Wednesday, March 19, 2014

Volume 40 • Number 5

P.O. Box 1207

Sidney, MT 59270

Oil Isn't the Only Thing Booming in the Bakken Region

Located at 111 West Main

By Tie Shank

Fax (406) 433-4114

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e-mail address:

Mercy Medical Center (MMC) has seen a steady increase in the number of babies being born over the past few years: In 2012, 536 babies were delivered. Compare this to the 746 babies delivered in 2013 and you'll see the increase of 210 babies in only a year. 2014 looks to be another record breaking year as the MMC OB department is expecting at least 120 babies coming due over the next couple of months from Great Plains Women's Health Center alone, per their Business Manager, Leland Tong.

Five years ago, MMC would staff only 1 labor & delivery nurse per shift, 1 post-partum nurse per shift and 1 nursery nurse per shift. They've increased this to 3 labor & delivery nurses, 1 post-partum nurse, 1 tech and 1 nursery nurse per shift. The hospital currently utilizes traveling nurses and would like to add more experienced labor & delivery nurses to their staff.

The Obstetrics unit at MMC is a 10 bed unit that offers 24 hour analgesia, Wi-Fi (so you can bring your laptops), Jacuzzis in each of the labor & delivery rooms and a sleeping area for a family member.

Registered Nurse Walta Novak has worked in the OB department at MMC for several years and has seen many changes. One of the constants she's seen is the number of women breastfeeding. "I've been on the OB for 27 years and we've had a very good history of breastfeeding moms," states Novak. "We educate women on how to breastfeed. We also give them the names and contact information of two registered lactation consultants during their stay with us."

Novak states, "We encourage rooming in. It helps parents set up a family bonding time and allows the mother to watch for breastfeeding cues. However, in the event the mother needs a break: a shower, to go for a walk or to take an uninterrupted nap, we have a nursery for those times. We put baby bands on the newborn, the mother and the significant other or the person the mother designates and those two are the only ones allowed to sign the baby out of the nursery."

The OB staff will ask two questions to every new mom during registration: 1) How do you plan to feed your baby and 2) Who have you chosen to be your baby's doctor? "It's important to choose a doctor for your newborn prior to delivery," advises Novak. "Pediatricians can be found at Craven Hagen Clinic and Mercy Pediatric Clinic."

Novak also strongly encourages all new moms to purchase the book, What to Expect The First Year. You can usually pick it up at bookstores, Walmart or on Amazon for under \$10. She also encourages expecting parents to log in to the Mercy Medical Center website and register for educational classes. MMC sponsors classes in Childbirth, Breastfeeding, Car Seat Safety, Bringing Baby Home and Baby Basics. Most classes are free of charge or there is a very minimal charge and you can register on-line at www.mercy-williston.org/events.



Cuts for Cancer

Beth Groshart takes the first cut of Mayor Rick Norby's hair during a cancer benefit at the Sidney Elks Lodge Friday night. Several brave men had their heads, beards and eyebrows shaved with all the proceeds going to fight cancer in Richland County. Kountry Catering also donated baked goods to be sold. The event raised almost \$5000 for the fight against cancer. (Photo by Dianne Swanson)

Richland County Community Garden **Organizational Meeting**

On Monday, March 31, the Richland County Extension Office will host an organizational/planning meeting for the Richland County Community Garden. Anyone interested in learning more about the project, helping out with the gardens, or want to actually reserve a garden spot, is invited to attend.

The Richland County Community Garden will be an area set aside for those with little or no gardening space of their own to reserve a garden bed and be able to grow their own produce. The garden will consist of 24, 4ft by 8ft raised bed gardens that will be 15 inches high. Those interested in reserving a garden space will need to attend the meeting to learn more about the project and how to reserve a spot.

Any questions can be directed to Tim Fine at the Extension

Office at 433-1206.



Watford City Lady Wolves Region 8 Champs



happy fans celebrate after defeating Parshall in overtime in the championship game of the Region 8 tournament. The Lady Wolves will take on Central Cass at 8:30 in the first round of the NDHS State Class B Tournament in Fargo.

Spider Specialist to Discuss Arachnids as Ag Biocontrol Agents

Submitted by Beth Redlin

Along came a spider and sat down beside her...but it definitely did NOT scare her away! Instead, Entomologist Laurie Kerzicnik has made a career of studying all things creepy crawly,

with spiders emerging as her favorite subjects. Kerzicnik will share her enthusiasm for spiders with both students and local producers when she visits the USDA-Agricultural Research Service's Northern Plains Agricultural Research Laboratory in Sidney Friday, March 21st, as the next speaker in the lab's 2014 Winter BrownBagger Series.

