

# Golden Roundup

September 2013

## 46 Years of Style

See page 4



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**The Roundup**

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1-406-433-3306 [info@roundupweb.com](mailto:info@roundupweb.com)

# Simple Ways Older Drivers Can Save Money on Auto Insurance

(BPT) - Are your auto insurance premiums too high? Maybe they are, but not for reasons you might think. Insurance companies aren't charging you higher premiums because you're in an over-50 age group. You may be paying too much because you haven't done anything to lower the cost of your premiums. Check out these money-saving tips - they could be right up your alley.

\* Comparison shop. You don't need to stay with the same insurance company forever. Prices vary from company to company. Just be sure you discuss the identical coverage with each company representative. Also, don't go by price alone. Consider the company's reputation, customer service and available discounts. Look online at customer reviews to get a better picture.

\* Combine policies with one carrier. You may save money if you insure all your vehicles on a single policy. Your premium may also go down if you have life or homeowners' insurance with that company, too.

\* Consider asking about higher deductibles. In some cases, if you increase your deductible, you could lower your premiums. Of course, that means you'll have to pay more money out-of-pocket if you're in an accident.

\* Take an AARP Driver Safety course. Available both online and in the classroom - in English and Spanish - this course teaches valuable defensive driving techniques and provides a refresher about the rules of the road. When you complete the course, you could qualify for a multi-year discount from your auto insurance company (check with your insurance agent for more details). Visit [www.aarp.org/drive](http://www.aarp.org/drive) to find a course in your area.

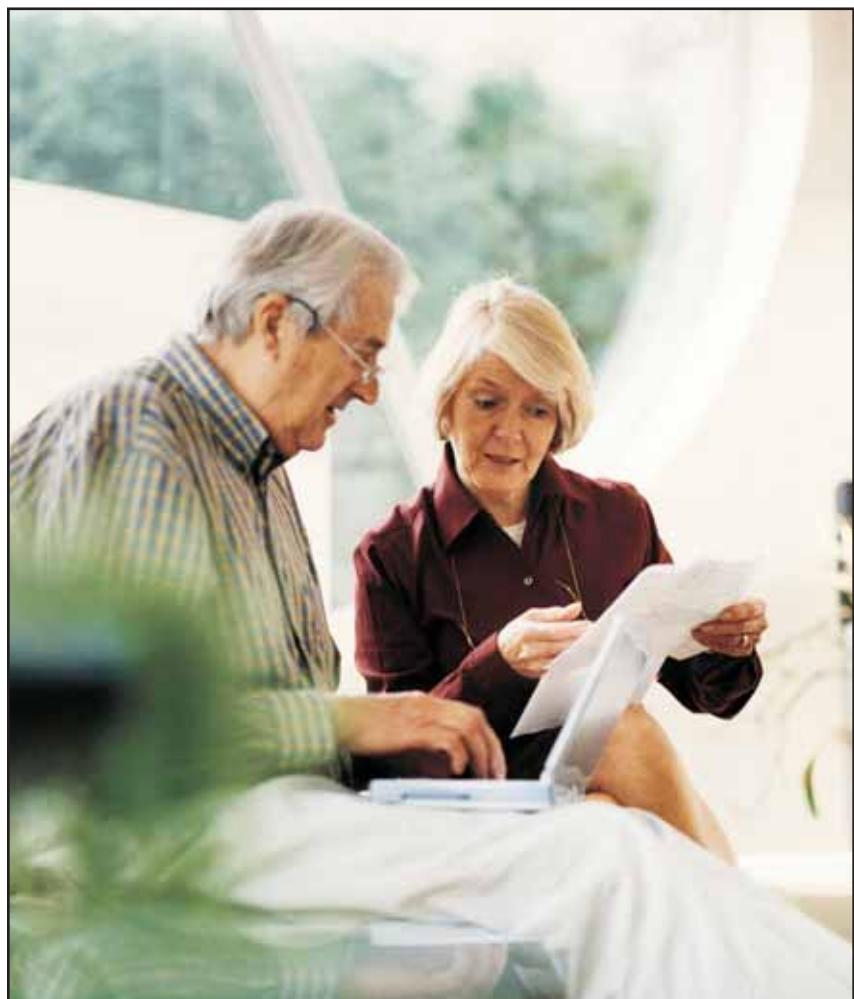
\* Consider dropping collision and/or comprehensive coverage. It may not make financial sense to pay premiums over many years to maintain collision and comprehensive coverage. If your car is worth less than 10 times the premium, purchasing the coverage may not be cost effective, according to the Insurance Information Institute (III). But don't drop your liability coverage, which can help cover expenses for property or bodily damage you cause while driving your car.

