

Golden Roundup

August 2011

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Senior Commodity Distribution Center Moves To New Location

By Lois Kerr

The Richland County senior commodities distribution center has moved to a new location, for what volunteer coordinator Eunice Lathrop hopes is for the last time. Qualified Richland County seniors can now collect monthly commodities at the old Extension Office, located in the Nutter Building, 123 W. Main. "Use the west door with the ramp," says Lathrop. "We've waited for this move for two years. The ramp makes it easy to unload the semi and it also is user friendly for seniors using walkers or wheel chairs. This makes our senior commodities accessible for everyone."

The senior commodities program supplies a variety of foodstuffs for eligible seniors over 60 years of age. Each senior receives approximately 35 lbs. of food each month, with supplies including canned goods, juice and some sort of protein such as beef stew or salmon. "This program is intended to supplement a person's diet, so he or she eats nutritional food," Lathrop remarks, "The food comes from the U.S. Department of Agriculture and is shipped from Helena every two months. Action for Eastern Montana, Glendive, handles the paperwork and administers the program, but the food, approximately 6000 lbs. of it destined for Richland County, comes directly from Helena, and I administer the program from Sidney. I determine eligibility, help unpack the supplies, package the food for individual distribution, and see it gets distributed properly."

Lathrop determines eligibility based on individual incomes. "Single people who have an income of \$1180 or less qualify for the program, and two people with a combined income of \$1594 or less also qualify," she explains.

The program, available for all eligible seniors throughout Richland County, receives much needed assistance from local service organizations that volunteer time to help with the unloading of the commodities. "The Lions and the Kiwanis take turns unloading the semi when it arrives every two months," Lathrop remarks. "We unload at 6:30 a.m. I also have a crew of six people who then help package and distribute approximately 3000 lbs. of food every month. Most seniors come and pick up their commodities every month, but we do make deliveries to those who are unable to come in person."

Lathrop has served as volunteer coordinator for the Richland County senior commodities program since its inception in the late '90s. She feels the program provides essential service for low income seniors. "We want to be sure seniors have something of what they need as far as nutritional food in their home," she remarks. "The program won't feed

them for a month but it will help. This is all about seniors helping seniors."

She adds, "People think this is welfare, but it is not. These are supplies shipped by the Department of Agriculture. Seniors are often very proud and refuse this help, as they have worked all their lives and don't feel they should take this food. However, eligible seniors deserve it and should take advantage of the program if they qualify."

Lathrop currently has a case load of 96 seniors. The list of those who receive commodities changes nearly every month as circumstances change for individuals on the list. Therefore, if a senior not currently listed as a recipient would like to begin receiving food each month, he or she can contact Lathrop and be placed on a waiting list. "If I have a full case load, I put people on a waiting list," Lathrop explains. "The list changes every month, so those who are waiting generally don't have to wait too long before getting on the list."

The next distribution of commodities will occur on Aug. 23 from 9 a.m.-12 noon at the Nutter Building, 123 W. Main, Sidney. Anyone who thinks they are eligible and would like to receive commodities each month may contact Lathrop at any time at 488-8126. "I have the applications," Lathrop concludes. "The program is here, so if people qualify, they ought to take advantage of this opportunity."



Qualified Richland County seniors can now collect monthly commodities at the old Extension Office, located in the Nutter Building, 123 W. Main.



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Biking The Canal Road

By Lois Kerr

Nothing beats a peaceful bike ride along a quiet little path, and nothing works better as a magnificent biking trail than the Lower Yellowstone Irrigation Project's Main Canal road. This meandering gravel roadway along the edge of the main canal provides miles of hassle-free biking. I meet a vehicle or another person on that road perhaps once a week, and considering I spend a lot of time all spring, summer, fall and in winter until the snow gets too deep walking or pedaling a bike on portions of that little used track around Crane, traffic and unwanted company presents no problems.

