cheese, almonds, seeds, vegetables and hard boiled eggs and try to avoid granola bars and 100-calorie packs by prewashing and cutting vegetables and fruit and premixing bags of nuts and seeds.

Settling on a routine of eating healthy, nutritious and protein-based meals and snacks will keep your energy up and your diet balanced for a healthy, fit life.

Second, take notice of what your body is telling you. Are your joints sore? Does your back hurt from sitting in a chair most of the day? If so, choose exercises that will keep you fit while minimizing the impact on your joints or back and improving muscle strength and stamina.

Check out the local community pool, or stop by a fitness facility with pools to see what type of aqua instruction they offer.

"At Life Time, we offer aqua aerobics classes that focus on non-weight bearing cardio components and stretching," says Wasser. "The buoyancy of water helps take pressure off joints and allows everyone to get a great, total body workout." Wasser adds that yoga, mat Pilates and reformer Pilates can stretch your body, reducing back pain and limiting stress on joints under certain practices.

Simple chair or balance ball exercises will also help build core muscle strength and stamina without taxing your body. Consider these exercises:

* Sit with good posture and lift your arms above your head, at a 12 o'clock position. Visualize a clock and gently circle your arms clockwise until they reach the 12 o'clock position again. Reverse the movement. Add soup cans or hand weights for difficulty. Repeat eight times.

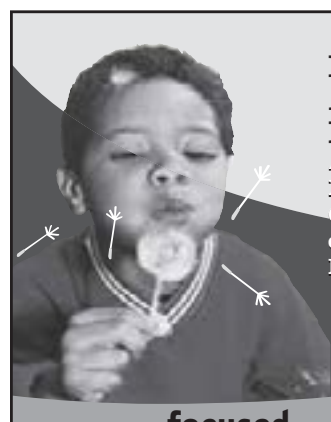
* Sit with good posture and tuck your elbows into your sides holding your forearms and hands out at a 90 degree angle. Slowly rotate your torso to the side as far as you comfortably can, making sure to keep the rest of your body stationary. Rotate back to center and repeat to the other side. Add soup cans or hand weights for difficulty. Repeat eight times.

* Sit with good posture and your feet planted shoulder width apart. Slowly raise one leg up as far as you can comfortably go, or parallel to the floor. Hold for three seconds and slowly return to starting position. Alternate legs, repeating eight times for each leg.

If you're used to a more active lifestyle, keep it up. Make sure you're taking the proper supplements to help your body recover quickly and keep adding intensity to your workouts so they don't become stale.

Third, conquer the inactivity battle. Don't confine yourself to your home after a long day. Go to a local mall and window shop or people watch with friends. Join a local exercise class or start a walking and talking group in your neighborhood.

"It's important to remember that being active doesn't have to mean completing a total body workout," says Wasser. "Anything that gets you up and moving can significantly add to your health and fitness as you get older." Wasser also suggests scheduling and setting up daily or weekly activities to ensure you're held accountable.

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**What:** Mercy Medical Center Lunch & Learn Event
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**Who:** Our guest speaker is pediatrician Dr. Sheila Ponzio from the Mercy Medical Pediatric Clinic.

**When:** May 20, 2014 from 12pm - 1pm

**Where:** The Williston Area Recreation Center ( A.R.C.), Meeting Room. Located at 822 18th St. East Williston, ND 58801.

***Pre-registration requested by the end of the day on May 16, 2014, at: mercyevents@catholichealth.net***

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# Boomers Embrace Technology to Facilitate More Graceful Aging

(BPT) - Generation X and Millennials get credit for being the most tech-savvy generations, but a growing group of baby boomers are demonstrating that the generation gap has nothing to do with digital know-how. Folks 50 and older are embracing technology to help them age more gracefully than ever.

Whether they're using devices to hear better in challenging situations, or social media to reconnect with friends they've not seen since high school, baby boomers are demonstrating they're not afraid to use technology to make life easier. Here are a handful of ways boomers are using technology:

* Coping with auditory challenges - In our noisy, fast-paced society we commonly encounter many situations - such as a business meeting, family gathering or phone call - in which hearing may be difficult, even for people who don't need a specialized hearing aid. Savvy boomers are using a Bluetooth-enabled amplification device to discretely improve volume and clarity in a variety of challenging environments. Personal Sound Amplifiers from Sound World Solutions look like any other sleek, high-tech mobile phone headset, but also provide amplification boomers can easily adjust and control themselves. Users can choose between three preset amplification settings or use a smartphone app to personalize the device. Visit www.soundworldsolutions.com to learn more.

