

Golden Roundup

November 2013

Iron & Fireworks

See page 12

Published monthly by

**The
Roundup**

PO Box 1207

Sidney, MT 59270

1-406-433-3306 *info@*
roundupweb.com

Larsen Drug Welcomes New Pharmacists



**Jenna
Wahlstrom**



**Kelsey
Linseth**

Submitted by Debbie Larsen

As we get older, many of us wonder what kind of influence we'll have on generations after us. In the case of John O. Larsen, and Larsen Service Drug, his decision to become a pharmacist and to move to Watford City and open Larsen Service Drug in 1952, would set a course for four future members of his family. His two sons, and two granddaughters would all choose to follow in his footsteps and become pharmacists. John would get to enjoy running the family business with his son, Larry, for many years, and, even though he would pass on, John's passion for his profession and love of his store and his customers would have a profound impact on his granddaughter, Jenna.

Jenna grew up dreaming of becoming a pharmacist like her dad and grandpa and being part of the family pharmacy. From serving ice cream at the soda fountain, to restocking the beanie baby rack, to going to the Minneapolis gift market with her mom, Jenna grew up experiencing and loving everything about the drugstore. This summer, Jenna's dream finally came true. She graduated from NDSU with a Doctor of Pharmacy degree, passed her boards, and finally joined her dad at the family pharmacy her grandpa had started so many years before.

Those years Jenna was dreaming of joining the family business were quiet years in western ND. Larry and Debbie wondered whether it would even be feasible for Jenna to come back. Would there be enough business to support two full-time pharmacists? Then, while Jenna was away at college, the oil boom hit. Day by day, as more and more

people came to town, Larry and Debbie realized that, yes, they would have a job for Jenna, and, they began to think that they might actually have a job for another pharmacist as well.

Jenna's sister, Michelle, had already established her pharmacy career as a hospital pharmacist in Bismarck. Where to find that other pharmacist? Jenna's best friend at pharmacy school, Kelsey Hesch, had been a bridesmaid in Jenna's wedding to Sheldon Wahlstrom, of Alexander, ND, in 2009. As fate would have it, Kelsey walked down the aisle, accompanied by groomsman, Erik Linseth of Keene. Fast forward to the summer of 2013, when Kelsey would get her Doctor of Pharmacy Degree, pass her pharmacy boards, move to Watford City, and walk down the aisle with Erik again, as they would become Mr. and Mrs. Erik and Kelsey Linseth. Kelsey was the perfect choice to be that one more pharmacist Larsens needed. So the pharmacy team became complete.

Sixty-one years since 1952, Larsen Service Drug has grown to include two locations, serving Watford City and McKenzie County, and New Town and the surrounding area. From the original support staff of 1 ½ employees, Larsen's now provides jobs for not only the three full time pharmacists, but 16 support staff as well, and they all live by John's original philosophy focusing on service, and treating customers like family. That is a legacy that Larry and Debbie like to think John O. Larsen would be really proud of, and one that, they hope, will become their legacy as well.

It's All About Saying Goodbye



Fulkerson Funeral Home

www.fulkersons.com

315 2nd St. NW Sidney, MT 59270

406-488-2805

email: ffh@fulkersons.com

Williston • Tioga • Watford City

701-572-6329

email: ffhnd@ruggedwest.com



*Welcome
Home to
The Lodge*

Senior Living at its Best

- Security
- Three Meals a Day
- Wellness Monitoring
- Activities
- Transportation
- Services for Individual Needs



THE LODGE
Managed by
SIDNEY HEALTH CENTER

*Come Live
With Us!*

1015 7th Avenue SW • Sidney, MT • 406-488-4682

Visit us online: www.lodgeatlonetree.org



Crestwood Inn

410 3rd Ave. S.W. • Sidney • 433-3721
crestwd@midrivers.com

"Retirement Living At It's Best"

- Large 1 bed apartments • Individual climate control
• Close to downtown • Transportation available
Activities • Noon meals • Support Services
Security cameras



Come Home To Crestwood!

Isn't it time to update
your hearing too?



Phonak Ambra

A lot has changed since the invention of the first hearing aid. Phonak Ambra offers the most modern technology in a design that's as discreet as it is attractive.



Ashley Anderson, Doctor of Audiology

To schedule an appointment call: **488-2184**



ASHLEY ANDERSON, AuD
AUDIOLOGY & HEARING AID SERVICES

A Professional Partner of
SIDNEY HEALTH CENTER

214 14th Ave SW, Suite 100 • Sidney, MT • 406-488-2184

Ask The Pharmacist: Expert Advice for Navigating Medicare Part D Enrollment

(BPT) - If you're confused about health care reform and Medicare, you're not alone. Medicare Part D open enrollment is underway and thousands of Americans are looking for answers.

