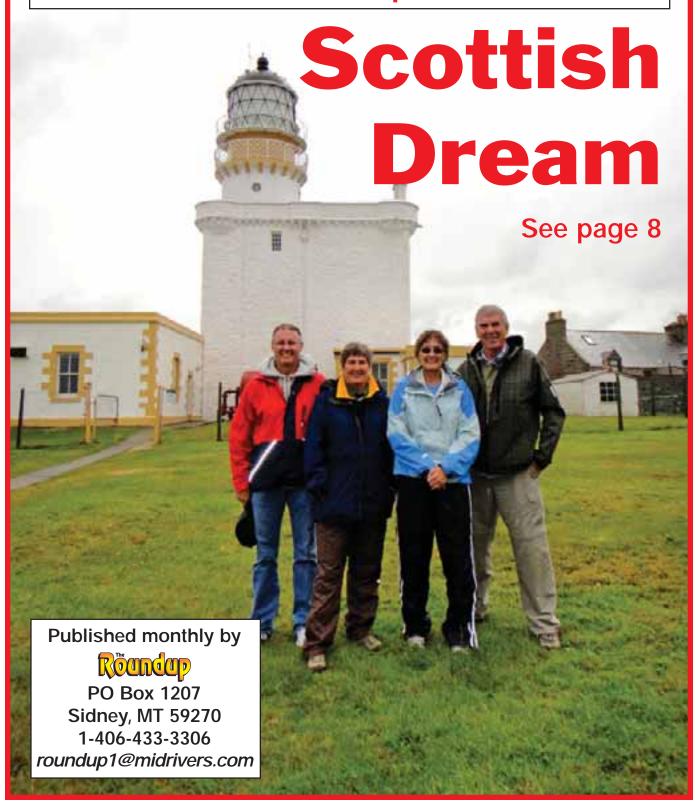
## Golden Roundup September 2011



# Observations On The Aging Process From A Front Line Participant

## Old Dogs, New Tricks



Lois Kerr

#### By Lois Kerr

We've all heard that worn-out adage, 'You can't teach an old dog new tricks'. Nonsense! Of course an old dog can learn new tricks and older people also can and do continue to learn new tricks, additional skills, and enjoy fresh experiences. It isn't a question of having the ability to learn something out of the ordinary, rather it is the desire to try something different or to pursue an interest that makes us want to attempt a new venture.

Dogs are not stupid. Puppies learn tricks, commands and obey rules because they are still young, inexperienced, foolish, and have the desire to please. However, as dogs age most of them become experienced and a lot craftier to boot. They develop selective deafness, as they can hear the crinkle of cellophane as a person unwraps a slice of cheese from 300 yards away, but they cannot hear the word "NO" from five paces as they deftly steal a steak from a plate. They learn how far they can push the envelope before retribution arrives, and they learn ways to circumvent rules and regulations. In short, they learn how to read their person as they grow older, and act accordingly. They can still learn; they just learn smarter through experience and choose which new skills they want to hone and which ones they

want to ignore.

This illustrates my point. Old dogs can learn new tricks, and older people also continue to learn, but with qualifications. People, like dogs, aren't stupid, and as we age and gain experience, we learn how to circumvent, ignore, or bend rules, regulations, or ideas that don't appeal to us.

I find as I age that I really don't want to try certain activities or tasks in some cases, depending on the circumstances and my mood. I get cranky a lot faster, and if I have to learn something that seems pointless to me but that someone else expects me to learn simply so I can make life easier for him or her, forget about it. I have enough to do already, and I have far too many potentially interesting things to learn or investigate that I think I would find extremely interesting than to waste my time learning something that does not appeal to me. If I can learn something new that helps me personally or that allows me to enjoy a new experience or skill, then I can learn quickly and with minimal instructions. However, if someone expects me to learn a new skill simply so that it benefits them, not me, well quite frankly, stuff it where the sun don't shine. I'm too old to bend over backwards for no good reason that I can see.

When an old dog won't learn new tricks, it isn't because she can't learn. It's because she finds that particular trick idiotic and not worth her time. When an older woman won't learn new tricks, it's not because she can't learn. It's because she finds that trick idiotic and not worth her time.

As we age, we realize with great clarity a few facts of life, and one of them is that time is precious and winding down faster than we care to admit. The idea that we can't learn new tricks comes in very handy when we don't give a fig about that particular new bit of knowledge. But when we DO decide we want to learn something new, however, we do it with great gusto and we can blow the socks off the youngsters.