* Relationship management - Four in five people age 50 to 75 are active on social media, and of them 75 percent are on Facebook, according to a survey by technology security company McAfee. Boomers use social media - including professional sites like LinkedIn - to reconnect with friends from high school or college, maintain contact with family and friends, date, build professional connections and develop personal interests.

* Managing investments - Approaching retirement can make boomers feel driven to maximize their investment returns. Yet not everyone has access to or can afford working with a financial planner. Many boomers use online investing tools to fill knowledge gaps and build their nest eggs. From in-depth information on tax-deferred or tax-free investment products to online brokerage accounts, technology has made it easier than ever for the 50-plus set to save toward retirement.

* Catching up on their reading - Changes in vision are a natural part of aging, and it's not uncommon for people to need some help reading their favorite novels. Yet traditional compensation tactics, like wearing reading glasses or choosing large-print books and periodicals, shout "fogey." E-readers, however, are cool - and allow boomers to enjoy their favorite reading material at the type size that's easiest for them to read.

* Staying healthier for longer - Boomers have rewritten history in many ways, and not the least among them is their determination to stay as active and healthy as possible into their old age. An array of fitness technology - from pedometers to in-home gym equipment that tracks BMI and heart rate - is helping boomers achieve their fitness and wellness goals.

From devices that improve hearing clarity to online tools that help them better manage their finances, baby boomers are using technology to ensure they enjoy life and remain active and healthy well into their golden years.

## AREA EVENTS

***Senior Commodities***

**last Friday of each month, May 30, 9 am - 12 pm** – Senior Commodity Distribution, Nutter building, 123 W. Main, back door. Message phone number is 433-4353.

***Fun Sewing***

**Second Saturday of the Month:**10 a.m., Church of the Nazarene, 606 9th St. SW. For more info. call Eunice at 488-8126

***Richey Senior Center***

**The third Wednesday of the month**, 5:30 - 7 pm, All you can eat pancake supper, $5 per person. Call 773-5694 for more info. Last gathering til Sept.

***Richland Red Hatters***

**May 28** 11:30 pm, meet this month at Sidney Country Club, RSVP by May 26 by calling Sylvia 798-3882 or Margaret Bradley 488-4613.

***McKenzie Co. Food Pantry, First Lutheran Church, 212 2nd Ave. NW, Watford City,***

**Thursdays: 12 pm - 2 pm – Cashwise food giveaway**
**1st Tuesday of the month – 5pm - 7pm**
**3rd Tuesday of the month 2 pm - 4pm**
**For more info or to set up an appt., call 701-444-3451 or www.mcfoodpantry.com.**

# Fairview Memories

THE FAIRVIEW NEWS THURSDAY JAN 11, 1962 AN INDEPENDENT NEWSPAPER

### The Fairview News Thurs, Jan 11, 1962

**Collins Mercantile Purchases Yellowstone Machinery Company**

Announcement was made recently of the purchase of the Yellowstone Machinery Co. of Sidney, by Collins Mercantile Co. of Fairview. Both concerns have the John Deere dealership.

According to information both stores will be operated by the local concern, and they stated that the store in Fairview will continue to serve the needs of customers in this area.

Irvin Atchison, who has operated the Yellowstone Machinery Co. since 1953, will move to Billings where he will have the John Deere industrial line and will service most of Montana.

The Collins Mercantile stated that they feel they will be in a better position to provide many advantages to customers through both stores.

### The Fairview News Thurs, Jan 25, 1962

**No Natural Fallout Shelters Available In Fairview Area**

Following a survey of this area this week, it was announced that there are no natural fallout shelters, due to the fact that there is no concrete covering overhead. There were several good locations but were not recommended due to the lack of the concrete cover.

The survey was made by Claude Hansen and Ray Leand, representing the firm of Orr, Pickering and Associates, architects and engineers of Billings.