A new survey from Express Scripts titled, "Fifty States of Confusion," confirms that seniors are misinformed about how health care reform will impact their Medicare benefits.

"It's worrisome; one-in-five seniors think they'll be able to enroll in a health or prescription drug plan through a public health insurance exchange," says Paul Reyes, an Express Scripts' pharmacist and host of Ask the Pharmacist radio series. "These exchanges are part of the Affordable Care Act, but are only for uninsured people under the age of 65."

Although Medicare Part D has been around since 2006, with some states offering upwards of 36 different plans, the survey revealed that 60 percent of seniors still think that choosing the right Medicare plan is confusing. And with more than half of seniors falsely believing they'll be paying more for their prescriptions drugs as a result of health care reform, they are taking matters into their own hands.

"Seniors are skipping doctor's appointments, delaying medication refills and skipping medication doses," says Reyes. "These misconceptions may not only cost seniors, but could also lead to decisions that may be bad for their health."

Whether you are preparing to enroll into a Medicare Part D plan or you're helping a family member or friend, Reyes provides some tips to simplify the process.

* Know the basics: You are eligible for Medicare Part D when you turn 65. Enrollment began on Oct. 15, 2013, and ends on Dec. 7, 2013. If you miss this deadline, you won't be able to enroll again until fall of 2014, unless you qualify for a special election period. If you're eligible (age 65), and neglect to enroll in Medicare Part D on time, you will be faced with a penalty when you do join the program.

* Do your homework: Consider the premium, deductible



and co-pays when assessing the overall cost of the plan. Make sure that the drugs you need to take are on the plan's formulary (the list of covered medications). Also, look at the plan's network of pharmacies. Some plans, like the Express Scripts Medicare Choice Plan, offer a preferred pharmacy network, which could save you money.

* Care and convenience: Consider a plan with round-the-clock pharmacist access to help you get the support you need and the savings you want from your plan. Pharmacists can identify shortcuts to help you stick to your treatment regimen and avoid potentially harmful drug interactions.

* Making the most of your Medicare dollars: To achieve the most value from your Part D plan, make sure to take your medications as prescribed, use generic medications when clinically appropriate, ask about home delivery and take advantage of the free preventative screening and vaccinations under Medicare Part B.

To help seniors and caregivers make informed decisions, Express Scripts' developed a consumer eGuide titled "Navigating Medicare and Reform: A Roadmap for Seniors and Caregivers," available at www.roadmapformedicare.com. Seniors can also visit www.medicare.gov to learn more about the available Medicare Part D plans in their region.

STAMPEDE

By Jerry Palen



"I can't find my glasses.
Does it say 5 pills or 50?"

Golden Roundup INFORMATION

Mail or email your comments about the Golden Roundup publication or any of the stories we carry.

We ask our readers to submit stories, photos and advertising for publication. Photos are always welcome.

The address is P.O. Box 1207, Sidney, MT 59270 and the email is info@roundupweb.com or any of the other emails we have listed. The phone number is 1-406-433-3306 or toll free 1-800-749-3306. We also appreciate your advertising.

The Golden Roundup is distributed the Wednesday closest to the middle of each month. The December news and ad deadline is December 11.

Jody Wells, Publisher

Dianne Swanson, Marketing Director

Erin Wells, Business Manager

Laurie Nentwig, Marketing Representative

Don't Make People Learn A New Phone Number!

**Take Your Home Phone
And Number With You!**

ONLY \$20⁰⁰ MONTH
WITH A SERVICE CONTRACT

Unlimited Local And
Long Distance Calling!



ELECTRICLAND

The Shops At Fox Run • Sidney • 406-433-4370
M-F: 9am - 5:30pm • Sat: 9am - 4pm
101 Merrill St • Glendive • 406-377-3645

Adding Traditional Twists to the Thanksgiving Meal

(BPT) - Across America, families will be spending Thanksgiving together, and more than likely, enjoying the same menu items they've enjoyed in years past. Interestingly, more than half of Americans would embrace adding new foods or new preparations to the Thanksgiving table this year, and many think that side dishes provide the perfect opportunity to experiment, according to the findings of a new survey.

The survey conducted by Pillsbury reveals that 89 percent of Americans say preparing homemade foods shows their loved ones how much they care. However, many think the Thanksgiving meal is the most stressful of all holiday meals to make, and 72 percent are always looking for tips and tricks to prepare their dishes quicker.

The survey also shows how new food trends are shaping today's Thanksgiving table. While some households are starting to offer alternatives to turkey, more are incorporating vegetables into their meals. Green beans, corn and carrots are among the top vegetables that Americans will serve for Thanksgiving. Other side dish staples include stuffing or dressing, potatoes, yams, sweet potatoes and cranberries. With the need to reduce meal preparation time, and the interest of many to incorporate new dishes to their traditional meal, an easy and delicious dish such as Sweet Potato Casserole Crescents is one that will surprise and delight friends and family members.