That thought makes me smile.



NOSERIAL



315 2nd St. NW Sidney, MT 59270 406-488-2805

www.fulkersons.com

email: ffh@fulkersons.com

Williston • Tioga • Watford City 701-572-6329 email: ffhnd@ruggedwest.com



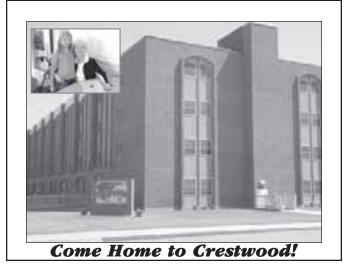
**NEW LOCATION!** 



"Retirement Living At It's Best"

410 3rd Ave. S.W. • Sidney • 433-3721 or TTY 711 Email: crestwd@midrivers.com

Large 1 Bedrooms Apartments • Individual Climate Control Close to Downtown • Transportation Available • Activities Noon Meals • Support Services • Security Cameras



## **Did You Know?**

# Grandchildren Safety Is Something You Should Learn About?



Mary Friesz

### By Mary Friesz Injury Prevention Specialist Richland County Health Department

New research from NACCRRA study shows that 40% of all grandparents are providing childcare for their grand-children and the Pew Research Center shows that 1 in 10 grandparents are raising their grandchildren.

As you remember with your own children... Your grand-children are curious by nature and can think up lots of ways to find "trouble"...it's up to you to stay ahead of them when they are in your care. With childless years gone by, you now find yourself with little ones once again in your home. Without the constant reminder of those little ones around it's easy to forget everything you can to do to protect them. Here are a few suggestions to make that job easier:

Car Safety - Make sure they are buckled into the proper restraint system when you pick them up, drop them off and anytime they are riding with you.... It's the law. Remember you are their role model...buckle up yourself. Never drive distracted, tired or under the influence of alcohol or medications.

Pedestrians – Children act before they think....Children under 8 are at the greatest at risk. Teach and remind them often about safe behavior around roadways. Provide safe areas for them to play away from traffic.

Bikes, Skates, Boards – Most injuries involve falls. Falls cause head trauma which could mean permanent brain damage. Helmets reduce the risk of brain injury by 90%. Teach and remind your grandchildren often of the rules. Remember you are their role model...wear your helmet.

Poisonings – Never take medications in front of young children; never leave the containers where your grandchildren can see or reach them. Never call it candy...use the proper name and use of medications when talking to older children. Use child resistant caps when possible. Store all medications, household cleaners and products out of sight of children and in a child resistant cupboard or under lock and key.

Falls – The single highest cause of unintentional injuries and deaths due to them. Install safety gates on steps,

stairways and balconies. Make sure surfaces under play equipment are soft and safe. Supervise young children at all times when playing or climbing.

Burns - A major cause of long-term damage to children. Keep hot liquids well out of reach of young children. Cook on the back burners and keep young children out of the kitchen when cooking. Never leave lighters or matches where your grandchildren can see or reach them. Even hot water from the tap can scald in seconds!

Toys & Furniture – The toys, playpens, highchairs and cribs your children used can be very unsafe and dangerous for your grandchildren...make sure they are safe for them to use. There are many websites and recourses to help you determine the safety of these items.

Drowning- The biggest danger to children under 5. If you have a pool, even the plastic kiddy pool, make sure it is fenced off, emptied and not accessible to children. If you have waterways near your home, teach and remind your grandchildren often of the rules. Always stay with young children when they are in the bathtub or playing around water.

Dog Bites - Around 75% of dog bites are from a family or a friend's dog. Teach your grandchildren how to respect dogs and the dangers of approaching or petting unfamiliar dogs.

Farm Safety – Learn ways to make your farm yard safe ... Learn and label the danger areas around your farm and teach and enforce the rule that your grandchildren do not play in those areas... Teach your grandchildren the safety rules and remind them often. Remember you are their role model, demonstrate safe farming to them.