### The Fairview News Thurs, Feb 15, 1962

**Local TV Club Will Conduct Funds For Channel 10 Relay**

Fairview TV club met last Sunday afternoon with a good attendance on hand, and it was voted to conduct a drive for funds to build a channel ten relay of Dickinson at a cost of approximately $600.

The relay will cover the City of Fairview and the immediate valley to the northeast and southwest of Fairview.

A meeting has been set for Sunday afternoon at 2:30 p. m. at the Lions club hall at which time the drive will be set up and divided into teams. Anyone interested in receiving channel 10 relay of Dickinson Channel 2 are urged to attend.

### The Fairview News Thurs, Feb 22, 1962

**Firemen Fish Fry And Stag Slated at Civic Center March 9**

With approximately 140 pounds of fish stored in a local locker, the Fairview Volunteer Fire department are completing arrangements for its annual Fish Fry and Stag to be held at the Fairview Civic Center Friday March 9, starting at 6 p. m.

Fish for the event were caught by local fishermen from the Nohly and Faiview area who braved the changable weather to secure the finned morsel of the river.

Tickets for the event are now on sale from any fireman, and from several business places in town.

Plans for the event call for refreshments, fish supper and games following. The proceeds from the event will go to the Fairview swimming pool bath house fund.

### The Fairview News Thurs, Feb 18, 1962

**Fairview Boxers Make Good Show During Sidney Bouts Saturday**

Fairview Athletic club sponsored boxers participated in the Sidney Junior Chamber fight card held at the old Sidney high school and won seven of the nine bouts they were entered in. The local fighters were coached by Bud Starr, local boxing promoter.

The best fight of the evening was the match between Ken Kutzler of Glendive, who lost by decision to Doug Lodge of Miles City.

The feature bout of the night found Don O'Brien of Sidney winning over Pat Harris of Miles City. It was stated that Harris must have been confused and thought he was doing his road work as the Irishman just could not catch up with him.

Other bouts found Chas. Voltz, Sidney, decisioned Perry Miller, Sidney; Rickie Taylor, Fairview, decisioned Rod Robson, Glendive; Dennis Welnel, Sidney lost to Bob Hines, Glendive; Harvey Welnel, Sidney, beat Larry Dassinger, Glendive; Dennis Hoffer, Williston won by a TKO over Fred Kutzler, Glendive; Roger Lewis, Fairview, beat Chas. Wendt, Williston.

Everett Crum, Fairview, won a split decision over Bruce Wegely, Williston; Pel Mel Miller, Fairview, won by a TKO in the 2nd round over Bob Henderson, Miles City; Boom Boom Miller, Fairview, beat Randy Ford, Miles City; Cliff Hanson, Fairview, won by a TKO over Denis Matt, Miles City.

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# Osteoarthritis Knee Pain?

## 4 Pain-busting Tips as the Weather Warms Up

(BPT) - If you're one of the millions of people who's been diagnosed with knee osteoarthritis, pain can put a damper on your enjoyment of warm weather activities.

"I was always an active person, going to the gym several times a week and working in my garden," says Mary Ann J. age 58, diagnosed with knee osteoarthritis several years ago. "I never sat still. Then, I started to develop knee pain. It affected the activities I enjoyed most."

If you find yourself planning activities around knee pain, avoiding exercise or still suffering in pain despite your current treatments, these four tips can help:

1. Get educated. Did you know that knee osteoarthritis is more than just cartilage loss? The fluid that cushions your joint may break down and bone spurs can develop. To learn more about what's going on in a knee with osteoarthritis visit www.healthline.com/OAK.

2. Make sure your doctor understands your knee pain. An X-ray can tell your doctor what stage your knee osteoarthritis is, but what really matters is how the pain is affecting you. Surprisingly, the stage of your osteoarthritis is not always connected to your amount of pain. Before your next appointment, write down a list of activities that have become more difficult because of your knee pain. For example, is knee pain affecting you at work? Are you not able to exercise as much as you'd like? Is the pain making it difficult to sleep?

3. Keep trying treatments until you find one that works for you. You may be familiar with pain pills and knee replacement surgery but there are many other options. Viscosupplement injections lubricate the joint and can provide up to six months of osteoarthritis knee pain relief. Older methods of the treatment required a series of three to five injections, but newer treatments require just one.