I love the canal road as much or more than I enjoy walking the rails, and walking the railroad tracks has always been a favorite of mine, so that tells you the pleasures I derive from using the path along the main canal. The trek along this waterway provides great scenery, open spaces, very little contact with humanity, and I always see something new.

Water fowl nest and feed on the water and along the banks. Beaver and mink call the area home, and I see endless creatures skulking along the banks, slinking through the grass, or darting among trees. The list includes birds of all description, from small sparrows to large birds of prey, deer, fawns still sporting their spots, skunk, fox, coyotes,

snakes, and on occasion a sighting of a blue heron or other relatively unusual animal or bird.

One year two cranes stayed for nearly a month in the grassland near Gartside Dam, feeding along the canal and screeching vociferously at me and my dog when we ventured too close to their territory. Another time I saw an eagle resting in a treetop, surveying the countryside beneath him.

The Yellowstone's waters that fill the canal all summer tells me about the weather upstream. Sometimes the waters run dark and opaque, quite refreshing-looking on a hot day. Other times because of rain upstream or a recent local rain, the water runs coffee-with-cream color, muddy and unhealthy-looking. I can't imagine anyone wanting to swim in the canal at all, as it has undertows, eddies and all sorts of unknown objects resting near the bottom, but I truly cannot fathom anyone even contemplating a swim in such dirty water. However, I have seen teenagers taking a swim when the canal waters run brown and choked with mud.

I do enjoy packing my pistol along with me and taking pot shots at the twigs and debris that floats along the water. This detritus makes great target practice.

The terrain varies as I ride along on my bike. I see farm fields growing green with lush crops. I see pastureland,



swamp areas, manicured lawns, and places where Russian Olive have taken over, offering shelter for all sorts of creatures that prefer that I don't catch sight of them. They move so quickly that catching them on camera has proved next to impossible for me. The scent of the breeze changes constantly. Depending on the season, I may smell plum blossoms, plowed earth, fresh cut alfalfa, newly dug beets, the odor of pine, catch a whiff of manure, or any other of a host of scents that let me know I am outside in the fresh air.

Just pedaling along the track gives me pleasure. The warmth of the sun on my back, the breeze lifting my hair from my sweaty forehead, the scenery and the multitude of scents that reach my nose as I pedal along make each and every bike ride more than worthwhile. My trusty bike, a gift from my sister and brother-in-law several Christmases ago, has car-

ried me faithfully for miles and miles and miles, most of them along the main canal road and its laterals.

When I can no longer ride a bike or take my walks, it will be time for me to cash in my chips and call it quits.



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Cornerstone Of Philanthropy



Staci Miller

By Staci Miller

Foundation for Community Care

Philanthropy is about giving of yourself, whether it is with money or your time. All you have to do is care about something – an organization, a cause or a mission – and give something of yourself to support that which has touched your heart.

It is an understanding of the existence of things that somehow transcends personal interests that prompts the true *spirit* of charity. Out of this understanding, we make conscious decisions about much more than obligatory giving. It is somewhere in the midst of this process – in the decision to share a life, to be part of a charitable work – that every one of us has experienced the truth that is the cornerstone of *philanthropy*...that it is, indeed, in giving that we experience the greatest gifts.

As summer winds down, take a moment to reflect on the people touched by your acts of charitable trust. Every dollar given can be connected to a child, a parent, a grandparent, a friend, or a neighbor having benefited from your contribution to the Foundation for Community Care.

To ensure we would always have quality healthcare, the founders of the Foundation for Community Care established a community savings account, called an endowment fund. Some of the earnings from the endowment fund are awarded each year to fund area healthcare needs. One hundred per cent of every donation made to the Foundation for Community Care stays in our community. In May, \$236,713.98 was given back to our community. These resources touched thousands of residents in the MonDak area.

The Foundation for Community Care offers those who care about our community a way to make a difference right here at home by making tax-deductible contribution. For more information on how you can leave a legacy in our community, stop by our office at 221 2nd Street NW, Sidney, or send us an email at smiller@foundationforcommunitycare.org. We will provide you with a confidential, personalized illustration that will ensure that you get all the tax benefits that our laws provide. You should always consult your own financial professionals and advisors.

