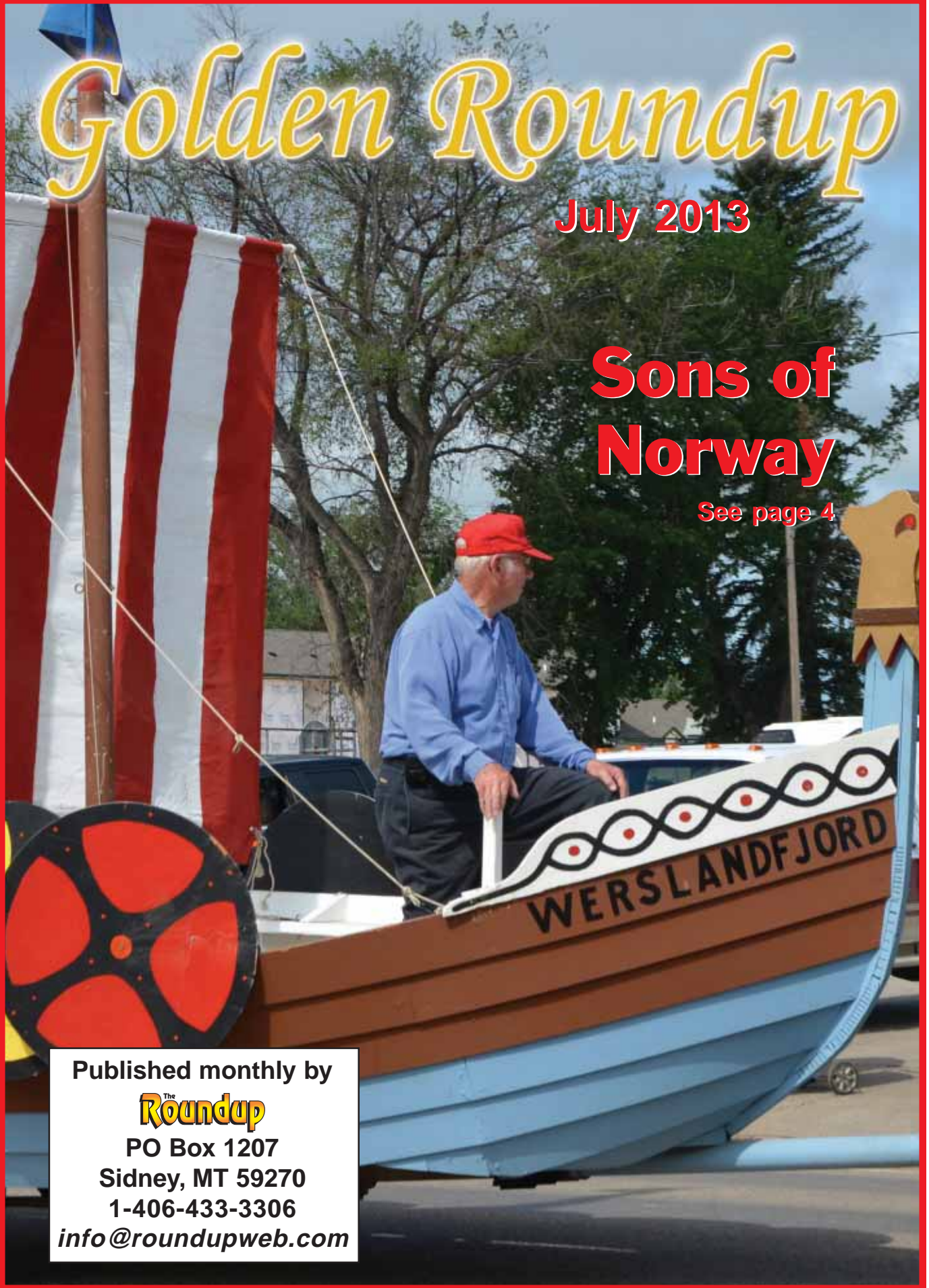


Golden Roundup

July 2013

Sons of Norway

See page 4



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Fairview Memories

THE FAIRVIEW NEWS

THURSDAY, AUG 4, 1983

AN INDEPENDENT NEWSPAPER

The Fairview News Thursday, Aug 4, 1983

Blake Works To Get Baseball Diamond Fixed

Vivian Blake recently undertook a project to get the Fairview Baseball Diamond repaired.