4. Don't wait too long to see a specialist. A doctor who specializes in knee pain can be very helpful in guiding you through all the treatment options, even in the early stages of knee osteoarthritis. The most common specialists for knee osteoarthritis are orthopedic surgeons, pain management, physical medicine and rehabilitation, and rheumatologists.

Most importantly, don't give up on finding options for managing your osteoarthritis knee pain. "After I was diagnosed with osteoarthritis of the knee and found the right doctor, we kept trying until we found a treatment that worked for me," says Mary Ann. "Now I'm able to enjoy the things I love again, like gardening. I was even able to take a trip to Europe!"

To learn more about knee osteoarthritis and find out about all your treatment options, visit www.healthline.com/OAK.

# Making Medicare Make Sense

## Answers To Some of The Most Commonly Asked Medicare Questions

Q: How Can I Cut the Cost of the Prescription Drugs that I Need to Stay Healthy?

A: There are several ways to cut the cost of your medicines, without compromising your health. For starters, talk to your doctor, and see if there are other, less-expensive medicines available. These can be generic formulations, lower-priced brand name medications, or even over-the-counter drugs. Switching can save you a lot of money.

If you can't switch, consider using a mail-order pharmacy, particularly for medicines you will be taking for a long time. Most of the time, you will pay less by ordering this way, and renewing your order is as simple as a phone call. Be sure to check with your doctor about getting a prescription that can be renewed.

If you're not already part of a Medicare prescription drug plan, which is Medicare Part D, joining one can help, too, especially if you have multiple prescriptions, or must take expensive brand-name drugs. In most cases, you can only join a plan during the open enrollment period in the fall, but there are some exceptions.

One exception is for people who qualify for Medicare's Extra Help in paying for prescriptions. If you meet the limited income and resources qualifications for this program, the cost you pay for your prescriptions drops sharply, and in many cases, you won't have to pay a monthly premium for the plan at all. And, if you qualify, you can enroll in a prescription drug plan immediately, without waiting for the open enrollment period, to start cutting costs as quickly as possible. To apply for Extra Help, contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or you can apply online at www.socialsecurity.gov.

Q: Are There Other Prescription Drug Savings Options if I Don't Qualify for Extra Help?

A: Yes, there are. In some locations, a State Pharmaceutical Assistance Program (SPAP) can help. These programs are available in 23 states, and help people with Medicare pay for the premiums of their Medicare Part D drug plans, and/or help cover the out-of-pocket costs for medicine you have to pay at the pharmacy. To find out if your state has such a program, visit www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx.

There are also programs run by drug manufacturers that can reduce the cost of medications they manufacture. Many, but not all, manufacturer programs can be used by Medicare beneficiaries. To find out if there is a program offered by the manufacturers of the drugs you take, and whether you qualify, visit www.medicare.gov/pharmaceutical-assistance-program/index.aspx.

There are also national and community-based programs that may offer assistance, such as the National Patient Advocate Foundation, or the National Organization for Rare Disorders. Information on these assistance programs can be found on the BenefitsCheckUp website, www.benefitscheckup.org.

Finally, to get help finding these resources, you can call your State Health Insurance Assistance Program (SHIP). You can get free, knowledgeable, unbiased, and personalized counseling. The SHIP phone number for your state is on the back page of your Medicare & You handbook, or you can get their number by calling Medicare's toll-free helpline, below.

If you have a question about Medicare, call 1-800-MEDICARE, which is, 1-800-633-4227. Medicare's national toll-free helpline is available 24 hours a day, seven days a week, or visit www.medicare.gov or log onto www.healthcare.gov to read more about the Affordable Care Act.


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# Culbertson High School Graduation • May 24th at 1 pm

Kendra Bets His Medicine

Taylor Bridges

Shayne Cochran

Grace Cooper

Ella Crowder

Samantha Fell

Elizabeth Hendrickson

Paxton LaQua

David Manning

Braden Miller

Charmayne Necklace

Erica Nickoloff

Renee Oelkers

Courtney Sorteberg

Colton Zahn

# Lambert High School Graduation • May 7th at 11 am

Cameron Gomke

Lars Kvaalen

Christian Prevost

Erich Pust

Christoffer Sommerfeld

Charles Lane Verschoot

Brandon Whitney

# Bainville High School Graduation • May 7th at 11 am

Stephanie Egemo

Chance, Hyatt

Aaron Knudson

Daniel Wendt

# Medicine Lake High School Graduation • May 18th at 4 pm

Ray Christensen

Tristan Ereth

Hanna Haynie

Jalen Hendrickson

Lacey Hove

Nicole Kirby

Rayanna Mason

Cordel Nelson

Tanner Schmitz

Bryanna Seidel

Alexandria Spencer

Frankie Stringer

Christofer Tufton

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# Savage High School Graduation • May 17th at 1 pm