Pie is a traditional Thanksgiving element and many families will end their meal with the pumpkin variety, the top Thanksgiving dessert served across America, according to the survey. Apple and pecan pies are close followers.

"We often hear from consumers that they want to make a homemade pie for their holiday celebration, but they find making the pie crust challenging," says Madison Mayberry, Pillsbury food editor and entertaining expert. Her recom-



mendation: make a homemade pie using a Pillsbury Pie Crust, found in the refrigerated aisle at your supermarket. The pre-made crust allows you to unroll, fill, top and bake, saving time and making it easier to bake a delicious pie. Mayberry recommends adding one of these popular pie recipes to your holiday meal: New Fashioned Pumpkin Pie, Perfect Apple Pie, or Salted Caramel Pecan Pie.

New-Fashioned Pumpkin Pie

Ingredients:

1 box Pillsbury refrigerated pie crusts, softened as directed on box

2 eggs

3/4 cup sugar

1 1/2 teaspoons pumpkin pie spice

1/2 teaspoon salt

1 can (15 ounces) pumpkin (not pumpkin pie mix)

1 can (12 ounces) evaporated milk (1 1/2 cups)

Directions:

1. Heat oven to 425 F. Place pie crust in 9-inch glass pie pan as directed on box for One-Crust Filled Pie.

2. In large bowl, beat eggs with wire whisk. Stir in remaining ingredients until well blended.

3. Pour into crust-lined pan. Bake 15 minutes. Reduce oven temperature to 350 F; bake 40 to 50 minutes longer or until knife inserted near center comes out clean.

4. Cool completely, about 2 hours. Store in refrigerator.

Tradition holds true across the country when it comes to Thanksgiving dinners. But with emerging food trends, and families trying to incorporate time-saving techniques and modernizing some of the classic recipes, today's Thanksgiving table has a bit of a new look from years past.

For more Thanksgiving holiday recipe ideas, visit Pillsbury.com.

The Other Place

Get Ready For The Holidays!

New Fall
& Winter
Fashions!

Great Gift
Ideas For
Everyone!

105 Broadway, Culbertson | 406-787-5211 • Mon-Sat: 10am - 5pm



Visiting Physicians

• November 2013 •

6 - Dr. Emad Dodin
- Interventional Cardiology

7 - Dr. Mark Noel
- Audiology Services

12 - Dr. Erdal Diri
- Rheumatologist

21 - Dr. Mark Noel
- Audiology Services

26 - Dr. Erdal Diri
- Rheumatologist

27 - Dr. Samir Turk
- Pacemaker Check

To make an appointment with any of these
specialists call 701-572-7711.

1321 W. Dakota
Parkway
Williston, ND
701-572-7711
1-800-735-4940

**Everything We Do
Is Because Of You**

Great Christmas Idea!



Many
Styles &
Colors to
Choose
From

...Like a helping hand.



**Our Gift Cards
Will Be Appreciated
By All Ages!**

One
Store
2 Locations

Big Bucks Welcome

JOHNSON

HARDWARE & FURNITURE
— since 1913 —



406-433-1402 • 111 S. Central Ave., Sidney, Mont.
www.johnsonhardwareandfurniture.com
Hours: Mon.-Fri. 8 a.m.-5:30 p.m. • Sat. 8 a.m.-5 p.m.

Gift Certificates... Easy To Mail & Fun To Receive!



The Other Place
Fashions & Footwear for the whole family!
105 Broadway • Culbertson • 406-787-5211
Hours: Mon-Sat: 10am - 5pm

FINNICUM'S
Culbertson, MT Furniture



Friendly Atmosphere & Service
Relaxed Lounge Area • Appetizers • Pizza

FREE Tap Beer & Well Drinks for Casino Patrons
Full Bar
Cold, Cold Beer

Basket Meals, Pizza & More!

CLUB ROYALE CASINO

Mon-Sun: 8am - 2am
222 S. Central, Sidney
406-433-7222



THE SHACK
HAS BEEN GIFTED.

ELECTRICLAND

RadioShack Authorized Dealer

Shops at Fox Run | 410 N. Central, Sidney
406-433-4370

Electricland of Glendive
101 S. Merrill Ave. 406-377-3645



The Gift for the Person That Has Everything.

A Do It Best Gift Card

Badlands Hardware

701-842-3321 • 104 N Main • Watford City, ND
8 a.m.-7 p.m. Mon.-Fri.; 9 a.m.-6 p.m. Sat.; 12-5 p.m. Sun.



Get Them Exactly What They Want!

200

With National Brand Gift Cards!