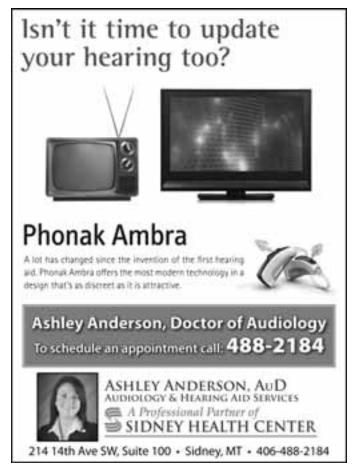
Remember: In all areas "Child Resistant does not mean Child Proof". Not only do you want to keep your grandchildren safe but you want to stay safe too...so you can play tomorrow.

Please contact Richland County Health Department's Injury Prevention Specialist or visit http://www.safetyathome.com/for more information and additional resources. Keep your grandchildren safe & happy.









# **Eating Healthier**

## For Less

#### By Judy Johnson

If you catch yourself saying, "It's just too expensive to eat healthy". I encourage you to read further. Granted we have noticed an increase in food prices, but there are still good values out there. Often times we get used to the prices of food we eat on a weekly basis and don't really stop to figure what those foods are really costing and if they are providing any nutritional support to our diet.

The American Heart Association has a list of 18 healthy foods that are under a dollar. You will notice that they are whole foods for the most part, or have minimal processing. The more processed a food is, typically the lower in nutrition, the higher in fat, salt or sugar and provides less value for our dollar.

Try some of the foods from the list to add health and wealth to your diet and check out the "Get Healthy" section at www. heart.org.

Apples - 1 large apple is about \$1 when selling for \$1.99/lb. and contains 5.5 grams fiber.

Bananas - 1 banana is about \$.45 when \$0.89/lb. and has 14% Daily Value for potassium.

Baby Carrots - ½ cup is \$.19 when bags go on sale for \$1, have 21 calories and 166% Daily Value for Vitamin A.

Canned Beans - A ½ cup serving of kidney beans, black or garbanzo beans is about \$.28 when on sale and adds 7 grams of protein and fiber.

Canned Tomatoes - A  $\frac{1}{2}$  cup serving of any variety is about \$.28.

has 20 calories and 19% of Vitamin C.

Oranges 1 large orange will be
around \$.40
when \$.79/lb.
and provide
4.5 grams fiber and 163%



**Lentil Soup** 



**Judy Johnson** 

Daily Value Vitamin C.

Pears - 1 large pear will be \$.45 when selling for \$.90/lb. and provide 7 grams of fiber and 8% potassium.

Lentils - 2 oz. dry will cost \$.14 and provide 15 grams protein, 17 grams fiber and 68% daily value for folate.

Pearl Barley - 2 oz. dry cost \$.12 providing 9 grams of protein and fiber.

Yogurt (plain, lowfat or fat-free) – 6-8 oz. serving is around 60 cents providing 13 grams of protein and 45% Daily Value for Calcium.

Eggs - 1 medium egg is \$.13 providing 63 calories and 6 grams protein.

Broccoli - 1 cup raw or ½ cup cooked is about \$.45 providing 43% Daily Value Vitamin A and 110% Daily Value of Vitamin C.

Sweet Potato - 1 medium potato, no skin, is about \$.50 providing 475% Daily Value of Vitamin A.

Brown Rice - ½ cup cooked at \$.10 provides 2 grams fiber and 3 grams protein.

Snap Peas - ½ cup cooked or 1 cup raw is about \$.25 in season for only 34 calories.

Green Tea - 1 tea bag brewed in 1 cup water is \$.13 providing numerous antioxidants and 0 calories.

Oats - ½ cup cooked cost \$.18 per serving, 83 calories, 2 grams fiber and 3 grams protein.

Spinach - 1 cup fresh or ½ cup cooked is about \$.80 when pre-packaged and provides 56% Daily Value of Vitamin A and 181% Daily Value of Vitamin K.

#### Easy Lentil Soup

- 1 c. lentils, rinsed
- 1 onion, chopped
- 1 carrot, peeled & chopped
- 2 celery stalks or 3 celery hearts, chopped
- 1 tsp. dried oregano
- 12 c. (or three 32-oz. boxes) vegetable stock or

chicken stock

Salt & pepper

Optional Add-Ins for Different Flavor:

2-3 cloves garlic, minced

1/4 c. brown rice or barley

1 ½ c. chopped tomatoes

1 tsp. dried thyme

1 tsp. dried rosemary

1 tsp. curry powder

½ c. chopped fresh parsley or basil

Place all ingredients in a large soup pot. Bring to a boil, then turn heat to low, and cook, covered, for about 45 minutes to 1 hour, or until lentils are soft. Season with salt and pepper.