Dr. Kerzicnik's presentation at Sidney ARS begins at noon Friday and is entitled "Spiders as biological control agents in agriculture." Her talk runs from noon to 1 pm and is open to the public. The lab is located at 1500 N. Central Avenue in Sidney,

In addition, Dr. Kerzicnik (and a couple 8-legged guests) will be meeting with local students earlier Friday morning to discuss "Spiders as Beneficial Predators." Her first presentation is with the Sidney High School Advanced Biology Class, followed by a talk with Rau Elementary School 4th through 6th graders. To illustrate her talk, she will bring along a few hissing cockroaches, tarantulas, a centipede, a scorpion, and a black widow.

Dr. Kerzicnik is currently the Insect Diagnostician and Assistant Integrated Pest Management (IPM) Specialist in the Plant Sciences and Plant Pathology Department at Montana State University in Bozeman, focusing on urban insects and education. She has a Master's and PhD in Entomology from Colorado State University and has worked with spiders and biological control for over 15 years. Her background is with integrated pest management and spiders as pest control agents in agroecosystems.

In addition to her IPM work, Dr. Kerzicnik has done a lot of "entomology and arachnology outreach" to K-12 schools, the community, and to growers. "I've traveled around to schools with tarantulas, spiders, mantids, scorpions, and cockroaches for hands-on learning," she says. "I love extension and serving as a link between science education and the community."

She will once again be doing both when she visits Sidney ARS this Friday. Please bring your lunch and join us for this very

interesting presentation. Treats are provided. For more information, contact Beth Redlin at 406-433-9427.

Watford City players named to the Region 8 all tournament team are Ricky Lindley, Katie Mogen and Amanda Mogen. (Photos by Kathy Taylor)

African Children's Choir to Perform in Sidney

Submitted by Lydia Sherwood

The African Children's Choir melts the hearts of audiences with their charming smiles, beautiful voices and lively African songs and dances. The program features well-loved children's songs, traditional Spirituals and Gospel favorites. Concerts are free and open to all. A free-will offering is taken at the performance to support African Children's Choir programs, such as education, care and relief and development programs.

Music for Life (The parent organization for The African Children's Choir) works in seven African countries such as Uganda, Kenya, Rwanda, Sudan, Nigeria, Ghana and South Africa. MFL has educated over 52,000 children and impacted the lives of over 100,000 people through its relief and development programs during its history. MFL purpose is to help create new leadership for tomorrow's Africa, by focusing on education.

The African Children's Choir has had the privilege to perform before presidents, heads of state and most recently the Queen of England, Queen Elizabeth II, for her diamond jubilee. The Choir has also had the honor of singing alongside artists such as Paul McCartney, Annie Lennox, Keith Urban, Mariah Carey, Michael W. Smith, and other inspirational performers!

Most recently, the African Children's Choir accompanied South African opera singer, Pumeza Matshikiza, on some tracks for her debut album which was recorded at Abbey Road Studios in London.

Promotional support of this community concert is greatly

The African Children's Choir is a nonprofit humanitarian and relief organization dedicated to helping Africa's most vulnerable children today so they can help Africa tomorrow. No tickets, donations welcome.

The performance will take place May 7, 2014, at the Lonsdale United Methodist Church in Sidney, MT.



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Thank you

We, the family of Joe Klasna, would like to express our sincere appreciation for the phone calls, the visits, the beautiful cards & words of condolence. Thank you to our wonderful neighbors who brought food to the house & to the funeral. Thanks to Al & the staff at Fulkersons for your help and direction.

Thank you, Pastor George, for your spiritual guidance and for the lovely service for Joe.

- Tim & Kim Klasna & Family Jon & Jackie Klasna & Family



Do you have news or photos from McKenzie County you would like in The Roundup?

> **CONTACT:** Kathy Taylor in Watford City 701-842-6188

AREA RECOVERY GROUPS

MONDAYS:

Noon — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

1 - 3 p.m. - Grief Recovery Support Group in First Lutheran Church, Fellowship Room, Watford City.

6 - 8 p.m. - Grief Recovery Support Group in First Lutheran Church, Fellowship Room, Watford City.

6 p.m. - Al-Anon, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

7 p.m. - Fairview Alive and Kicking at Fairview Alliance Church, 704 S. Western Ave.

8 p.m. - AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

TUESDAYS:

7 p.m. - NA meeting, Fellowship Baptist Church 2181 W. Holly st. (across from the fairgrounds). Signey

7 p.m. — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

WEDNESDAYS:

5:00 p.m. - Sober Life Young People's NAAA 12- step recovery group, 25 yr. old & younger, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

8 p.m. - Al-Anon, Sanford Room, McKenzie Co. Public Library, Watford City.