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August Puzzle Answers

Alphabet Soup: complex, jumbo, cavity, reply, titan, ankles, condor, nation, acrobat, lupine, gigantic, bovine, squirt, sandwich, bodyguard, harrow, confuse, leonine, rumpus, idealize, story, backlash, corridor, master, lichen, receive

Make-a-word: curvature, eavesdrop, whetstone, haystacks, overdraft, appraised, shortages, pragmatic, biography

Anagram: maroon, lavender, burgundy, sienna, cobalt, magenta, heather, turquoise, amber, bronze, fuchsia

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Surviving The Storm



This photo was sent by Keri Bolinder, taken on her husband's cell phone while they were at the Lion's Den in Lambert Friday evening.

By Lois Kerr

It's one thing to see pictures and hear horror stories that others have to tell after a vicious weather system has passed through an area. It's quite another to find oneself at the center of that raging storm, unable to do anything but wait until the event ends before picking up the pieces. Brad and Peggy Ann Strupp, Crane, found themselves caught on the road, pulling a 16 foot loaded cargo trailer when the horrific hail and 110 mph windstorm struck Savage on July 29. The wind flipped their trailer, jamming it into the tailgate of their truck, and they had no option but to wait until the torrential rain stopped before they could even begin to assess the damage and look for a way out of their predicament.

"We were coming back from Billings with a trailer load," says Peggy Ann. "It came across the radio that there was a storm cell at the Richland and Dawson County line. We were headed right into it, but we were on the piece of road under construction, the shoulder was soft, we had no place to turn around, no place to go, and no place to stop, so we kept going."

The Strupps hoped to miss the brunt of the approaching storm, but they knew they faced serious weather conditions when they saw dark twisting clouds above them. "Brad could see swirling clouds, but I couldn't see them at first from the passenger seat," Peggy Ann remarks. "To the east

I could see streams of white light opposite the sunset, like a search light sending up several beams from the same point. The clouds were black and then they turned white, and everything was spinning and swirling. There was a tractor trailer truck about a third of a mile ahead of us and we could see the trailer flopping back and forth, and the wind was whipping round bales and rolling them like marbles."

She continues, "I was frightened looking at the clouds. There was a beautiful sunset to the west but it was pitch black overhead. I've seen tornado weather before so when I looked at those clouds I knew it could get very ugly."

The Strupps witnessed a huge cottonwood tree split in half near a house on the road ahead of them. The tree split down the middle and half of it fell onto the road. This scary event provided enough distraction that when the wind lifted Strupps' truck and trailer, causing the trailer to fall over onto its side, they had no time to feel fear. "A tree by a house split and half of it fell across the road," Peggy Ann comments. "I was watching the tree fall and it distracted me enough so that I didn't realize our danger until I felt the truck lift and the trailer blow over. The tongue of the trailer jammed into the tailgate of the truck, the trailer lifted off the ball, the receiver twisted, and the trailer hitch let go. The chains stayed attached and jerked the truck. We couldn't move."

The front of the Strupps' pickup truck remained on the

highway as the rain continued to come down in torrents. "The toppled trailer lay off the highway, past the rumble strip, but the front of the truck was sitting at a 45° angle on the road," Peggy Ann says.

The Strupps sat, stranded, waiting for the storm to pass. Peggy Ann tried dialing 911 but she had no cell service at that point. However, passersby did stop and inquire if the Strupps were OK or needed assistance, a fact Peggy Ann appreciates. "It was still raining, but every single vehicle that passed stopped to make sure we were all right," Peggy Ann notes. "We had no cell service so we did ask people to call in when they reached an area with service."

The storm finally moved on, and at that point, approaching vehicles stopped, pulled over, and tried to figure out a way to help. A crew of workmen in two separate vehicles stopped, and they had the knowledge and most of the tools needed to set the trailer upright.