If you're using any of the add-ins, just add them into the pot along with the other ingredients.

This soup can easily be frozen. Makes 12 cups.

### Quick Baked Apples

Place 2 baking apples, cored or cut in half, into a deep casserole dish and add several tablespoons of water. Fill center of apples with walnuts and cranberries. Top with desired spices and sweetness, cover with lid or plastic wrap and microwave on high for about 4 minutes or until apples are almost tender. Apples may be baked in a 350° oven for 30-40 minutes.

Optional Add-Ins for Different Flavor:

Drizzle with honey, brown sugar or one caramel



**Baked Apples** 

per apple

Sprinkle with cinnamon, nutmeg, pumpkin pie spice or ground ginger

Add raisins or currants, pecans or peanuts

### **We're Much More Than Drugstore!**

- · Free Blood Pressure Checks
- · Cowboy Up & Wildlife T-shirts
- · Western, Country & Contemporary
- Home Decor Magazines Best Seller Books
- Russell Stover Candy Prescription Service
- Fabric Souvenirs for all ages Gift cards for major stores Woodwick & Beanpod Candles

## **Barrett Pharmacy & Variety**



Prescription Service w/Free Mail Out/Free Delivery in Watford City 9 a.m.-6 p.m. Mon-Fri • 9 a.m.-5 p.m. Sat



145 Main • Watford City, ND • 701-842-3311



# Trip To Scotland Dream Come True



Brian and Elaine Christie, Dianne Swanson and Alan Christie pose for a quick picture in front of Meldrum's Inn at Cerese. This was the first taste of wonderful old world hospitality, which made the group search out more small inns for the rest of their vacation.

#### By Lois Kerr

Take a lifelong yearning to visit a particular country, couple that with the fact that your grandparents emigrated from that country, and you have the perfect set-up for a fantastic, once-in-a-lifetime vacation. Recently, Dianne Swanson, along with her sister Elaine and brothers Alan and Brian, spent ten days in Scotland, exploring the byways, visiting the rural communities, meeting the people and learning about the culture of this magnificent country.

"Other than visiting Edinburgh and Glasgow, we were in the highlands," says Swanson. "This wasn't a typical vacation because with our farming background, our priorities were different. We didn't go to see every castle and to shop. We did a bit of shopping but this was not our goal. We went to see the country, the farming communities, the rivers, the scars; we wanted to feel the life of Scotland, to see the country and immerse ourselves in the culture, and we did so. It was great!"

She adds, "Other than two nights in Glasgow and two in Edinburgh, we had no reservations and no agenda. We just rented a car and toured."

The grand adventure began when the plane touched down in Glasgow, Scotland. The foursome spent the night at Glasgow but headed out early the following morning with a rental car. "Brian drove the whole time," Swanson remarks. "He had no problem driving on the left side of the road, which is how they do it in Scotland."

They made their first top at New Lanark to visit a woolen mill built in the 1800s. "The whole community worked at the mill," Swanson says. "The man who built the mill believed in housing and education for his workers, so he provided houses, the parents worked at the mill and the kids went to school. This man was truly ahead of his time."

The group then traveled on to Edinburgh, where they toured the 'royal mile'. "This is the old part of the city with a castle at the top of the hill and old buildings radiating out and down the hill from the castle," Swanson comments. "At the bottom of the hill sits Holyrood House where the Queen stays when she visits. The whole mile is just full of history, and we enjoyed it immensely."

Swanson and her siblings then journeyed to St. Andrews to see the famous golf course. "Golf originated in Scotland," Swanson points out.

It was here that the foursome discovered the joys of lodging at small country hotels, an incredible experience that convinced them to stay at these small lodging houses at every opportunity. "The food was fabulous and so was the hospitality," she says of the small country hotels. "Everyone wanted to make our stay as nice as possible. They

helped us decide where to go and they made suggestions about what we should see."