THURSDAYS:

7 p.m. - NA meeting, Millers' Corner, 2201 W. Holly St., Sidney. 8 p.m. - AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

FRIDAYS: 6:30 - 7:30 p.m.- 5 Stones faith based recovery meeting,

Sidney Nazarene, 606 9th St. SW, Back door is open 8 p.m. - AA meetings, Trinity Lutheran Church Ed. Bldg, Sidney. **SATURDAYS:**

9 a.m. & 7 p.m. — AA Group Trinity Lutheran Church

Education bldg., 214 S. Lincoln Ave, Sidney. 8 p.m. - NA meeting, Fellowship Baptist Church, 2181 W. Holly

St. (across from the fairgrounds), Sidney.

SUNDAYS:

6:30 p.m. - "BUTT OUT" Support group, 309 S. Central Ave., Fairview

7 p.m. - AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney

LAKE WATER LEVEL REPORT

	Sakakawea	Fort Pec			
Current Elevation	1832.5	2223.0			
Last Week's Elev	1831.4	2225.0			
One Year Ago	1827.2	2222.3			
Release For Day (C.F.S.) 16,000	6,500			
WATEODD CITY WEATHED DATA					

<u>WAIFORD CITY WEATHER DATA</u> Source: North Dakota Agricultural Weather Network

Date	High	Low	Precip.
March 8	63	39	0.00
March 9	65	34	0.00
March 10	59	27	0.00
March 11	49	28	0.00
March 12	55	34	0.00
March 13	55	24	0.00
March 14	44	24	0.03
YTD Rainfall .			22.41

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.			
March 10	48	35	0.00			
March 11	49	29	0.00			
March 12	57	28	0.00			
March 13	57	29	0.00			
March 14	50	28	0.00			
March 15	36	22	0.05			
March 16	62	19	0.00			
Average YTD P	recipitation		0.18			

OBITUARIES

Alletta (Buxbaum) Seibold, 61, Bismarck, ND

Funeral services for Alletta (Buxbaum) Seibold, 61, of New England, ND were at 2 pm, Monday, March 17, 2014, at the Assembly of God Church in Sidney with Pastor Les Anderson officiating. Interment took place in the Sidney Cemetery, Sidney, MT under the direction of Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Alletta died on Wednesday evening, March 12, 2014, at the Baptist Health Care Center, Bismarck, ND.

Irwin Noyes, 90, Billings, MT formerly of Fairview, MT

Memorial services for Irwin Noyes, 90, of Billings, MT, formerly of Fairview, MT were at 3 pm, Friday, March 14, 2014 at the Community Presbyterian Church in Fairview, MT with Pastor Bob Meehan officiating. Interment of cremains took place at the Fairview Cemetery. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Irwin Noyes died on Tuesday, March 4, 2014 in Billings, MT.

Kesel to Speak at JSEC Meeting March 25

George Kesel from the Department of Labor & Industry's Apprenticeship & Training department will be speaking at the Sidney JSEC (Job Service Employers Committee) meeting about how apprenticeship can boost your bottom line. Apprenticeship helps with employee retention, while allowing a business to train employees to their specific needs, utilizing a graduated wage scale that saves payroll while training. Apprenticeship has been used for over 700 years because it is still the best way to train and retain skilled employees. Come and learn how this age old institution will grow your business in the 21st Century.

If you are unable to attend the meeting but would like to find out about this training opportunity, give Sidney Job Service a call (433-1204) and we will be able to provide you with more

Meeting Date: March 25th

Time: Noon – 1 PM, bring your own lunch Place: Reynolds Market Conference Room

RSVP: Call Cheryl at the Sidney Job Service 433-1204

NDSU Extension Service Offers Garden Forums

Submitted by Marcia Hellandsaas

The NDSU Extension Service in McKenzie County is one of several North Dakota counties offering a new series of garden workshops this spring. The Spring Fever Garden Forum will be held on Tuesday and Thursday evenings, March 25, 27,

A team of 12 university researchers will provide the latest information on caring for yards and gardens. Topics include selecting landscape trees, gardening in containers, selecting superior flower and vegetable varieties, improving soil, preventing diseases, growing hardy fruits and more. Specialists will give short presentations and then answer your questions.

Live presentations from NDSU in Fargo will be broadcast over 30 Extension offices across the state. Gardeners may also attend these meetings via the internet on their home computers. All gardeners are welcome to participate and everything is free. Presentations go from 6:30 to 8:30 pm CT each night. If you plan to attend sessions at the McKenzie County Extension Office please pre-register your attendance by Friday, March 21 at the McKenzie County Extension office by calling 701-444-3451 or e-mail Marcia.hellandsaas@ndsu.edu. You may also go to www. ag.ndsu.edu/springfever to receive more information.