"They jacked up the truck to relieve the tension on the chains," Peggy Ann remarks. "We got the truck off the road and then the men decided to lift the trailer, which was leaning and on its side. They blocked traffic, hooked on to the axle under the trailer, and then someone with a heavy work truck jerked the trailer back upright."

With a ruined hitch, the only way the Strupps could get the trailer home that night was again through the generosity and kindness of strangers. "Our hitch was twisted so we had no way to secure the trailer to the truck," Peggy Ann comments. "One of the work crew gave us a receiver and ball so we could limp home."

Although the entire situation caused enormous tension, the Strupps express deep appreciation for

the help they received from everyone. "This was very stressful so I didn't even get names or the business the crew worked for, but I am very grateful and impressed," Peggy Ann states emphatically. "People were very helpful and even the ones who couldn't help us were friendly, polite, and tolerant of the situation. Just the idea that people stopped to offer help meant a lot to us."

An amazing fact awaited the Strupps. They expected to find the contents of the trailer totally destroyed, but unbelievably, they lost very little in the accident. "We had large amounts of glass in the trailer," Peggy Ann says. "We had two French doors and an exterior door with a large window in it, we had an unsecured ladder, and three coolers full of food. We were sure it was all gone."

She laughs and adds, "The doors were fine. We had oranges, cherries, strawberries and dog food all over the trailer, and some of the oranges were smashed, but everything else was fine, including all the glass in the doors."

Peggy Ann will not forget this adventure for quite some time. She also says she learned from this experience. "If I am ever hauling a trailer again, especially if I have horses in the trailer, and I think I may encounter a storm like this one, I will find a way to turn around," she concludes. "We thought we couldn't turn around where we were, but after experiencing this, somehow, some way, I will FIND a way to turn around to avoid another situation like this one."



Above: The 110 mph winds blew the Strupps trailer over onto its side. **Left:** Some of the visible damage caused by the overturning of the trailer.

Observations On The Aging Process From A Front Line Participant

Becoming My Mother



Lois Kerr

By Lois Kerr

Way back when the world was young and my sister and I rode pterodactyls to school, I remember the two of us looking at a picture of our mother, who must have been the frightful age of 40 or so at the time the picture was taken, and laughing as we pointed out the frumpy (to us) dress, the antiquated hairdo, and my poor mother's sagging body parts. In our arrogance, we assured ourselves and each other that no way, never for all eternity would we ever look like our mother.

Of course, as usual the joke is on me. I pulled out a box of pictures the other day and that very same picture stared up at me with what I swear was a smirk (yes, pictures can mock you, trust me on this). I figure I am at least 20 years older now than my mother was when someone snapped that not-terribly-flattering picture. Yep, the dress still looks frumpy to me, the hairdo definitely was not very appealing, and sure

enough, the body parts did indeed droop. However, the face staring back at me looked younger than I remembered, and as I looked closely at the picture, I realized I definitely have become my mother, at least in looks, a fact my sister recently pointed out to me when she told me that I was the spitting image of our mother. "You look just like her," she said one night.

I thought about my own older-looking body, my own less-than-stylish clothing, and my hair that I keep permed so I don't have to do anything more with it than run a comb through it once or twice a day. Hmm, what did I find so hilarious about that picture when I was young and stupid? Remembering with chagrin the way my sister and I chortled at that picture when we were silly and naive, the pomposity we felt when we assured ourselves that we would NEVER look like that, that we would age gracefully and almost imperceptibly, made me laugh ruefully.

Of course, I am my mother, in a lot more ways than in looks. The lessons she taught, the ethics she instilled in us and the way she did tasks have ingrained themselves into my core. I can still hear her admonishing me when I do something she would find wasteful.

I also have aged no more gracefully that she did, in fact, probably not as well, as even up to the day she died at 90 years of age she kept herself looking nice. She wore well-tailored nice clothes, far nicer than I even own, much less wear.

We do become our parents in many more ways than we like to imagine. It's too late now to apologize to my mother for my youthful arrogance, but I suspect she would forgive me in an instant.