The group toured a lot of farming country and visited smaller communities. They chose to travel back roads with twists and turns where top speed was 30 miles per hour, rather than using the superhighway and missing the majority of the country. "We toured primarily farming country," Swanson remarks. "We saw millions of sheep and lots of dairies. Farm fields are small and, in many places, still divided by old stone fences. Farmers grow small grains, particularly barley for the many Scotch distilleries, and a lot of root crops like potatoes and turnips as well as small fruits such as strawberries. The countryside is hilly, but open and beautiful on the eastern side and mountainous on the west. The heather blooms only for a few weeks in August and we enjoyed many mountainsides covered with the beautiful purple blooms."

They visited the castle in Scone and then stopped in Fraserburgh for sentimental reasons. "Our grandfather emigrated from Fraserburgh," Swanson comments. "It's a fishing town on the North Sea and there is a lighthouse museum there, called Kinnaird Head. My older brothers and I started school in Alberta at a one room school house, named Kinnaird by my grandfather."

Continued on next page.



Elaine Christie rests for a moment on a rock bench high above the little North Sea village of Crovie. Crovie was settled by victims of the Highland Clearances in the 1700s. They became fishermen instead of farmers, pushed as far as they could go without actually leaving the country, as so many of their kinsmen did.

She continues, "Fraserburgh was very interesting. We toured the lighthouse museum and we thoroughly enjoyed the North Sea. It was cold, windy, and wild, but we loved it."

The siblings traveled through Inverness and saw Loch Ness and Culloden Moor, the site of the last battle between the Scots and the English. "We stayed in this area for three days," Swanson remarks. "We also visited the Isle of Skye. They had had a lot of rain in the area and on our way to Skye we saw a lot of raging rivers coming out of the mountainsides."

The group also went to the Trossachs, Loch Lomond, and Stirling area, and toured Stirling Castle and Flander's Moss, the site of extensive peat removal after the Highland clearances, before returning to Glasgow to

finish out the trip. "We returned to Glasgow and spent a whole day there," Swanson says. "We walked from 10 a.m. to 5 p.m. seeing the sights. We toured a cathedral that was the only cathedral in Scotland to survive the Protestant Reformation, and we walked through a tall ship in the harbor and visited the transportation museum. We could have spent hours at the museum, but we didn't have time. This was our last day of the trip, it was already late afternoon, and it was time to return home."

Swanson feels the entire vacation was well worth the effort and expense. "There was no best part, it was all fabulous," she says. "The country was gorgeous, the food was incredible – sticky toffee pudding is to die for, and the people were marvelous."

Swanson's sister Elaine best summed up the experience when the foursome arrived home and family met them at the airport. "When a family member asked about the trip, Elaine said 'I can tell you about a little of it, but for most of it, you just had to be there'," Swanson concludes.



Days of rain produced dramatic flash flooding, like this waterfall and river in the Loch Ness area.



The Christie crew visited Kinnaird Head Lighthouse and Museum in Fraserburgh. The Scot who designed the lighthouse used walls from an existing castle for three sides of the lighthouse. Scots are notoriously thrifty!

## The bank you go to when you have places to get to.



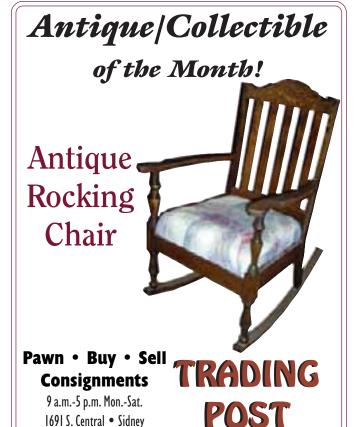
First National Bank & Trust Co.

"We Have A Banker For You"

Williston Ray Crosby Lignite

Member www.fnbt.us

701-577-2113 Main Bank • 701-577-9618 Trust Services



## New Treatment for Macular Degeneration

406-433-7676

ICBND

## Symptoms

Visual Distortions

Decreased Central Vision

Decreased Intensity or Brightness of Colors

Well-Defined Blurry Spots

Abrupt Onset

Rapid Worsening



HACULA WITH WET AND





Wet macular dependation occurs when new blood vessels grow and leak fluid underneath the control part of the netion.

## Solutions

Injections are the newest treatment for wet macular degeneration (AMD), providing tremendous benefits for a common cause of lost vision. Our patients receiving regular treatments report vision stabilization, as well as improved vision.