MonDak Writers Group March 25

Great stories can be told by anyone, anywhere, whether you're working hard in the oil fields, washing dishes at a restaurant, or scribbling away during your office job. The MonDak Writers group encourages people of all writing levels and genres to join. Bring a work in progress (memoir, short story, novel chapter, poem, anything) if you've got one, and if you don't, your brain and possibly a lucky pen will do! We aim to build a community within Richland County of people who want to express themselves on paper and to celebrate the craft of writing. Our monthly writing workshop will include peer-to-peer review and feedback, group writing exercises, an enthusiastic instructor, and food and drinks. Our first meeting is Tuesday, March 25 at 6 p.m. at the MonDak Heritage Center.

Job Readiness Classes Hosted at the Library

Submitted by Laura Kowatch

The Sidney-Richland County Library and the Sidney Job Services will be teaming up to teach a six week course on job readiness. Each class will be centered on a specific part of the job application process.

The first class, which focuses on completing job applications, will be held on March 19th. In this class, participants will learn how to fill out job applications neatly and appropriately. Sidney Job Services will also be there to talk about all the services they have to offer.

Learn all about writing the best and most effective cover letter on March 26th. This class will include what items to use in a cover letter and what mistakes to avoid.

April 2nd, 16th, and 23rd will cover resume writing, with a specific focus for each class, including using templates, tips and tricks for resume writing, and how to turn out a finished product.

April 30th will end the six week course with information discussing the interview process, as well as information on proper attire and preparation for interviewing for a job.

All classes are free and open to anyone eighteen years and older. These classes are great for those who are seeking a new job or those who just need to update their resumes. Please stop in or call the library at 406-433-1917 to sign up.

SEND US YOUR EVENTS!

THE ROUNDUP: PO Box 1207 111 West Main • Sidney, MT 59270 406-433-3306 • Fax: 406-433-4114 • Email: classads@esidney.com

Richland County Events in Sidney unless otherwise listed. MT Zone.

Weds., March 19

1 p.m. - Red Hatters, meet at Footers, 616 S Central Ave. RSVP by calling Peggy Hart 488-6159 or Margaret Bradley 488-4613.

12:45 - 2 p.m. - Sidney Middle School Science Fair, gymnasium, awards at 2 p.m.

5:30 - 7 p.m. - Richey Senior Citizens pancake supper, Richey Senior & Community Center. Bob Walker will be doing a presentation on the Walker Family history.

Thurs., March 20

5 p.m. — TOPS, Crestwood NW entrance, Weigh-ins 5-5:30 p.m. Meeting 5:30 - 6 p.m.

7 p.m. - Big Sky Concert Series Presents: Chinook Winds, MonDak Heritage Center.

Fri., March 21

11:30 a.m. — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.

6:30 - 7:30 a.m.- Men's Breakfast Fellowship, Sidney Lutheran Brethren Church.

5 - 7 p.m. - Sidney Knights of Columbus 3002 Annual Fish Fry Supper, St. Matthew's Parish Center, 310 7th St. SE. All are invited and welcome.

Sun., March 23 1 p.m. — Savage Senior Center cards & potluck .

2 p.m. — Sidney Moose Lodge Bingo, 2 pm, Thru the

month of March. Mon., March 24

11:30 a.m. - Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077. 6:30 p.m. - Sidney Moose Lodge Pinochle games.

1 p.m. and 7 p.m. - Savage School students & Missoula Children's Theatre will be performing "The Secret Garden", Savage Audtitorium. Admission will be charged. 5 - 6:30 p.m. - Savage Juniors will be having a free will

dinner, Savage High School Cafeteria. 2:30 - 7:30 p.m. - Child Find/Developmental Screening Central School (200 3rd Ave. SE), appointments are necessary & will be taken by calling the Administration Office at 433-4080 during school hours. You are encouraged to bring your child even if they attended last year. The screening is provided at no cost as a public service of the Sidney Public Schools. For further information, call Michelle Monsen at 433-4251.

Tues., March 25

1 - 6 p.m. - Blood drive, St. Matthew's Parish Center,310 7th St. SE. For more info call 1-800-695-7258 or visit www.redcrossblood.org.

2:30 - 7:30 p.m. - Child Find/Developmental Screening Central School (200 3rd Ave. SE), appointments are necessary. Calling the Administration Office at 433-4080 during school hours.

6 - 8 p.m. - MonDak Writers group, first meeting, MonDak Hertitage Center.

Fri., March 28

9 a.m. - 12 p.m. - Senior Commodity Distribution, Nutter building, 123 W. Main, back door. Message phone number is 433-4353.

5 - 7 p.m. - Sidney Knights of Columbus 3002 Annual Fish Fry Supper, St. Matthew's Parish Center, 310 7th St. SE. All are invited and welcome.