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Fairview Memories

The Fairview News

THIRTY-SIXTH YEAR, NO. 1

THURSDAY, MARCH 16, 1933

AN INDEPENDENT NEWS PAPER

Bank Officials to Liquidate Assets

That the board of directors of the Fairview State bank has turned over business and assets to the state banking department was the information made public this morning, Thursday.

This decision followed a meeting of the board of directors which was held yesterday evening. The bank had previously been closed with hundreds of others through the state.

It is understood that the directors have voluntarily asked for a receivership and express belief that it will pay out 100 percent to every depositor.

The fact that the directors do not believe that they will reorganize under the new governmental plan is a severe blow to this community as it was the only banking institution here, and its loss will be felt by both town and country businesses.

Montana Assembly Ready For Repeal

Assuming that Governor Erickson finds no objection to the methods pursued, Montana apparently is "all set" for any change in the federal prohibition laws, according to associated press writers.

Three measures were passed by the recent legislature in anticipation of congressional action modifying the present statutes.

On authorizes a statewide convention as required by the repeal bill, another established regulations for the sale of liquor and the third for beer.

Montana's action with reference to repeal is left, as to time, in the discretion of the governor. He may call a special election for choosing delegate to a state convention to act on the question. If he calls no special election, the delegates are to be selected at the first statewide election, which will be the primary a year from next July.

\$5 and \$10 license fee for cars is proposed

Only approval of the governor now stands in the way of \$5 and \$10 automobile licenses for Montana people.

As passed by the legislature, \$5 will be the fee for all cars weighing less than 2,750 pounds and for one-ton trucks. All other automobiles will pay \$10 and 1 1/2-ton trucks will be charged that amount. Fees for all other trucks are the same as now charged.

The law becomes effective immediately on its approval by the governor.

Thlicense year begins March 15.

The bill carries a rider which diverts to the use of the city of Butte one-half the proceeds of license fees collected from its residents.

Sioux Pass Corn Club Has First Yearly meet

On Feb. 25 the Sioux Pass Corn and Pork Club held its first meeting of the year at the Sioux Pass school house.

At this meeting, officers for 1933 were elected:

President, Stanley Swenson
Vice president, Philip Anderson
Treasurer, Ray Norby
Secretary, Art Sorteberg
Local leader, Harry Anderson.

The next meeting will be held at Ben Anderson's on Saturday, March 11, at 10 a.m.

Reprinted as published in Fairview News Mar. 9, 1933

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Exercise Your Brain

By Lois Kerr

ALPHABET SOUP: Insert a different letter of the alphabet into each of the 26 empty boxes to form words of five or more letters reading across. The letter you insert may be at the beginning, middle or end of the word. Each letter of the alphabet will be used only once, so cross off each letter as you use it.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

S	C	O	M	P	L	E		E	N	C	E	R	I	O
W	A	X	T	R	E	N		U	M	B	O	X	I	S
O	M	I	S	S	E	C		V	I	T	Y	A	L	S
B	E	Y	C	A	R	E		L	Y	F	I	S	H	Y
I	N	S	T	A	T	I		A	N	C	A	K	E	S
S	H	A	R	T	A	N		L	E	S	S	E	S	H
P	H	R	E	C	O	N		O	R	T	I	V	M	E
V	I	N	S	T	A	R		A	T	I	O	N	P	Y
S	T	Y	E	C	L	A		R	O	B	A	T	I	O
D	I	S	Q	U	A	L		P	I	N	E	F	U	L
R	O	T	R	A	G	I		A	N	T	I	C	H	E
A	R	C	O	M	B	O		I	N	E	B	A	C	K
T	H	M	O	R	A	S		U	I	R	T	F	R	Y
W	I	T	S	A	N	D		I	C	H	R	I	C	H
B	O	D	Y	G	U	A		D	E	N	T	L	Y	S
M	O	D	S	C	O	R		A	R	R	O	W	I	N
J	A	D	I	C	O	N		U	S	E	R	A	T	E
S	H	A	M	M	E	R		E	O	N	I	N	E	R
D	I	S	C	O	R	U		P	U	S	H	M	E	N
S	I	D	E	A	L	I		E	R	I	C	K	O	N
O	R	E	S	T	O	R		B	A	T	E	C	H	I
S	L	U	M	B	E	R		A	C	K	L	A	S	H
B	O	R	E	L	I	C		R	R	I	D	O	R	E
F	R	C	O	M	M	A		T	E	R	N	L	Y	O
M	I	S	S	T	A	L		C	H	E	N	P	A	L
S	C	O	R	R	E	C		I	V	E	R	M	I	N