Sears, Applebee's, OLD NAVY, LOWE'S, MONEY

Barrett Pharmacy & Variety
701-842-3311 • 143 Main • Watford City, ND



Cattle-ac GIFT CARD

Put Us On Your Shopping List

Cattle-ac
Nite Club • Casino • Steakhouse
433-7174
Sidney, MT

Always In Good Taste



HAPPY HOLIDAYS

 Appliances 	<ul style="list-style-type: none"> Firearms Fishing & Archery Columbia Under Armour <div style="text-align: center;"> </div>
---------------------------	--

 & Casino <small>804 South Central Avenue, Sidney, Montana (406) 433-4636</small>	 Restaurant, Lounge & Casino <small>207 2nd Avenue NW, Sidney, Montana (406) 433-4999 or 433-4338</small>
ORDER BY PHONE 8AM - 4PM MON - FRI: 406-433-4354 Buy one gift card and they are good for both places!	

Family Restaurant
"It's Always Sunny at Sunny's!"
 Open 5am - 3pm Mon-Fri
 Open at Midnight Fri til 3pm Sat
 Open at Midnight Sat til 2pm Sun
 Sundays & Bar Runs are breakfast only

HAPPY HOLIDAYS
Call Us For Delivery
433-1971
Sidney, MT

For All
Your
(Christmas)
Building
Needs

PROBuild

100 14th Street SE, Sidney 406-433-2012
 Mon.-Fri. 7:00 am - 5:00 pm • Sat. 8:00 am - 1:00 pm
www.probuild.com

THE DEPOT

Casino

POKER KENO

HAS PIZZAZZ

PIZZA & FINE FOODS

• WE DELIVER •

Hwy. 16 S, Sidney
406-433-4650

Tri Fecta

Home Center

Furniture • Decor
Paint

1051 S. Central Ave • Sidney, MT • 406-433-9898
 Open Mon-Sat: 10am - 6:30pm
 Sun: 1pm - 5pm

Empowering Patients to Become Self-health Advocates Through Use of Technology

(BPT) - Advances in technology have shaped the way we communicate and have enabled the modern-day patient to easily connect with medical experts, patient advocates and others living with their disease. Through computers, handheld devices like tablets and smart phones, and social media, patients are also able to instantly access credible information - something that could not have been imagined until recently. Digital tools and online resources have become especially beneficial for people living with rare health conditions, such as sarcomas or malignant tumors that are often difficult to diagnose.

Sarcoma Awareness Month was recently commemorated in the United States and is an opportune time to raise awareness among those people unfamiliar with sarcomas, while also empowering patients living with the disease to be their own best advocates. One way patients can self-advocate is by using available digital resources to obtain information about their condition.

For example, for patients with gastrointestinal stromal tumors (GIST), a rare, life-threatening sarcoma that is primarily found in the gastrointestinal (GI) track and most often found in the stomach or small intestine, the journey to a correct diagnosis may take years as symptoms are not present in earlier stages of the disease. Once diagnosed, the journey has just begun, and patients should understand how to best manage their disease. Patients with GIST can use online resources to take charge of their health by following these steps:

- * **Form a healthcare team:** Form a multidisciplinary team of healthcare professionals (e.g., gastroenterologist, medical oncologist, surgeon, pathologist) to ensure that patients and doctors are working together to help achieve the best outcome.

- * **Continue the conversation:** Keep the lines of communication open with a doctor. Don't hesitate to ask questions or reach out to healthcare professionals between regular visits.

- * **Connect with others:** Join online or live support groups to connect with other patients and exchange personal experiences. A recent study from Japan showed that in today's era, social media, including Twitter, are valuable resources for the sharing of psychological support among the cancer community.

To further assist patients with GIST with managing their condition, Novartis recently launched two new digital resources:

- * **The GIST Network YouTube Channel:** Featuring videos to support GIST patients and their caregivers with patient stories and tips from medical experts.

- * **"Assess the Risk" Mobile App:** Geared to educate healthcare professionals on how to assess the risk of recurrence of GIST and facilitate the discussion between healthcare professionals and patients.

"With the availability of new digital tools, such as the 'Assess the Risk' mobile app, new lines of communication are being formed between patients and doctors, which is truly remarkable," says Dr. Robert Andtbacka of the Huntsman Cancer Institute. "Working with a team of physicians and connecting with other patients are both integral parts of the patient journey."

As technology continues to evolve, it is important that patients living with a rare condition such as GIST continue to be their own health advocates and work with their healthcare professionals to determine a disease management plan that is best for them.

For more information about GIST and to hear other patient stories, please visit the GIST Network Channel on the Novartis YouTube Channel: www.youtube.com/GISTNetwork. Healthcare professionals can download the "Assess the Risk" app on a mobile device, by texting APP to 59629 or searching GIST Cancer Risk Novartis in the App Store or Google Play.