\* Take advantage of low-mileage discounts. Some carriers offer discounts to drivers who put less than a predetermined number of miles on their vehicles each year. If you're only using your car to drive to your kids' houses, the grocery store, the mall and the gym, this could be a money-saving opportunity.

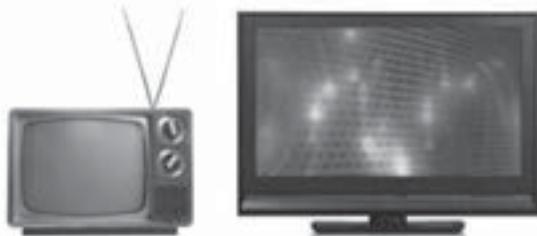
\* Ask about car-safety discounts. Some insurers give discounts for having certain safety devices in your car, such as air bags, automatic safety belts, anti-lock brakes, daytime running lights, or even an approved alarm system. In addition to lowering your premium, these features will help keep you safe on the road.

\* If you're in the market for a new car, consider purchasing a low-profile vehicle. It's more expensive to insure a vehicle that's expensive to repair, popular with thieves or known for not having a good safety record. To find out vehicles' risk levels, visit the Insurance Institute for Highway Safety website.

Everyone's trying to save money these days. By following these tips, you'll be in the driver's seat when it comes to auto insurance premiums.



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# Watford City Stylist's Time to Cut and Run



**By Michele Seadeek**

Fourty six years is a very long time to many of us. Especially when it comes to maintaining a job for that long of a period. The average national length a person holds the same job consecutively, if we are lucky, is around seven years. Then many of us tend to wander on for one reason or another usually in search of that one career that will fit want we want and that we truly enjoy.

However, for Sandy Crimmins of Watford City it took her forty-six years of the career she loved before wanting to make a change. To the chagrin of her clients, Sandy put her scissors and hair styling skills to use for the last time on Thursday August 28th at Hair West Salon where she had been a stylist for the last forty years.

Being a stylist for most of her life, Sandy has seen many styles come and go. From the 70s Farrah Fawcett feather fashion or the mullet that still rears its ugly head

even today or the rockin' skyscraper high bangs of the 80s and 90s that we all had but burned the proof of (I know I did), Sandy has seen hair trends that run the gamut of awesome to awful to down right what were you thinking!

Sandy is ready to move into a new chapter in her life where someone else does the cutting and she gets to sit and relax, hopefully. Her and her husband have decided to sell their home in Watford City and move to Bismarck. Sandy says, "I'm ready to retire" but is saddened knowing she will be leaving behind her life long friends who have become like family. Fellow stylists and clients alike have shared their lives with Sandy since she began at Hair West Salon four decades ago.

Through births, deaths, laughter and trying times Sandy enjoyed every bit of her time there at Hair West in Watford City.

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# Cornerstone of Philanthropy

Submitted 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. 100% of every donation made to the Foundation for Community Care stays in our community. In May, \$232,950.95 dollars 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 2<sup>nd</sup> Street NW, Sidney or send us an email at [smiller@foundationforcommunitycare.org](mailto: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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**Staci Miller**

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# 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.*

## Weekday Walk-In Clinic

New Expanded Hours

Effective August 26, 2013

Sidney Health Center's Weekday Walk-In Clinic is located in the **Medical Arts Building** near the hospital ER entrance on 12th Avenue Southwest in Sidney.