Reinventing Health

Trinity Regional Eyecare – Williston Basin 1213 15th Ase. W. Williston, ND (701) 572-7641

> (800) 735-4926 www.trinitybealth.org

## 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

AB	CL	) E	F G	ні	J K	L IV	I N	O P	QF	( 5	ΙU	V W	/ X	ΥZ
R	Ε	٧	Ε	R	S	Ε		L	U	T	С	Н	Ε	D
D	1	S	Р	С	0	М		Α	N	S	ı	0	Ν	0
Р	0	W	D	Ε	R	S		-	С	Е	ı	N	G	S
Α	В	R	Ε	Ν	U	0		ш	ı	U	K	С	0	В
0	R	М	S	Т	R	J		В	Υ	G	0	Ν	R	Е
М	Α	R	G	-	Ν	S		כ	ı	U	Е	R	Υ	L
Р	0	R	Ε	С	_	Ε		Е	L	Α	S	Η	Е	R
D	ı	С	0	Ν	F	-		Е	N	Е	W	Α	R	Υ
Α	J	U	D	J	כ	Ν		E	Т	Т	L	ı	Z	G
S	Α	D	J	0	כ	R		ш	Ε	R	Т	В	Α	N
U	С	Н	Α	-	R	Ε		כ	S	Е	Ζ	G	Ε	S
S	Ε	Ε	R	Ε	Ш	Α		0	W	Е	Ш	L	R	Υ
S	Н	R	U	В	В	Ε		Ρ	Ε	R	Т	Α	_	R
D	U	Р	Α	Ν	S	Υ		Т	Ε	Μ	Р	L	Е	R
Ε	Р	ı	С	Ν	_	С		Е	L	ш	-	С	0	S
D	ı	S	U	В	В	J		В	L	Е	W	R	_	Ν
Ε	С	Α	R	Α	Μ	Α		Е	Α	R	ш	Υ	_	F
S	Α	D	D	L	Е	S		$\supset$	Ι	R	Ε	Ε	Ν	Т
Ε	Χ	Р	R	0	Р	Ε		T	Υ	U	0	0	Ν	S
L	ı	R	Ι	Р	S	Α		Μ	0	Ν	Ε	Υ	L	Е
Н	Α	I	R	С	L	0		Ε	I	G	Н	Τ	В	0
F	L	Α	С	0	Ν	S		Μ	Ε	Т	-	М	Ε	S
ı	С	0	N	S	J	L		>	Ε	R	S	_	0	N
S	R	0	С	С	0	S		כ	М	Ε	F	L	1	K
L	Ε	Ε	Р	R	Ε	С		D	Ε	Ν	Т	1	Α	L
Н	S	1	С	J	Р	В		Α	R	D	J	М	Α	L

#### **Anagram Groups:**

Rearrange the following groups of letters to form related words

Worn on the Head EX: hat

REBET

BANANAND

BROOMERS

ORFADE

EPEOUT

ENAIBE

WRONC

ATAIR

ORVIS

THEMEL

**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.

AMU	ITY
ВОО	PED
CON	RKS
COT	SIN
DEC	TED
ENT	TES
FOU	URB
INS	WOR
ION	ZED

	1	1	ı		
	ı		L		
	С	Ε	R		
	S	Н	_		
	С	Ε	R		
	Α	N	ı		
	0	R	Α		
	N	Т	Α		
	S	Ε	Μ		
	K	М	Α		

See answers on page 14.

## 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 roundup@esidney.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 October news and ad deadline is October 5.

Jody Wells, Publisher

Lois Kerr, Editor

Dianne Swanson, Marketing Director

Linda Wells, Business Manager

Laurie Nentwig, Marketing Representative



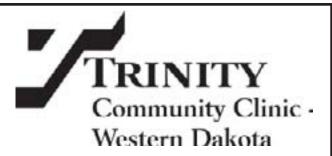
We strive to ensure the continuance and quality of healthcare services in our community.

The new Cancer Center at Sidney Health Center offers hope by bringing cancer treatments closer to home. Please consider making a gift that will benefit you and your community.