Sat., March 29 6:30 p.m. - Glendive Moose Club, Trivia Night fund raiser

for Library Projects funded by the Glendive Friends of the Library. Go to the web site, https://sites.google.com/site/ glendivefriendsofthelibrary/home/trivia-night and download and print a team roster. Only \$20 per team member! Wed., April 2 1:30 - 3:30 p.m. - Savage School Kindergarten and pre

school screening, ages 0-K, need to call for appointment

at 776-2317. Please bring birth certificate and immunization card with you.

Fri., April 4

7 p.m - Missoula Children's Theatre and Faiview students will be performing "The Secret Garden," East Fairview School gym.

McKenzie County

Events in Watford City unless otherwise listed. CT Zone.

Thurs., March 20

9:30 a.m. - 3:40 p.m. - Motor Vehicle Dept. will be at the Sanford Room, McKenzie Co. Public Library, 112 2nd Ave.

12 p.m. - 2 p.m. - McKenzie Co. Food Pantry, in the lower level of the First Lutheran Church, 212 2nd Ave. NW, Watford City, Cash Wise food giveaway, for more onfo or set up an appt. call 701-444-3451 or www.mcfoodpantry.

7 p.m.- Pinochle, Watford City Senior Center, 205 5th St. NW, for more info call 842-3760.

Mon., March 24

1 - 3 p.m. - Grief Recovery Support Group First Lutheran Church, Fellowship room, Watford City.

6 - 8 p.m. - Grief Recovery Support Group in First Lutheran Church, Fellowship room, Watford City.

Tues., March 25

11:30 a.m. - 1 p.m. - Watford City Area Chamber of Commerce Lunch and Learn, Session One: General Sales and Use Tax Information, 2 p.m. - 3:30 p.m. -Session Two: Lodging Sales and Use Tax Issues, Teddy's Residential Suites, 113 9th Ave SE, Watford City, ND.

McKenzie Co. Public Library **Bookmobile Schedule**

Weds., March 19 Arnegard P.O. 9 - 9:30 am Horse Creek School 10:15 - 10:30 am Squaw Gap Hall 11 - 11:30 am

Elizabeth Hatter 11:40am - 12:15 pm Thurs., March 20 McKenzie Co. Courthouse temp office 8:25 - 8:35 am

Johnson Corners Christian Academy

9:10 - 9:30 am 9:45 - 10:05 am **Keene Dome**

11:40am-12:15pm

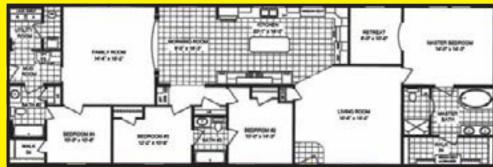
Good Shepherd Home 10:40 - 11:20 am Hillside Court 11:25 am - 12:05 pm

Fri., March 21 Across from Lutheran Church, Grassy Butte 9 am - 12 pm Tues., April 1 Alexander School 9 -10:30 am

East Fairview School 11 am - 12:45 pm **Cartwright Hall** 1 - 1:30 pm Weds., April 2 Arnegard Post Office 9 - 9:30 am **Horse Creek School** 10:15 - 10:30 am **Squaw Gap Hall** 11 - 11:30 am

Elizabeth Hatter

View all monthly events on our calendar at: www.roundupweb.com



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Opening of a Crow Nation Exhibit at the MonDak **Heritage Center**

The Western Heritage Center and American Indian Tribal Histories Project exhibit about Crow Indian history and culture, Parading Through History: The Apsaalooke Nation, will be featured at the MonDak Heritage Center now through



This unique exhibit was developed, designed, and created by a team of Crow

Indian scholars and artists with the intent of sharing the many traditions of the Crow Nation. The exhibit features an introductory kiosk, a Crow language touch screen, fifteen large banners with historical and contemporary comments about the Crow Nation, and several examples of beautiful beadwork from Crow artists. The exhibit was developed as part of the American Indian Tribal Histories Project, a Western Heritage Center program based in Billings, which recorded oral histories, developed a series of educational DVDs, and created exhibits, all from a Native American point of view.

In developing this exhibit, Mardell Plainfeather, a Crow oral historian, hoped visitors would, "gain an understanding for a people who have lived on this continent long before anyone 'discovered' us and our lands." Plainfeather states, "It is a peek into hundreds of years of history, where we've selected symbolic people and images to represent certain periods of time." The title, Parading Through History, was borrowed from Frederick Hoxie's book of the same name, which gives a Crow perspective based on continual movement and cultural pride, both being features of a parade, and adopted as a working theme for the exhibit by the Crow research team at the Western Heritage Center in Billings.