We Buy...Scrap



Sidney, MT
(800) 548-6364 • (406) 433-1301
www.pacific-steel.com

- **Aluminum**
- **Copper**
- **Brass** • **Iron**
- **Vehicles**

See us for
**Fencing Materials,
Gates & Panels**

Netzer Law Office, PC

- Estate Planning • Social Security
- Disability • Bankruptcy • Real Estate

As a debt relief agency, we help people file bankruptcy

Licensed in Montana and North Dakota

1060 S. Central Ave. Ste. 2, Sidney, MT
406-433-5511 • netzer@midrivers.com

Fairview Memories

THE FAIRVIEW NEWS
THURSDAY JAN 10, 1935
AN INDEPENDENT NEWSPAPER

President's Ball At Sidney Sat., Jan. 30

The president's annual birthday dance will be held at the Legion hall in Sidney Wednesday night, Jan. 30, as a benefit for infantile paralysis sufferers and it is expected that over 500 tickets will be sold over the county for the affair, 70 percent of the proceeds to be held to defray the costs of treatment of those so afflicted in this county and territory.

A county-wide committee has been appointed to promote the ticket sale and attendance at the dance which is a nation-wide affair inaugurated by President Roosevelt last winter at this time as a benefit for his Warm Springs, Ga., infantile paralysis foundation to which was given the proceeds in one check drawn by the president in an amount in excess of \$1,000,000. This year a much larger fund will be realized with the intense nation-wide interest in the project, and every community in Richland county will want to be one the honor roll in the ticket sale for the dance at Sidney as the benefit may be for its own local sufferers from the dread malady.

Ted O'Brien of Sidney is general chairman and Max Mathews of Fairview, vice chairman for the dance, and Fairview member of

the general committee are Mayor Duncan Noyes, Editor Robert Alling, Postmaster J.C. Johnson, Supt. G.M. Warner, Dr. Carroll Lund, Dr. F.O. Harrold and Mrs. J.A. Bird.

Firemen To Stage Equipment Dance

Detailed arrangements for the Fairview fire equipment benefit dance which will be held at the Orpheum on Jan. 12 were completed at the regular meeting of that organization in the new city hall on Tuesday night.

The event is not the department's annual dance which is held in the spring but is an extra one given at this time to raise funds for much needed fire hose. The hose was ordered some little time ago and arrived this week as well as a splendid nozzle which gives property owners immediate fire protection through the new town water system.

Business men and others have already contributed a large amount in cash and it is hoped the dance will finance the remaining cost of the hose. Everyone in the locality should give the event strong support.

At the Tuesday meeting the fire department authorized their membership to be increased to 20 and accepted the application of John Sannon that night.

14,110 Cattle Bought By Gov't. In Richland

A total of 978 cattle were purchased by the government for the amount of \$13,909 on the re-opening of the cattle buying program, making a total of 14,110 head of cattle that have been purchased by the government out of Richland county during the past year, according to information received from the extension office at Sidney.

These cattle were received at Savage, Culbertson, Brockton, Sidney, Fairview, Lambert and Richey. The shipments included 513 two-year old steers purchased for a total of \$9,335 or an average of \$18.20, 167 yearlings for \$2,425 or an average of \$14.52, and 298 calves for \$2,149 or an average of \$7.21.

The Ford V-8 for 1935
IS NOW ON DISPLAY IN OUR SHOWROOM.
Come in and see it — You will be delighted.
Prices F.O.B. FAIRVIEW

5 window coupe	\$655.00
Tudor sedan	670.00
Fordor sedan	736.00
Pickup, closed cab	624.00

De Luxe Models Slightly Higher

Yoder-Kincaid Motor Co.
Your Ford Dealer
FAIRVIEW, MONTANA

SUNDAY-MONDAY
POWER IN A BLUE MOON
MOVE THE MIDGEBOE... MAY 12
MOVE THE MIDGEBOE... MAY 12
GOODEIGHT, TOWEY, LITTLE LADY

"WE'RE NOT DRESSING"

Bing Crosby

CAROLE LOMBARD
HARRY BURNS & ALLEN
ETHEL MERMAN
LEON ERROL
A Paramount Picture
Directed by NORMAN KRASNA

News and Shorts

N.E. NEU
CONSTRUCTION, INC.



Fairview, MT 59221
Office: 406-742-5549

Eldridges Making a Difference in Fairview

By Dianne Swanson

Paul and Joan Eldridge of Fairview will never be "old". They have a great sense of humor, a willingness to work hard, a never ending curiosity and a generous spirit.

Paul is the driving force behind the Lighting of the Bridge and Fireworks which took place last Saturday at the Fairview Bridge. A chance conversation a few years ago at a Chamber of Commerce meeting got the wheels turning and Paul started creating huge lighted ornaments to place on the bridge. So far, he has made a giant star, snowflake, church, horse and sleigh, Christmas packages and a wreath. The Chamber added fireworks and the event was an instant success. The lighted ornaments now decorate Sundheim Park beginning at 5 p.m., with the fireworks starting at 7p.m.