Anagram Groups:

Rearrange the following groups of letters to form related words

COLORS

OROMAN

VALEDREN

DRUBGUNY

ASINEN

LOBCAT

AMAGNET

HEARTHE

QUITESOUR

BREAM

ZORBEN

SHAFICU

MAKE-A-WORD: Place the 3 letter groups into the empty squares before and after the given letters to complete 9 letter words. Words read across only.

- AFT
- APP
- BIO
- CKS
- CUR
- EAV
- GES
- HAY
- ONE
- OVE
- PHY
- PRA
- ROP
- SHO
- SED
- TIC
- URE
- WHE

			V	A	T			
			E	S	D			
			T	S	T			
			S	T	A			
			R	D	R			
			R	A	I			
			R	T	A			
			G	M	A			
			G	R	A			

See answers on page 6.

Older Adults Can Get Pertussis Protection

The Montana Department of Public Health and Human Services has announced that the U.S. Food and Drug Administration recently approved a vaccine to prevent tetanus, diphtheria, and pertussis (whooping cough), to vaccinate persons aged 65 or more. The vaccine, marketed under the trade-name Boostrix, is given as a single-dose booster shot and is the first vaccine approved to prevent all three diseases in older people.

Pertussis is a serious bacterial infection that causes respiratory illness. Pertussis is characterized by a cough that can last a month or more, and can cause pneumonia and death. In Montana, the number of reported cases of pertussis has increased in the last three years, with 72 reported cases thus far in 2011.

"Pertussis is a highly contagious disease, and outbreaks have occurred among the elderly in nursing homes and hospitals," said Anna Whiting Sorrell, DPHHS director. "But pertussis can be controlled through proper vaccination. With the approval of this vaccine, adults aged 65 years and older

now have the opportunity to receive a vaccine that prevents pertussis, as well as tetanus and diphtheria."

Unvaccinated infants and school-age children are most at risk during pertussis outbreaks, but infections can occur in any age group, especially in settings where people are close together. DPHHS urges all persons, including those older than 65 years of age, who have contact with infants, and those who have not yet received a dose of adult pertussis vaccine, to be immunized. Lisa Underwood, DPHHS immunization section supervisor, emphasized, "The new vaccine also protects against two other diseases, tetanus and diphtheria."

The bacteria that causes tetanus that live in soil, dust and manure, and usually enters the body through wounds. Tetanus causes paralysis. Diphtheria usually causes sore throat, swollen glands, fever and chills. If not properly diagnosed and treated, serious complications such as heart failure or paralysis can result. Both tetanus and diphtheria are rarely reported in Montana; however pertussis outbreaks continue to occur statewide.

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Heat Stress In The Elderly

Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:

Elderly people do not adjust as well as young people to sudden changes in temperature.

They are more likely to have a chronic medical condition that changes normal body responses to heat.

They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following: An extremely high body temperature (above 103°F); Red, hot and dry skin (no sweating); Rapid, strong pulse; Throbbing headache; Dizziness; Nausea.

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include: Heavy sweating; Paleness; Muscle Cramps; Tiredness; Weakness; Dizziness; Headache; Nausea or vomiting; Fainting; Skin: may be cool and moist; Pulse rate: fast and weak; Breathing: fast and shallow.