The MonDak Heritage Center is located at 120 3rd Ave SE, in Sidney and has FREE admission. We hope to see you soon. We are open Tuesday - Friday 10am-4pm, and Saturdays 1pm-4pm.

For further information please call: 406-433-3500, or email

"May is Motorcycle **Awareness Month**" **Poster Contest**

Contest Rules

- 1. Contest is open to all area students grades
- 2. All entries should promote a message of awareness for motorcycle riders by other motorists.
- 3. All entries should be submitted on the form provided, if a higher-quality of paper is desired it must be the same size as the official entryform and be submitted with the form fastened to the back.
- 4. All entries become the property of Lower Yellowstone Chapter of ABATE of Montana.
- 5. A \$100 cash-prize will be awarded to the winning entry from each school.
- 6. The top two entries from the pool of individual winners from each school will have their artwork published on a billboard promoting motorcycle awareness.
- 7. Contest ends April 11th (4/11/2014).

Grade: Poster Title: School:

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8:00am – 12:00pm Reasonable Suspicion Certification 1:00pm – 5:00pm DER Certification Thursday, April 24th at Hampton Inn – Williston Friday, April 25th at Checkers Training Center - Sidney

Call 406-488-5800 to get registered or you may go to our website at www.drugcheckers.com and complete a

registration form and fax back to us at 406-488-5899. Presented by

≥4-H Jr. Leaders 🔊 Dinner & Dance

Friday, April 11th

Dinner 6:30 - 8:30pm • Dance 8:30 - 10:00pm At the Elks Lodge, 123 3rd St. SW • Sidney, MT



Dinner Choices: Lasagna or Chicken Alfredo (choose one) Cost: \$25 per ticket

For tickets, contact 4-H Jr. Leaders or call the Richland County Extension Office at 406-433-1206



Mank You

We wish to thank all our past customers for their construction business and allowing us to build your homes over the years. We feel that the community's, the area's and our needs will now be better served by supplying materials through Sidney Woodworker.

Thank you again and please think of us for all your building material needs.

- Robert Raushendorfer, Raushendorfer Construction

Mega Feast

10pc Chicken

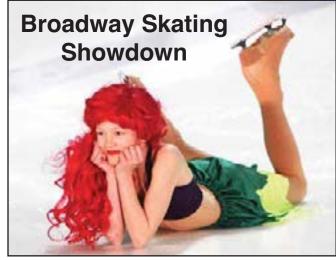
3 Tenders

6 Bisuits

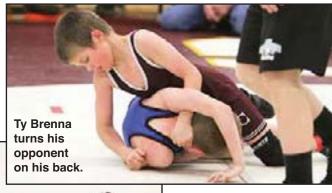
3 Large Sides



Skating to Jolly Holiday from Mary Poppins are Olivia Ruggles, Anna Harris and Caleb Johansen. (Photos by Kathy Taylor)



The Watford City Figure Skating Club performed their annual Ice Show to a full house both Saturday evening and Sunday. Over 50 skaters of all ages performed to music from Broadway shows, entertaining friends and family. Above: Performing Under The Sea as Arielle from the Little Mermaid is Isabell Boekelman. Go to roundupweb.com for more pictures.



Watford City Wrestling

The Watford City Wrestling Club held a Pee Wee Wrestling meet last weekend. Left: Coy Hepper works on





Come meet the newest Little Ladu Ellie Jean Pennington Join us for an Open House honoring Megan & her sweet little Snuggle Bug! March 22, 2014 2-4pm MDT Best Western Golden Prairie Inn Conference Room 820 S. Central Ave. Sidney, MT 59270

Above: Beau Matson pins his opponent. Go to roundupweb.com for more photos. (Photos by Kathy Taylor)

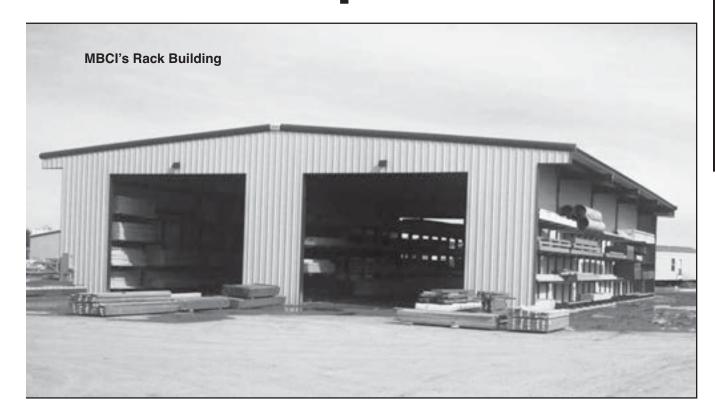
Beit HaDerek Meets on Biblically Mandated Shabbat 35188 Cty Rd, 126 488-1447







McKenzie Building Center Celebrates 80th Anniversary, Builds New Inside **Drive-Through Storage And Actively Seeks Add-On Acquisitions**



McKenzie Building Center, Inc., or MBCI as it has become known around the Bakken, has been serving Northwest North Dakota and McKenzie County now for 80 years, supplying professional builders, the oilfield, homeowners and residents vith lumber and building material needs for new construction, emodeling and home improvement.