"It's a nice holiday kickoff," Paul said. He noted that the community has been great about lending generators, making donations toward the fireworks, and helping with the extensive set up and tear down. "And our professional fireworks man, Craig Paulson does an awesome job," he added.

Paul and Joan are also the organizers of the Annual Craft Show and Bazaar which also took place last Saturday at the Fairview School. Through their hard work, the show has grown into one of the best in the MonDak region, featuring a wide variety of craft items and baked goods from over 30 vendors.

In their younger years, both Eldridges had careers that required extensive travel and long hours. Paul was a state and federal meat inspector in a 5 state area, while Joan traveled from Watford City to Mohall with MDU. After 28 years on the job, Paul began farming and continued as meat inspector part time, traveling to Scobey 2 to 3 times a week. In 1987, Joan left MDU to take a part time position with WIC in Sidney. At the same time, Eldridges started an antique business and Joan did tole painting. They got out of the antique business a few years ago. And found other challenges.

With lots of hard work and a generous measure of talent the couple creates iron treasures that grace churches, businesses, homes and yards all over the United States and beyond.

On a trip to South Dakota in 1994, Joan saw a huge ranch sign and told Paul, "You're going to do that." At first he did not agree, but on the long trip home the couple discussed it and came up with a plan. "A month or two later, we had bought the equipment and started another business," Paul said. Joan draws the designs and Paul cuts and paints the iron. The brainstorming they do together. They don't always agree and laugh about how the male and female brains work differently. They often have the same idea in mind, but don't realize it until each one draws a picture of what they're thinking. "We giggle about it afterwards," Joan said. "It's a family deal," she added. "We bounce ideas off the kids and they help with the brainstorming."

Eldridges take their Iron Works to shows to sell. This year, they will do 8, down from a high of 13 a few years ago. Paul enjoys visiting with the vendors and the shoppers. "I like to learn from others," he said. Joan likes talking with the vendors and getting new ideas. "We've made awesome



Paul Eldridge with some of his ironworks.

friends over the years, in North and South Dakota and Montana," she said. They prefer to do juried shows which require sending in a DVD of the production, and a photo of the product. "Just because you're accepted one year, does not mean you're accepted the next," Joan explained. "You have to apply each year." Shoppers vary from the winter and summer shows. Fall and winter shoppers are typically looking for gifts while summer shoppers tend to be buying for themselves.

Iron Works designs come in all sizes and shapes. Using recycled iron from Pacific Steel, Paul uses a plasma cutter operated by hand. "You're not going to find these designs downtown," he stated. The largest piece Eldridges have done is a 32' X 20' ranch sign. They just completed a 9' X 7' dragonfly for a lady from Minnesota, and designed a mosquito for a ranchette called Mosquito Bend. Unique grave markers dot cemeteries throughout the area, and the new sign at the Fairview Cemetery was completed by Eldridges. Signage and sculptures also grace the exteriors of several churches including Fairview Alliance, the Presbyterian Church and Zion Lutheran in Fairview. They have also been invited to set up at a stop on the Montana Angus Tours in years past.

Iron flowers, both large and small are a popular item, as well as oil field sculptures such as drilling rigs, work over rigs, and pump jacks. Joan also does intricate mosaic tile work that graces tables made by Paul. The street light signs

in Fairview were also created by Eldridges. "And we've done the bridge many times," Paul said. "We try to come up with something new every year," Joan said. Custom orders are always welcome and shipping is available. "We've shipped items all over the country," Paul said.

Paul and Joan enjoy what they do, and enjoy giving back to the community. As for the Iron works, Joan said they will keep doing it as long as they feel like it. "Or until we come up with something new," she said, laughing.

See their unique art at St. Matthew's Craft Bazaar in Sidney Friday and Saturday, December 6 and 7, or call them at 701-744-5346.

Philippine Islands Fun Trip!

February 9th - 23rd

Personal guide shares retirement, medical, real estate, recreation & nightlife options in this

tropical paradise!

Seminars. Island-hopping.

Guaranteed small tour group.

Call Robert at 574-281-2683



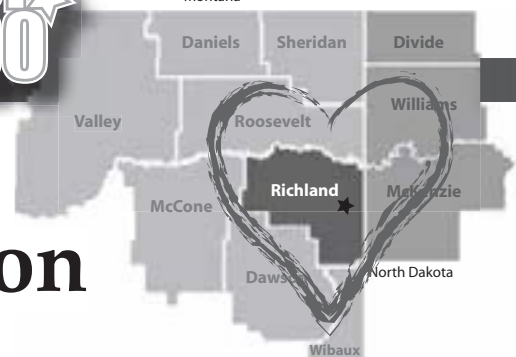
**SIDNEY
HEALTH
CENTER**
CANCER CARE

Featuring State-of-the-Art Radiation Therapy & Chemotherapy



- Streamlined Patient Care in One Convenient Location
- Montana's First TomoTherapy Hi-Art Radiation Treatment System
- Four Private Chemotherapy & IV Therapy Infusion Bays with Windows
- Private Outside Entrance to the Cancer Care Center with Designated Parking