Blake says, "The whole idea began when I set out to get a scoreboard for the diamond." She further said that, "I always wanted to know the score of the game when I was watching so I went to see if I could get a scoreboard donated.

That turned out to be pretty easy. Blue Rock Products said they would donate the score board."

Blake felt that the Babe Ruth, the Little League and the other teams using the field should be proud of it so she went on to figure out what fixing up the diamond would cost. The whole project would cost about \$4,440. The total given is just a rough estimate of the total cost of the project.

The Jaycees who have taken over the

sports boosters have volunteered their time and energy to put up the fence and do the work at the diamond.

Since they are willing to do the project Blake is continuing to work on getting the necessary supplies and funds.

Warpula Rental is willing to donate forming material and reinforcing rod for the cement pads. These pads would go under the bleacher and dugouts.

W.L. Neu will supply the machinery and operator to lay the dirt for the infield.

Three hundred and sixty five feet of drill stem pipe for the back stop was donated by Superior Oil.

B.O.S. has said they would donate the welding for the backstop.

So far the school has allocated \$1,000 to be used for this project. The Lion's Club has also contributed \$500 for the baseball diamond. This leaves the project \$2,940 short of its goal.

At the present time the project is waiting for notification from the county on the revenue money distribution. The city council submitted a request for money toward

the project.

Mrs. Blake spoke to the County Commissioners and they should reach their decision by Monday, August 15.

The main expense involved in the project is a chain link fence. It alone costs \$1,760. This chain link fencing would be used on the east side of the diamond so people wouldn't drive across the diamond. The fence is also needed on the

backstop.

Completion of this project will allow over 70 kid to enjoy their summer sport on a good field.

When the school board made their decision to help the project out it was because so many children are affected and involved in this sport. The track and football field have been fixed up so now the baseball diamond is the last one needing repairs.

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Come Home To Crestwood!

Velkommen Hjem! Welcome Home!

By Michele Seadeek

The Sons of Norway promotes Nordic heritage every year at the Richland County Fair. This group is an international fraternal benefit society that promotes, preserves, and cherishes the heritage of Norway and other Nordic countries. The first lodge was formed on January 16, 1895 on the promise to preserve a rich culture of knowledge and skills. Here in Sidney we are privileged to have Lodge #489. According to Charlotte Anvik, the group's social director, the Sons of Norway provides on a regular basis many opportunities to learn about and enjoy this wondrous culture through activities provided to the public.

From cooking lessons for those interested in the tastes and smells of Norwegian cuisine, carving classes that focus on traditional techniques, stitchery of traditional world design, knitting that uses Nordic patterns and colors, to Norwegian language instruction and rosemaling painting, this group provides a large array of amazing learning opportunities. An interesting note to be made here, as Charlotte informed me, is that the local stitching group has been meeting for over thirty years. The skills of artistry are beautiful and detailed and show the dedication of the members to their ancestry.

Rosemaling painting is a technique that many of us have seen regularly in our lives but maybe did not quite know the heritage. Rosemaling is a traditional Norwegian style of painting that uses vibrant bold colors and shading that is folkloric. It came into existence around 1750 in the low-land eastern areas of Norway. The term "rosemaling" itself means decorative painting. More information can be found at the local heritage center or at www.rosemaling.org. The pieces that are on display at the lodge are festive and use the curves and floral images that are present in traditional rosemaling techniques.