"2014 marks a historic year for MBCI. Throughout our 80 rears in business, we have become the total building material supplier to the construction, remodeling and oilfield market in McKenzie County, and with our buying power, we offer the most competitive pricing and largest lines of credit to commercial sustomers in the industry," said Charlie Rader, Chief Operating

"We will be celebrating our 80th anniversary with special buys, promotions and events throughout the year and we'll be cicking off the spring 2014 season with our first annual Customer and Vendor Appreciation Event in April," Rader added.

MBCI has been a fixture in McKenzie County starting in 1934 as Great Plains Supply and then changing its name in 1996 o better reflect its location in McKenzie County, in Watford City.

MBCI is a full line supplier of all types of building materials anging from lumber, timbers, drywall/sheetrock, concrete prodacts, doors, roofing, plumbing, electrical, rebar, steel beams, nsulation, rig mats, hardware, windows, flooring, paint, cabinets and all types of metal buildings which can be custom made to he buyer's specifications.

"We built the inside drive-through storage building for critical materials for easy pick up by customers in all types of veather and to provide all weather storage adding significantly o our customer's need of having fast, and efficient loading of naterials," said Joe Johnson, VP of Operations.

"Additionally, delivery is available by truck or boom truck that unloads materials to higher floors or job sites and we can arrange or full truck load orders to be shipped directly from the mill or nanufacturer right to the customer's job site," added Johnson.

"We also carry all types of farm and ranch supplies, fencng, posts and gates, and have added a full line of rig mats, for sale or rental for our drilling and pipeline customers, however, hese can also be used on farms and ranches to provide better all weather use of driveways, access points or areas needing

ground support," said Rader. The company rents or sells the rig mats to users at manufacturer's pricing and coordinates installs as required.

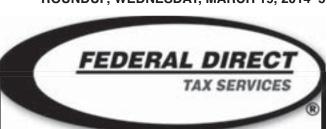
MBCI offers many services to assist in all phases of construction ranging from initial consultation to planning the entire project and estimate of all material costs, and MBCI's expansion has created many job openings for experienced inside and outside salesmen and yard staff.

Most importantly, builders, oil field companies, developers and farmers can establish a line of credit at MBCI that allows for up to 60 day payment terms for all purchases at MBCI, "so as not to have the customer use cash or their existing credit

cards, therefore adding convenience and efficiency to the customer's experience at MBCI," added Mr. Rader.

"As a company we have thrived, and are actively seeking to expand MBCI through additional acquisitions. We are aggressively seeking to acquire other Lumber Yards and Building Material Suppliers, throughout North Dakota," stated MBCI Chairman, Eric

Check out other products on MBCI's website: www. mckenziebuildingcenter.com. MBCI is located on Highway 23.in Watford City, directly across from the airport, and is open 6 days a week or added hours by appointment. Regular Hours of Operation: Mon - Fri 7:00am to 6:00pm & Sat 8:00am to 4:00pm Call for information or directions 701-444-3665.



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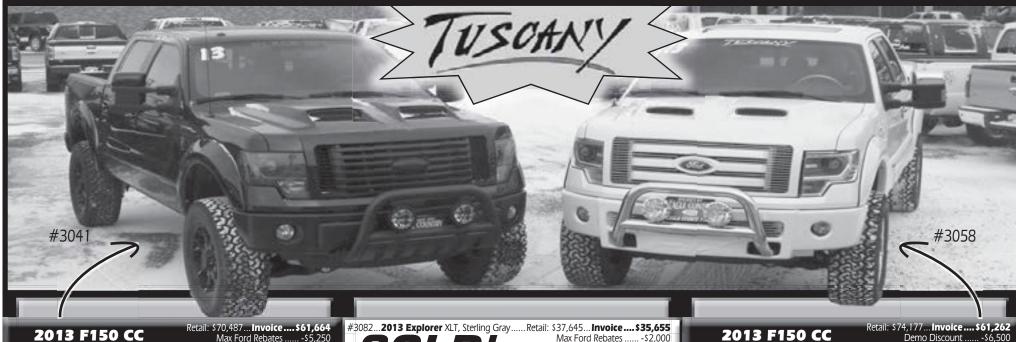
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... -\$3,000