Montana



Located in the Heart of the MonDak Region

Medical Oncologist - Jorge Nieva, MD: On-Site Clinic Hours 2 Wednesdays Each Month

Full-Time Radiation Oncologist - Lyle Harrison, MD: Face-to-Face Patient Care during Every Radiation Treatment Session

214 14th Ave SW • Sidney, Montana • Phone: (406) 488-2504 • Visit us online at: www.sidneyhealth.org/services/cancer-care

Why Older Adults Must Understand Their Flu Vaccine Options and Get Vaccinated

(BPT) - With the 2013-2014 flu season officially here, it's important to consider the single best way to prevent influenza (commonly known as "the flu") - the flu vaccine. What many older adults don't know is that the immune system weakens with age, meaning older adults are at a higher risk for flu and related complications.

More than 200,000 people in the U.S. are hospitalized each year from flu-related illness, according to the Centers for Disease Control and Prevention. Adults aged 65 and older typically account for more than half (60 percent) of these hospitalizations and almost all (90 percent) flu-related deaths, the CDC reports.

To help spread the word about this serious public health issue, the National Council on Aging (NCOA) has launched the second year of Flu + You, an educational program that encourages older adults and their caregivers to learn about the seriousness of the flu, the importance of annual vaccination, and vaccine options for adults 65 and older. Actor Lee Majors, best known for his iconic television role as The Six Million Dollar Man, is joining the campaign this year as a national spokesperson.

"According to the CDC, the leading reason older adults do not get the flu vaccine is because they are unaware they need it," says Majors. "I get the flu shot every year and encourage my peers to do the same. It's a simple step you can take to help protect yourself from the flu."

The flu can make existing health conditions worse, and it is especially dangerous for people with lung disease, heart disease, diabetes, kidney disease and cancer, conditions that commonly affect older adults. Nationwide, 86 percent of adults 65 years of age and older have at least one chronic health condition and approximately 66 percent of Medicare beneficiaries have two or more chronic conditions, according to the CDC. These conditions put them at increased risk of the flu and flu-related complications, which include hospitalization and even death.

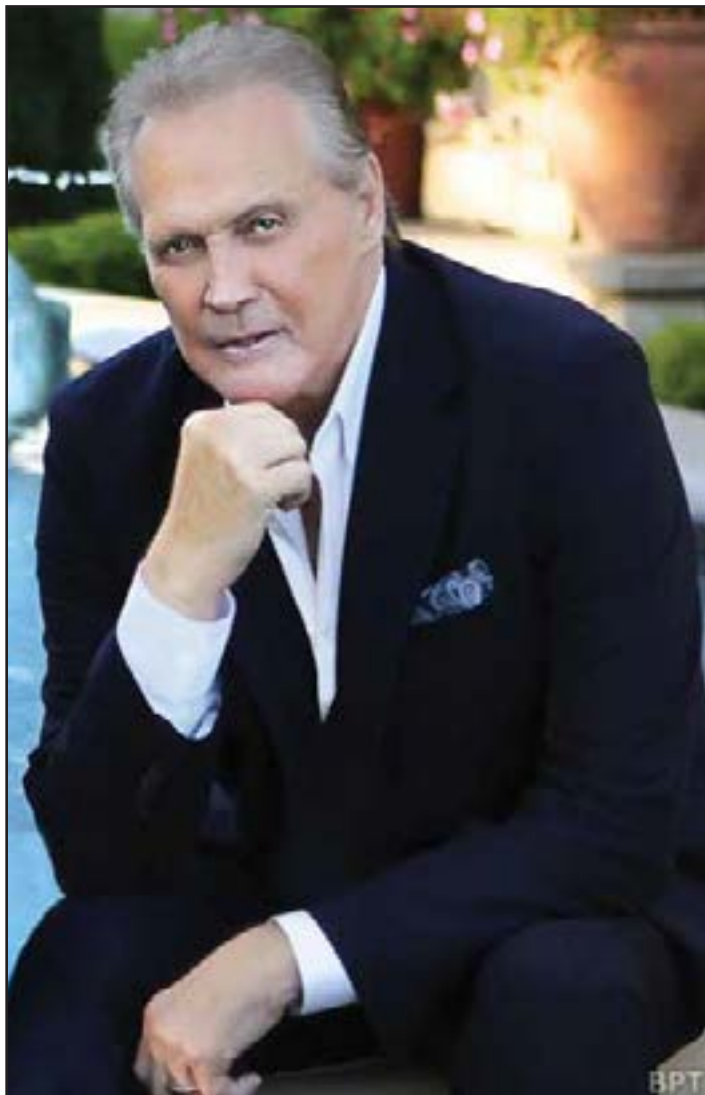
"The CDC recommends an annual flu vaccine as the single best way to protect yourself from the flu, yet a third of people 65 and older still don't get vaccinated," says Dr. Richard Birkel, NCOA senior vice president for Healthy Aging and Director of NCOA's Self-Management Alliance. "As NCOA continues to educate older adults about the flu and the potential severity of the illness, we hope to encourage more people to help protect themselves and their loved ones by getting an annual flu shot."