Austin Jensen

Clara Jepsen

Rachael Oliver

Michael Reynolds

Jordan Skaley

# Froid High School Graduation • May 17th at 1 pm

Cheyenne Danielson

Andy Engelke

Tanner Holtan

Layne Johnson

Alicia Mason

Dallas Reiland

Kassandra Smith

Raymond Smith

# Richey High School Graduation • May 17th at 3 pm

Audrey Helmuth

Grace Kavanaugh

Austin Schultz

Michelle Switzer

Trey Switzer

# Fairview High School Graduation • May 24th at 3 pm

Brett Berry

Justin Beiber

Kyra Candee

Erin Cozzens

Kory Danielson

Amber Friesz

Hannah Hardy

Trisha Hurley

Dillon Karst

Abby Lebsock

Michael Lyons

Sean Murphy

Kordell Obergfell

Haelee Spaabeck

Breeanna Stevens

Matt Strasheim

Christopher Trumpower

Austin Wicorek

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# Sidney High School Graduation • May 18th at 2 pm

Juan Cruz Aguilar

Joshua Alexander

Daria Anderson

Savannah Asay

Zachary Bachmeier

Isabella Banta

Zachary Beagle

Caleb Benson

Paul Brannan

Lexie Brunsvold

Cheyenne Chamberlain

Ethan Chamberlain

Destiny Chreiman

Ethan Clock

Garrett Darby

Kaitlyn Darlington

Logan Deming

Kaylyn Dingfelder

Keevin Edam

Koby Edam

John Elmore

Dace Fisher

Glennda Foust

Connor Frank

Robert Frank

Marianne Gartner

Ariana Gaskin

Kali Godfrey

Riley Goff

Ryan Goff

Jessi Harmon

Erin Harris

Alexander Harwood

Dakota Hayden

Colton Hecker

Christopher Herren

Victoria Hill

Rietta Iversen

Megan Johnson

Kody Kain

Kyle Keller

Austin Kendall

Jade Larson

Leah Larson

Brandon Lassey

Carson LeFors

Chisum Lewis

Fredy Mata

Tyler Mathern

Ashleigh McGhee

Jessica Mendoza-Alvarez

Bryan Messer

Nicole Monsen

Luke Montgomery

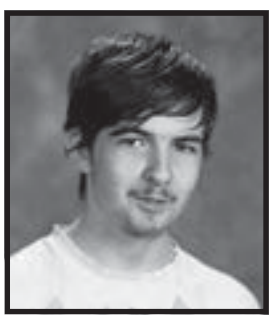
Jakub Moore

Jozi Moore

Nicole Moore

Colin Moran

Cash Nesper


Joseph Pecot

Reanna Peterson

Rylee Peterson

Tristan Potts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# Sidney High School Graduation • May 18th at 2 pm

Alexis Prevost

Dominique Radke

Kacie Ramus

Sam Reid

Jeremiah Rhines

Braydn Rooks

Jesse Sanchez

Tresha Sanders

Layne Schafer

Emily Schaff

Chantz Schow

Kennedi Sheehan

Hailey Smith

Cody Steinbeisser

Ryan Steinbeisser

Seth Stephenson

Jordan Stevens

Sheridan Sundheim

Toree Tofte

Jared Troudt

Taylor Utgaard

Philip Vasko

Alyssa Waddell

Michael Waddell

Shaun Walla

Jenifer Wilson

Daryn Wolff

Kali Zadow

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# Congratulations!

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*- Ayn Rand*

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## Lunch Menus

### Sidney School
**Thurs., May 15:**Corn dogs, oven wedges, peaches, cookie.
**Fri., May 16:** Chicken fried steak, mashed potatoes, mandarin oranges, dinner roll.
**Mon., May 19:** Chef's choice.
**Tues., May 20:** Chef's choice.
**Weds., May 21:** Chef's choice.