<b>MONDAY</b>	<b>7:00AM - 4:00PM</b>
<b>TUESDAY</b>	<b>7:00AM - 4:00PM</b>
<b>WEDNESDAY</b>	<b>7:00AM - 4:00PM</b>
<b>THURSDAY</b>	<b>7:00AM - 4:00PM</b>
<b>FRIDAY</b>	<b>7:00AM - 12:00Noon</b>

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The **SATURDAY** Walk-In Clinic continues to be located in Suite 110 and hours remain the same from 9:00AM - 12:00PM with rotating providers.

# HEALTHY

## 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



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# AGING

condition.

For example, for patients with gastrointestinal stromal tumors (GIST), a rare, life-threatening sarcoma that is primarily found in the gastrointestinal (GI) tract 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

**Continued on next page.**

**Flu Shot Clinics  
at the Richland Co. Health Dept.**



**Monday - Thursday**  
**Sept. 30<sup>th</sup> - Oct. 3<sup>rd</sup>**  
**10 am - 6 pm**  
**Friday, October 11<sup>th</sup>**  
**10 am - 2 pm**  
**There will be no clinic on  
October 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> or 14<sup>th</sup>**

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Tues., Sept. 24th.....10:30 - 12:30  
**Savage Senior Center**  
Thurs., Sept. 26th.....11:15 - 12:30  
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# HEALTHY AGING

Continued from previous page.

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 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](http://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.

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# How Germy Is Your Coffee?

**Submitted by Stephanie Ler**

If you enjoy a home brewed coffee each morning, whether from a traditional pot or the newer single serve style, you may be consuming more than just coffee. If it's been a while since you've last cleaned your machine, you may be unknowingly harboring mold and bacteria inside.

Mold and many strains of bacteria, such as *Staphylococcus aureus*, a well-known agent responsible for some food poisoning, thrive in warm, dark and wet places. This makes the water reservoir of your coffee pot a perfect location for mold and bacteria growth.

Certain features of a coffee pot, such as a built-in water filter, may make you think your coffee maker may be cleaner than the average pot, but do not be fooled. Filtering the water only removes chemicals and metals from the water, although this differs between filters.

The only sure way to quell mold and bacteria growth in your machine is to clean it regularly and properly. Simply running water, even filtered water, through the machine will not kill mold or bacteria because the water

does not get hot enough during a normal cycle.

The removable pieces of a coffee maker should be cleaned with hot soapy water or by running them through the sanitizing cycle of a dishwasher once a week. The reservoir should be cleaned with a solution of one part vinegar to one part water ran through a regular brewing cycle. Two vinegar cycles followed by two cycles of clean water once a month should disinfect the machine.

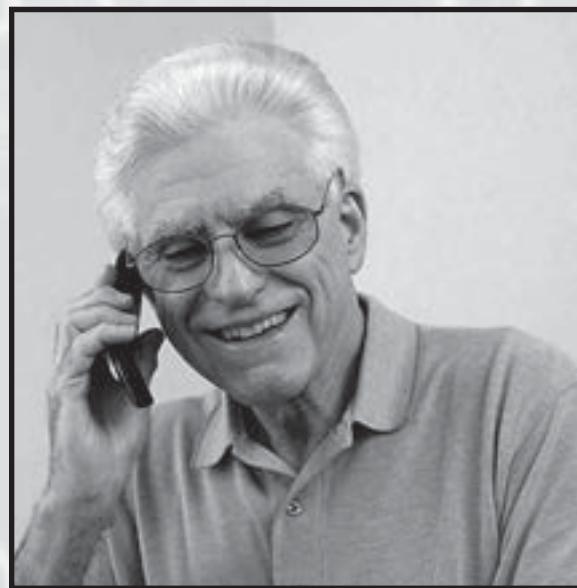
In between washes, remember to promptly remove wet coffee grounds after a cycle and rinse out the basket, as these parts may also grow mold and bacteria in between cycles.

Regular cleaning of your coffee maker will reduce the risk of food-borne illness by reducing the amount of mold and bacteria in your machine, and should improve the taste and quality of your brew.

For questions about cleaning your coffee maker or any other food safety topics, contact Stephanie Ler, Richland County Food and Consumer Safety Sanitarian at 433-2207.

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# Making Medicare Make Sense

## Answers to Some of the Most Commonly Asked Medicare Questions

**Submitted by Centers for Medicare & Medicaid Services**

My spouse needs to go to a nursing home. Will Medicare pay for it? Can Medicare help me select a nursing home that will provide high quality care?