What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:

Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)

Rest

Take a cool shower, bath, or sponge bath.

If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)

Wear lightweight clothing.

If possible, remain indoors in the heat of the day.

Do not engage in strenuous activities.

What You Can Do to Help Protect Elderly Relatives and Neighbors

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress:

Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.

Encourage them to increase their fluid intake by drinking cool, nonalcoholic beverages regardless of their activity level.

Warning: If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.

Take them to air-conditioned locations if they have transportation problems.

What You Can Do for Someone With Heat Stress

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

Get the person to a shady area. Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously. Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F. If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Do not give the person alcohol to drink. Get medical assistance as soon as possible.

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DID YOU KNOW?

By Mary Friesz
Injury Prevention Specialist
Richland County Health Department

According to 2010 Montana Injury Burden Report: "Nearly half of fall related deaths occur in the home. In 2006 Montana had the fourth highest fall fatality rate for all ages in the United States." It only takes minutes to identify, control and eliminate the hazards around your home that cause to slips and falls.

- Clear clutter off the floor. (pick up newspapers, books, shoes, toys, magazines, clothes etc.)
- Secure or use non-skid rugs or avoid area throw rugs all together
- Take extra care with changes in floor surface. (such as when carpet meets tile floors)
- Wipe up spills immediately
- Always keep steps and staircases clear of debris and well lit
- Close drawers and cabinets
- Use a sturdy step stool (not a chair), when

you need to reach up into those top kitchen cupboards

- Install actual grab bars by the toilet, shower and tub. (note: towel racks, soap dishes etc. are not designed to hold a person's weight) Use a shower chair and handheld showerhead if prone to falling
- Use non-skid bath mats by the shower and sink. (they help absorb splashes) & use rubber mats or slip resistant stickers in the bathtub
- Watch where you're walking, avoid distractions; stay focused on what you're doing
- Keep driveways and walkways free of debris, ice and snow

By taking the time to make your home safer you are giving yourself time to enjoy life... One fall could take months to recover from if complete recovery is even possible. Doctor and hospital bills could amount to thousands of dollars. Loss of independence is a top concern for older individuals. Remember injuries are preventable. For further information contact Richland County Health Department.

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The Golden Roundup is distributed the Wednesday closest to the middle of each month. The August news and ad deadline is September 7.

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Don't Underestimate The Power Of Herbal Teas

By Rosalie Marion Bliss

Those who enjoy the caffeinated lift that comes from drinking traditional coffees and teas may tend to overlook the benefits of drinking herbal infusions. Now, as explained in this month's issue of Agricultural Research magazine, the idea that herbal teas may provide a variety of health benefits is no longer just folklore.

U.S. Department of Agriculture (USDA)-funded scientists in Boston, MA, have looked into the science-based evidence of health benefits from drinking three of the most popular herbals in America. Diane McKay and Jeffrey Blumberg are at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, Boston. Both work in the center's Antioxidants Research Laboratory, which Blumberg directs.

The Agricultural Research Service (ARS), USDA's chief intramural scientific research agency, supports the HNRCA through an agreement. The work also was funded by Boulder, CO-based Celestial Seasonings, a brand of The Hain Celestial Group, Inc.

Chamomile tea has long been considered a brew that soothes. But when Blumberg and McKay reviewed scientific literature on the bioactivity of chamomile, they found no human clinical trials that examined this calming effect. They did, however, publish a review article on findings far beyond sedation, describing test-tube evidence that chamomile tea has moderate antimicrobial activity and significant antiplatelet-clumping activity.

The researchers also describe evidence of bioactivity of peppermint tea. In test tubes, peppermint has been found to have significant antimicrobial and antiviral activities, strong antioxidant and antitumor actions, and some antiallergenic potential. Based on a human clinical trial, the team also has reported that drinking hibiscus tea lowered blood pressure in a group of prehypertensive and mildly hypertensive adults.

McKay and Blumberg have concluded that the available research on herbal teas in general is compelling enough to suggest further clinical studies.



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