There are now many types of flu vaccines, with several specifically indicated for certain age groups or immunization needs, including a higher dose flu vac-

cine for adults 65 and older, that is designed specifically to address the age-related decline of the immune system. By improving the production of antibodies in older patients, the higher dose vaccine can provide a stronger immune response to the flu than traditional vaccines. Whichever vaccine option is selected, an annual flu shot is a Medicare Part B benefit. This means that the vaccine is covered with no copay for Medicare beneficiaries 65 and older.

Older adults and their caregivers can learn more about vaccine options and the importance of getting an annual flu vaccine on the Flu + You website, www.ncoa.org/Flu, which features free educational materials, a public service announcement with Majors, and more facts about the flu.

Flu + You is a national public education initiative from the National Council on Aging with support from Sanofi Pasteur.



Social Security

Submitted by Pat Williams

Imagine if tomorrow morning's headline was this: "Four hundred thousand to get one half billion dollar boost in income." The underlying news story announces that hundreds of thousands of people here in three states of the Northern Rockies whose good earning jobs are behind them will share \$500 million each year for the rest of their lives.

One half billion dollars distributed among people in Montana, Wyoming, and Idaho, particularly the 15% who no longer bring home good salaries, would be one of the greatest bursts of targeted payroll in our history, a boon for spending in our small businesses and a continuing economic shot in the arm for our region.

Of course, this vital economic engine already exists – Social Security.

The first monthly Social Security check was cut for \$22.54 and delivered to Ida May Fuller in Brattleboro, Vermont, 73 years ago. Today's Americans receive Social Security checks averaging \$1,180 per month.

Both critics and supporters of Social Security are justifiably concerned about the financial solvency of the system. Although the retirement fund enjoys by far the largest surplus, \$2.7 trillion, of any government trust fund, that money is expected to start being reduced in 2021.

Low employment, the Great Recession which began under President George W. Bush, and increasing life spans have all presented unanticipated difficulties for the fund. However, the worry about future fund shortages has happened several times during the past half century and each time was easily repaired by adjusting benefits for future retirees or increasing the payroll tax known as FICA.

There is a proposal by the President and many members of Congress to make small reductions in benefits to those retiring in the future. One of the more interesting legislative proposals on the tax side is this: People earning up to \$110,000 each year now pay a Social Security (FICA) tax, but those earning above that amount pay no additional FICA. If that tax was applied to all earnings up to \$250,000, Social Security would not only be financially sound for the rest of this century, but monthly benefit payments could be increased.

Whatever the solution, our moribund, reluctant Congressmen and women ought to get a move on and readjust our essential Social Security system, which provides our states with an enormous economic boost.

Pat Williams served nine terms as a U.S. Representative from Montana. After his retirement, he returned to Montana and taught at The University of Montana.

Every Friday is
Senior Day

Get 10%^{*} off
In Service Department!

Free pickup & delivery in Sidney!
Call our certified service department at: 406-433-3120

 **GMC** THE NEW CLASS OF
THE NEW CLASS OF
World Class.

Gem City
MOTORS

*Some exclusions may apply.
703 S. Central • Sidney, MT | www.gemcitymotors.com | 406-433-3120

BUILDING A STRONG FOUNDATION.
All donations made to the Foundation for Community Care help to ensure the continuance and quality of local healthcare services!

big dreams

focused solutions can produce

Give back to your community.
Please call
406.488.2273
or visit our website at
www.foundationforcommunitycare.org

 Find us on Facebook


FOUNDATION FOR COMMUNITY CARE
221 2nd St SW • Sidney, MT



Mercy Medical Center

Your Hospital. Growing To Serve You.



Craven-Hagan and Mercy Specialty Clinics

Behavioral Health - (701) 774-7477

Diabetes Education - (701) 774-7421

Family Practice - (701) 572-7651

General Surgery - (701) 774-7082

Internal Medicine - (701) 572-7651

Occupational Health - (701) 774-7077

Orthopedics - (701) 774-7080

Interventional Pain Management - (701) 774-7405

Pediatrics - (701) 572-7651

Urology - (701) 572-0127

Call to schedule your appointment today.

mercy-williston.org



Find us on:
facebook®