Medicare Part A pays for short-term stays in a nursing home, if it is needed after an inpatient hospital stay of at least three days. This usually means skilled nursing home services are required for rehabilitation after an injury, disability or illness. If this is the case and the person needing the skilled nursing home care as Medicare Part A and has a doctor's order for skilled nursing services the first 20 days in the nursing home are paid completely by Medicare. The next 80 days in the nursing home requires a payment by the person with Medicare of \$148 per day in 2013. After 100 days, Medicare will no longer pay any portion of the stay.

Medicare does not pay for long-term care. And Medicare won't pay for any skilled short-term care unless it immediately follows, and is directly related to an inpatient hospital stay.

Medicare provides a great deal of information for you about nursing homes, to help you select one that will provide quality care. Simply go to [www.medicare.gov](http://www.medicare.gov) and click on "Find a Nursing Home" on the home page. You can search by name, or by location.

Medicare's Nursing Home Compare listings show quality of care information on every Medicare and Medicaid-certified nursing home in the country – over 15,000 facilities. Note that facilities not certified to participate in Medicare or Medicaid are not listed, but are regulated by your state, which may publish its own information.

On [www.medicare.gov](http://www.medicare.gov), you can see information about recent health inspections, staffing information, and summaries of recent deficiencies. You can also see how an individual facility rates on the CMS Five-Star Quality Rating. In a few cases, you also see a facility marked with an "SFF" icon. SFF stands for "Special Focus Facility". This means the nursing home has a recent history of poor quality and will be surveyed (inspected) twice as often as nursing homes without this designation. However, it's worth noting that many facilities in the SFF program significantly improve their performance, which is the goal.

Information on Nursing Home Compare is something you should consider carefully, but not alone. Talk to your

doctor or other health care provider about this information. In many cases, some categories of performance may matter to you more than others. CMS does not endorse any nursing home, even the ones with good star ratings, and you shouldn't rely only on the ratings to make this important decision. The most important thing you can do is to visit the facilities you are considering, to get a first-hand feel for how they operate. Talk to the staff, and to people who live there. If you can't visit, have someone you trust do that for you.

As always, for more information about any Medicare question, please call 1-800-Medicare, which is 1-800-633-4227. Customer Service Representatives are available, 24 hours a day, 7 days a week.

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## *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](mailto: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 October news and ad deadline is October 9.

Jody Wells, Publisher

Dianne Swanson, Marketing Director

Erin Wells, Business Manager

Laurie Nentwig, Marketing Representative

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# Going Gluten-Free

**Submitted by Ludmila Keller**

More and more people chose to avoid or reduce gluten in their diet. In fact, Google searches for "gluten" have been trending higher every month. So what is gluten and why are people so interested in it?

Gluten is a protein found in wheat products. When gluten proteins are moistened, they become a flexible network. Basically, gluten is the reason why dough is elastic. It is estimated that 1 in 133 people suffer from celiac disease. Celiac is an auto-immune disorder that can only be treated by eliminating gluten from the diet. In those with celiac disease, consuming gluten causes inflammation in the small intestines. Symptoms can include diarrhea, bloating, abdominal pain, but also fatigue and headaches.

Thankfully, gluten is an environmental trigger, meaning that it can be avoided by excluding wheat-products from the diet. Gluten is found in grains, such as wheat, barley (including malt) and rye. Avoiding these grains can at first be overwhelming, as they are part of our traditional diets. However, there are many alternatives to these grains and their derived flours, such as buckwheat, flax, quinoa, rice, corn or arrowroot. And then of course there are all also a variety of other naturally gluten-free foods, such as beans, nuts, meats, eggs, fruits and most dairy products.

Avoiding or reducing wheat consumption, may also be helpful for people who don't have celiac disease. A recent study published in the American Journal of Gastroenterology confirmed the existence of non-celiac wheat sensitivity. Individuals with this health problem can suffer from many of the same symptoms as those with celiac disease without having celiac. While it is not clear whether their symptoms are also triggered by the gluten in wheat or by another wheat-component, avoiding wheat can also ease their pains.