221 2nd St SW • Sidney, MT Phone: (406) 488-2273

www.foundationforcommunitycare.org



## Visiting Physicians

• September 2011

16 - Dr. Emad Dodin

Interventional Cardiology

20 - Dr. Erdal Diri - Rheumatologist

20 - Dr. Alexandre Kindy - Orthopedist

26 - Dr. Tracy Hjelmstad - Podiatrist

28 - Dr. Lane Lee - Surgeon

28 - Dr. Samir Turk - Cardiologist

28 - Sandy Gilbertson

Pacemaker Check

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

1102 Main Williston, ND 701-572-7711 1-800-735-4940

Everything We Do Is Because Of You

## **Labor Day**Worst Holiday Of The Year

By Lois Kerr

The thought of approaching winter leaves me cold – no pun intended. Labor Day, the most depressing holiday of the year because of the many events it signifies, has come and gone already, meaning summer has packed her bags with the intention of departing while winter lurks gleefully just around the corner. To make matters worse, the Glasgow weather office informs us that La Nina plans to return, meaning the potential exists for another cold winter with above normal precipitation. Just what I did NOT want to hear.

I adore summer and just about everything that comes with it, with the exception of ticks and mosquitoes. I can't say the same for winter; in fact, I dread winter. I have trouble with long dark nights and very short days with little daylight, I detest excessive cold and piles of snow, and I abhor dealing with less than pristine roadways and snow-packed streets.

To me, the Labor Day weekend signifies the end of everything I like: the last of the garden, impending frost and cold, the end of biking, no more warm sun on my cheeks, and of course the loss of daylight. When I still attended school, Labor Day also meant the loss of freedom with the return to the classroom. Sure, Labor Day is a paid holiday, but it epitomizes the loss of wonderful, magnificent, cherished summer days.

Labor Day had its origins in 1882 when on Sept. 5 labor unions staged the first ever Labor Day parade in New York City. Organizers chose the first Monday in September for the occasion as this date falls halfway between July 4 and Thanksgiving.

After a series of labor riots in 1894, President Grover Cleveland signed a declaration into law proclaiming the first Monday in September as Labor Day, to honor the working men and women of this country.

## 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 406-433-55 I 1 • netzer@midrivers.com

With a stroke of a pen, he formally set a date that has depressed school aged children for decades and discourages most of the rest of us by reminding us in no uncertain terms that summer has passed by in a whirl and long, slow-moving dark cold winter skulks just around the corner, ready to pounce with all claws bared and ready for action.

Yes, we get together as families for Labor Day barbecues, most of us get the day off, and enjoy the company of family and friends. However, I get together with family and friends all year long, and we barbecue as late into the year as possible and fire up the barbecue again as soon as weather permits in the early spring. Last year, my barbecue disappeared under a snow drift by the first of December and didn't emerge from underneath the white crap until March. Hopefully this year won't give us as much snow, but even if it doesn't, the passing of Labor Day reminds me in no uncertain terms that I face long, dark days in the months to come.

## **September Puzzle Answers**

Alphabet Soup: clutched, mansion, spice, cowlick, rugby, juice, eyelash, confide, junket, alert, refuse, vowel, expert, system, niche, bubble, amaze, squire, property, salmon, neigh, consume, liver, costume, precedent, cupboard

Make-a-word: cotillion, concerted, worshiped, sincerity, urbanized, decorates, fountain, amusement, bookmarks

Anagram: beret, bandanna, sombrero, fedora, toupee, beanie, crown, tiara, visor, helmet

## We Buy...Scrap

- Aluminum Copper
- Brass Iron Vehicles

See us for Fencing Materials, Gates & Panels



35002 County Road 123 Powerplant Rd • Sidney, MT (800) 548-6364 • (406) 433-1301 www.pacfic-steel.com

## **Fairview Memories**

**The Fairview News** 

THIRTY-SIXTH YEAR, NO. 1

THURSDAY, OCTOBER 18, 1956

AN INDEPENDENT NEWS PAPER

### New High School Structure to be Dedicated Saturday Public Invited to Ceremony; State Officials Assist

Patrons of Fairview high school district no. 13 and all other interested citizens are invited to attend the dedication ceremony of the hew high school building which will be held in the gym on Saturday night, October 20 at 8 p.m.

The program will feature the formal acceptance of the building by the school board, even though it has been occupied by school students and the teaching staff since early September.

Appearing on the program will be Mary Condon, state superintendent of public instruction in Montana and M. F. Peterson, state superintendent of public instruction in North Dakota. Many North Dakota young people attend Fairview high school on a tuition basis.

Early this week the News asked Supt. Joe Kojancik to delve into the records of early building and school enrollment in Fairview and he came up with the following story.