This year the Sons of Norway will again provide their traditional menu at the Richland County Fair from July 31 to August 4. The Sons of Norway food booth at the fair has a



Sons of Norway members hard at work at the fair booth.

long history of providing traditional foods from the Nordic heritage. They will be serving Vikings, the Norwegian fried batter dipped meatball on a stick, and Norskis, fried bread dough with a sugar and cinnamon dusting, as well as beverages. The Sons of Norway booth is located in the long row of food booths at the Richland County Fairgrounds just across from the old commercial building.

The success of this fundraising effort is primarily due to the volunteer hours of members and friends of the Sons of Norway Lodge #489 according to Lodge President Mark Halvorson. However, Halvorson also states that "it is also a community effort and the members of the Lodge are very grateful for other contributions such as the use of the former M3 Meats and the Baker Boy facilities to prepare the Vikings and the Elks Lodge for donating ice." Proceeds from this food sale go toward maintaining the Sons of Norway Cultural Center located at 714 E. Main, Sidney, managing Lodge business, funding Sons of Norway social functions and continued promotion of the Sons of Norway through donations to area-wide community organizations.

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Dr. Kessler provides primary care services to people of all ages, both acute and chronic problems, and is especially interested in helping people with ongoing health problems. He and his wife, Shelley, have lived in Sidney since 1986. To make an appointment with Dr. Kessler, call his office at 488-2550.

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Change Your Home & Lose Weight

By Ludmila Keller

When making bad choices can be so easy, being healthy becomes a difficult task. A nutritious diet and physical activity are the keys to a healthy lifestyle. While achieving this may seem like a daunting undertaking, there is something you can start with today to change your life: Remodeling your home.



Over 60% of adults in Montana are overweight. Several factors can lead to weight gain: lack of exercise, low fruit and veggie intake, large portion sizes, eating out, etc. Further, our built environment plays a significant role in health issues. For instance, with high-sugar, high-fat foods readily available in grocery stores and restaurants, it's easy to fall off the wagon. While we cannot control our outside environment, there is a lot we can do to control and improve our home environment.

Here are a few easy tips to remodel your home for a healthier lifestyle.

1. **Food on the counter:** It may sound too good to be true, but one of the easiest ways to increase your fruit and vegetable consumption is to put fruits and veggies on the

counter. Research showed that proximity and visibility of a food increases our consumption of it. So, let's store away chips, candies and soft drinks, and keep a pretty bowl with healthy snacks on our kitchen counters.

2. **The top-shelf:** Studies have shown that we are more likely to grab whatever is on the top shelf. We can make healthy choice the easy choice by moving healthy foods like fruits, yogurt and milk to the front of the top shelves of our fridge. Similarly, put unhealthy foods like chips and cookies away, and make healthy snacks available by placing them in the front row of your cupboards.

3. **Re-think your dish:** Over the past 30 years, portion sizes in restaurants and food packages have steadily increased. The larger amounts of foods served to us may have affected our judgment of what is a normal or healthy portion size. Surveys found that the majority of American adults attempt to "clean their plates". The logical result of this is that we eat more when we are served more. By downsizing our dishes, we can serve smaller portions and therefore decrease our caloric intake. Consider purchasing small plates, cups and glasses. For instance, pour soft drinks only in small glasses to decrease your intake of high-sugar beverages.

4. **Inefficiency:** When we arrange our furniture or dishes, we usually aim for the most efficiency. While efficiency regarding cleanliness and energy use is certainly something to strive for, in other areas efficiency can actually hinder physical activity. To increase our daily activity levels and improve our health, we should consider making our home (and work office) less efficient. We can start by leaving all foods in the kitchen area and away from living areas (living room, bedroom or office). That way we always have to get up and move to enjoy a snack. To be even more inefficient, leave your cell phone in the next room instead of carrying it with you. If you want to receive the call or text message, you will have to walk. So, stay active by being inefficient.

For any questions about living healthy, you can contact Richland County Extension Agent Ludmila Keller at 406-433-1206 or e-mail at ludmila.keller@montana.edu.

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