For those who try to go gluten-free, baking treats may be the biggest obstacle. So here is a gluten-free dessert. For more resources call Extension Agent Ludmila at 406-433-1206 or e-mail [ludmila.keller@montana.edu](mailto:ludmila.keller@montana.edu).

## Chocolate Almond Meringues

1 cup confectioners' sugar

1/2 cup finely ground almonds

1/4 cup unsweetened cocoa

4 large egg whites

pinch of salt

1/2 cup sugar

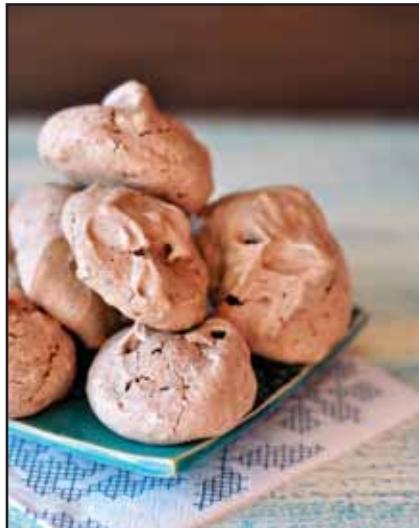
1/2 teaspoon vanilla extract

1/3 cup very finely chopped bittersweet chocolate

1. Position racks at top and bottom thirds of the oven.

Preheat to 300 degrees. Line two baking sheets with parchment paper.

2. Whisk together confectioners' sugar, ground almonds and cocoa. In large bowl, use electric mixer to



beat egg whites on medium speed until soft peaks form. Increase speed to medium high and beat in 1/2 cup of sugar, one tablespoon at a time and continue beating until stiff peaks form.

3. Beat in vanilla, then use a spatula to gently fold in almond mixture and chopped chocolate.

4. Drop meringues by tablespoonful's onto prepared baking sheets. Bake for 10 minutes, then reduce oven temperature to 200 degrees and bake for 1 hour more. Cool to room temperature before removing from pans. Store in a cool, dry place.

(Source: [www.foodess.com](http://www.foodess.com))



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# The Truth About Menopause:

## Debunking the myths for a happier, healthier, more satisfying life

(BPT) - Even in today's information age, myths about menopause and women's changing bodies abound and can take a huge toll on women. Half of women say their anxiety around menopause is caused by not knowing enough about this life stage and nearly half of menopausal women feel less confident once they start experiencing menopausal symptoms. For women going through this transitional stage of life, debunking myths and finding solutions to help them stand up to the symptoms of menopause can empower and help them lead happier, healthier lives.

"Just like all girls go through adolescence, all women go through menopause. It's a natural phase of life that has sadly been stigmatized as an illness," says Dr. Vivian Diller, a psychologist and author of FACE IT: What Women Really Feel As Their Looks Change. "Fortunately perceptions of menopause are changing and women are more eager to empower themselves with the facts that can help them talk more comfortably about and live more confidently through this life stage. And Poise.com is one resource that is available to help women separate the menopause myths from the facts."

**Myth:** Menopause is to blame for all mid-life changes that occur in a woman's body.

**Fact:** Many factors, including one's overall lifestyle and health, can influence changes in a woman's body. As they age, women may experience weight gain, vision and

hearing reduction or develop facial wrinkles - all of which cannot be attributed to menopause.

**Myth:** When it comes to life's changes, women just have to tough it out.

**Fact:** From medication to non-medicinal products, there are many options available to help women. The Poise brand offers a line of award-winning feminine wellness products that help address life's changes. The Poise brand has products for daily freshness, hot flash comfort, and intimacy. Visit [www.Poise.com](http://www.Poise.com) to learn more.

**Myth:** Forgetfulness is just a part of menopause.

**Fact:** Forgetfulness is a symptom of menopause, but it's not one that impacts memory in the long-term. While there is some evidence that fluctuating estrogen may influence the part of the brain that affects sleep, moods and memory, it's more likely that menopause impacts a woman's ability to concentrate, absorb and recall information.