**H.S. Building History** 

for use by the students of Fairview High School. One problem confronted these gentlemen-they were over \$7,000 short in bond money and their new building had no heating system. After a few midnight special sessions the problem was solved and a heating system was installed in the building.

School records go back and include the year 1921-22 and information shows that there were 93 students (which includes 32 from N. D.) in high school that year but the records also show that the average number of students present for the year was just 70.3. There must have been absentee problems in those days too. Twelve students graduated in 1922 but no list of names is available in the school records. Teachers for that school year were Mr. S. P. Carmichael, Miss Francis Roberts, Mrs. Grace Goodrich and Mrs. Florence Minium.

In August 1956, school trustees Joe C. Thomas, Henry Levno, L. V. Wheeler, Leonard Gardner, Earl Harden, Clerk I. O. Erickson, and Supt. Joe Kojancik met with William Hess, the architect and gave final approval to the contractors for the new high school building. The old high school building having served its usefulness was converted into elementary classrooms and additional space was allotted to the lunchroom.

The cost of the new building has reached a total of \$278,170.88 which is considerably more than the original

cost estimate. Equipment purchased thus far cost \$17,379.29 with an additional \$5,000 of equipment needed in the near future. The total cost for the building and the equipment will cost the taxpayers a sum of \$300,550.17

Increased enrollment was a big factor in the construction of a new building. In 1921-22 there were 93 students enrolled, in 1949-50 127 students were enrolled and for the present term 205 students registered, and by the year 1960 Fairview high school should have 240 students.

Education is not expensive when measured in terms of the numbers of people who are served. Taxes may rise but the porprotionate (sic) share of our total income spent for education does not increase. All children are deserving of the best when it comes to an education.

The new building belongs to people of the school district and they can be proud to have one of the better high school building in Montana.

Visit your school regularly and don't forget to be present on October 20th at 8:00 p.m.

### New Style Ball Point Pens Are Received by Local Post Office Dept.

New style ball point pens for use in the local post office have been received by Postmaster Keith Taylor, and will be installed shortly. The new pens, which replace the old scratch pens, are being issued for patron convenience and accommodation. It has been requested that they be used for the purpose intended and not for defacing walls, woodwork or posters.

The pens are the property of the U. S. Post Office Department and the penalty for theft of them is sever-fine (sic) or imprisonment or both. If repeated loss of these pens are noted and the offenders are not located, it will be necessary to revert to the use of the old style pens, stated Taylor.

#### FFA Chapter Has Fall Initiation; 13 New Members

Future Farmers of America initiation of new members was held Monday evening, September, 17 at the Vo. Ag. building of Fairview high school, according to secretary Stanley Starr.

The evening consisted mostly of a horseplay initiation with the initiates participating:Harold Basiak, Ivan Cayko, Jim Cotter, Merlin Damm, Ed Darr, Jim Karst, Calvin Leibelt, Wayne Swenson, Frank Taylor, Paul Trudell, Stormy Vickers, Bob Sanderson and Selmer Schow. Following this, a formal initiation ceremony was conducted by vice president, Jim Ketterling.

Refreshments were served following the closing ceremony.

Reprinted as published in Fairview News Sep. 20, 1956



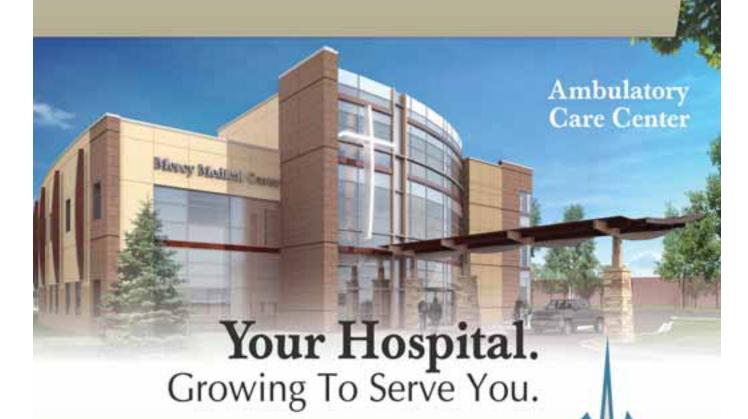
+ CATHOLIC HEALTH

## Mercy Medical Center

Your Hospital. Growing To Serve You.

## THE LEADING HEALTHCARE PROVIDER

IN THE REGION



www.mercy-williston.org