### Fairview School
**Thurs., May 15:** Hamburger stroganoff over noodles, peas, fruit, bread.
**Fri., May 16:** Super nachos, rice, carrots, fruit.
**Mon., May 19:**Hot dogs, pasta salad, broccoli, fruit.
**Tues., May 20:** Soup & sandwich, raw vegetables, fruit.
**Weds., May 21:**Burritos, nachos, beans, fruit.

### East Fairview
**Thurs., May 15:** Taco in a bag, rice, corn, peaches.
**Fri., May 16:** Hamburger, pickle spear, corn, pears.
**Mon., May 19:** Ham, mac & cheese, salad, pineapple.
**Tues., May 20:** Chicken pot pie, green beans, applesauce.
**Weds., May 21:** Beef stroganoff, buttered noodles, peas, peaches.

### Rau School
**Thurs., May 15:** Sack lunch.
**Fri., May 16**: Pizza day.
**Mon. May 19:** Cook's choice.
**Tues., May 20:** Sack lunch.
**Weds., May 21:** BBQ.

### Richey School
**Thurs., May 15:**Sloppy joes, chips, cole slaw, fruit, salad bar.
**Fri.,May 16:** Chicken tenders, mac & cheese, green beans, pears, salad bar.
**Mon., May 19:** Turkey & noodle casserole, peas, fruit, salad bar.
**Tues., May 20:** Steak fingers, french fries, baked beans, fruit, salad bar.
**Weds., May 21:** BBQ pork sandwiches, cole slaw, chips, fruit, salad bar.

### Savage School
**Thurs., May 15:** Croissants, potato soup, various salads, moon pie.
**Fri., May 16:** Subs, potatoes, pineapple.
**Mon.,May 19:** Cook's choice.
**Tues.,May 20 :** Chicken a la king, veggies, fruit.
**Weds.,May 21:** Hot dogs, smiles, fruit.

### Lambert School
**Thurs., May 15:** Chicken fried steak, mashed potatoes, gravy, corn, fruit.
**Fri., May 16:**Super nacho, fresh veggies, cookie.
**Mon., May 19:**Cook's choice.
**Tues., May 20:** Cook's choice.
**Weds., May 21:** Cook's choice.

### Culbertson School
**Thurs., May 15:** Baked potato bar with cheese, sour cream, bacon bits, butter, peaches.
**Fri., May 16:** Cheese or pepperoni pizza, salad, pineapple chunks.
**Mon., May 19:** Cook's choice, fruit cocktail.
**Tues., May 20:** Cook's choice, mandarin oranges.
**Weds., May 21:** Cook's choice, pears.

### Froid School
**Thurs., May 15:** No hot lunch today.
**Fri., May 16:** Codfish sticks, scalloped potatoes, corn, salad bar.
**Mon., May 19:** Fajitas, refried beans, taco bar, fruit.
**Tues., May 20:** Smorgasbord.
**Weds., May 21:** Sack lunch.

# Overlay and Widening Project Planned for a Section of Montana Highway 16 Near Savage – Richland County

**Submitted by Lori Ryan**
**Public Information Officer**

The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to overlay about 8.6 miles and widen portions of Montana Highway 16, near Savage, MT in Richland County. The project begins south of Savage, at reference post 28.9 and extends north for approximately 8.6 miles ending near a canal bridge at reference post 37.5.

Proposed work includes widening for passing lanes on the northern portion of the project, the addition of left-turn lanes at County Road 110 (beet dump), shoulder widening through Savage, a plant mix overlay, and finishing with a seal & cover (chip seal), upgraded pavement marking, rumble strips, signage and guardrail.

The project is tentatively scheduled for construction on completion of all project development activities and availability of funding. New right-of-way may be needed; however, relocation of utilities will be required.

For more information, please contact Glendive District Administrator Shane Mintz at (406) 345-8212 or Project Design Engineer Steve Heidner at (406) 3458247. For the hearing impaired, the TTY number is (406) 4447696 or 1-800-335-7592, or call the Montana Relay at 711. Members of the public may submit written comments to the Montana Department of Transportation Glendive office at PO Box 890, Glendive MT 59330-0890, or online at www.mdt.mt.gov/mdt/comment_form.shtml.

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