**Myth:** Light bladder leakage is inevitable during menopause.

**Fact:** During menopause, a decline in estrogen levels may weaken the pelvic floor muscles that support bladder control, contributing to LBL (light bladder leakage). Though not all menopausal women experience LBL, it is a common condition that one-in-three women will ultimately face.

**Myth:** Menopause signals the end of a woman's sex life.

**Fact:** Many menopausal women report enjoying sex every bit as much as and sometimes more than their younger counterparts. But vaginal dryness can be one not so glorious side effect of this lifestage that can negatively impact women's intimate experiences. Fortunately lubricants can provide some relief; and since sexual health is important at any age, women who experience significant vaginal dryness or loss of libido during menopause should discuss that change with their doctors.



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# Fairview Memories

**THE FAIRVIEW NEWS**

**THURSDAY, OCT 22, 1953**

**AN INDEPENDENT NEWSPAPER**

## The Fairview News

Thursday, Sept. 11, 1969

### Cartwright Mercantile To Close After 56 Years of Continuous Public Service

*By. Mrs. Frank Leens*

The Cartwright Mercantile Store will close its doors Saturday, September 13, as there will be a public auction sale at the store and has many antique's for sale.

The store was built in 1913 by Louis Hagen and Andrew Oakland Sr., about the time the railroad came through, for Carl Rustad, who at that time operated a store in Buford. When Mr. Rustad came here he had Oluf and Fred Jevna work for him and they were friends from Kindred, N.D.

When Mr. Rustad passed away Henry Hagen, also from Kindred came and he and Martin Ruud operated the store. After the death of Mr. Hagen, father of Wallace Hagen of Williston, Martin Ruud continued to operate the store until illness and death. Olaf Odegaard took over the store and has operated it since 1933.

We in this community will miss the trip to the store and will have to remember to buy our groceries ahead of time, as we won't be able to go to the store across the street every time we need something. The school

children have enjoyed stopping at the store for their 1c, 5c or 10c candy, bubblegum, popsicles and ice cream bars and some of that red and black licorice candy. It also has been used as a waiting place for the school children for the arrival of the school bus.

We, in this community, want to thank Mr. Odegaard for his many years as store keeper and his faithful service. The last couple of years have been an effort for Mr. Odegaard to go back and forth during the winter months to fix the coal and wood furnace and now we are happy for him that he can relax and enjoy life. He and his wife Stella plan to live in their home in Cartwright.



## The Fairview News

Thursday, Oct. 2, 1969

### Aliens Must Report Addresses Before January 31, 1969

R.G. Hoffeller, District Director of the Immigration and Naturalization Service, today urged all aliens in Montana and Idaho who have not yet filled out alien address report forms, to do so before January 31 at the nearest Immigration and

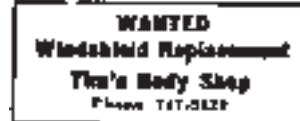
Naturalization Service office or local post office.

The immigration official pointed out that the law requires all non-citizens, except persons in diplomatic status and foreign representatives to certain international organizations, such as the United Nations, to report their addresses to the Government each January.

Mr. Hoffeller added: "The parent or legal guardian of an alien child under 14 years of age must fill out the address report form for such a child in order to comply with the law."

He declared: "We have tried to make it as convenient as possible for non-citizens to meet the address report requirements; and in view of serious penalties for willful violation, all persons subject to the address report law are urged to fulfill this obligation before the end of January."

Mr. Hoffeller advised: "It is easy for an alien to meet this requirement. He just goes to the nearest immigration and naturalization service or post office, fills out the address report form, and returns it to the clerk. Any non-citizen who is ill may send a friend or relative to obtain the card for him, and return it to the clerk after it has been completed by the alien."



## The Fairview News

Thursday, Oct. 2, 1969

### Richland TV Club Membership Drive Is Now Underway

Annual membership fund drive for the Richland TV Club got underway this week. The Richland TV Club sponsors TV Translators which gives local residents the opportunity to view Channel 10 at Dickinson and Channel 13, Glendive.

Membership dues are \$5.00 per year, and the funds are urgently needed to assure continuous operation of the two translators now in operation.

The \$5.00 dues may be sent or left at the Fairview Bank or at the office of the Fairview News. Join now and assure good TV viewing throughout the Fall and Winter!

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