#3110...**2013 F150 CC Lariat** Silver

etail: \$74,177...**Invoice....\$61,262** Demo Discount -\$6,500

Retail: \$53.625... Invoice \$49.137

Max Ford Rebates. Eagle Country Ford Discount

You Pay ... \$42,540

#2925...2013 Edge Limited AWD, White... ...Retail: \$39,180...**Invoice....\$37,153** Max Ford Rebates Eagle Country Ford Discount You Pay ... \$32,653

Eagle Country Ford Discount You Pay ... \$31,364 #3166...2013 Flex Limited Ruby Red. Retail: \$47,460... Invoice \$44,756

Max Ford Rebates -\$4,500 You Pay ... \$43,137 ..2013 F250 CC Lariat Pale Adobe Retail: \$54,345... Invoice....\$50,681

#3043...**2013 Expedition** El XLT, Ruby Red ... Retail: \$54,205... **Invoice....\$51,124** Max Ford Rebates You Pay ... \$44,624

Max Ford Rebates Eagle Country Ford Discount You Pay ... \$37,756

You Pay ... \$44,681 #3079...**2013 F350 S/C Lariat** Green Gem.... Retail: \$51,940... **Invoice \$48,540** Max Ford Rebates .

#3044...**2013 Flex SEL** AWD, Ginger Ale . ..Retail: \$40.780...Invoice....\$38.474 Max Ford Rebates Eagle Country Ford Discount You Pay ... \$31,474 # 123...**2013 Fusion Titanium** AWD, Blue...Retail: \$37,675...**Invoice....\$35,295**

#3095...**2013 Edge SEL** AWD, Silver

Max Ford Rebates You Pay ... \$30,795

Retail: \$37.980... Invoice.... \$35.864

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Good Luck at State Sidney Gymnastics Friday - Sunday, March 21st - 24th Valley Christian School, Missoula, MT







Good Luck Lorraine Coronato!

Fax: 406-433-6755 2221 S. Central Ave • Sidney www.sondassolutions.com

Front (L-R): Allison Axtman, Taylor McPherson, Suttyn Barnhart, Becca Deming. Middle (L-R): Kierra Houtari, Liliana Johnson, Hannah Hasvold, Kathrine Hill, Elizabeth Hill, Hailey Hasvold, Bethany Wells. Back (L-R): Lorraine Coronato, Hallie Andrews, Shea Roberts, Coach Pat, Codi Hasvold, Coach Jan, Cassidy Larson, Cheyenne Christian, Brielle Gorder. Not Pictured: Bailee Vitt, Brianna Dingfelder.



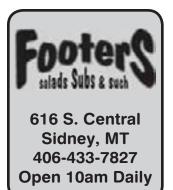










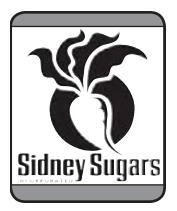


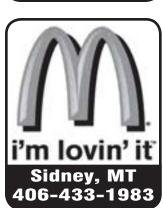


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Farm Bureau Women's **Committee Scholarship**

Submitted by Nicole Hackley

The Montana Farm Bureau Federation will present two \$1,000.00 scholarships made available through special efforts of the MFB Women's Leadership Committee and the county Farm Bureaus. The scholarships are available to both males and females. The winner will be selected on the following criteria: 1) Must be an incoming college freshman. 2) Scholarship must be used the year it is awarded. 3) Must be a current paid Montana Farm Bureau member, or an immediate member of a current paid Montana Farm Bureau family. 4) Will be judged in order of importance: a. Scholastic achievement (high school grades) b. Goals—regarding college courses and activities c. Community activities d. School activities.

All scholarship applications must be sent to and approved by the county Farm Bureau and signed by the county Farm Bureau president, Don Steinbeisser Jr. If the applicant has any questions regarding the scholarship or scholarship application, call Alena Standley at 406-799-9955. Applications must be submitted to the county Farm Bureau no later than April1, 2014, at 302 W. Main, Sidney, MT 59270. For a copy of the application, contact

Nicole Hackley at (406) 480-5385, or applications are available at the Farm Bureau office in Sidney or online at www.mfbf.org/ member-services/scholarships/.

Sidney Wrestling Results

Nine wrestlers from the Sidney Wrestling Club traveled to Havre to participate in the 7th Annual Pre-Pony Rumble on Saturday March 15th. The tournament was run as a gold/silver tournament; results are as follows: Midget 63# Kevin Hutzenbiler -1 win/2 Loss, Midget 120# Cole Humphries - 0 win/3 loss, Novice 67# Kolby Hutzenbiler - 3 win/0 loss, Novice 67# Jed Escobedo - 2 win/1 loss, Novice 74# Tucker Nevins - 0 win/3 loss, Novice 122# Cash Cundiff - 2 win/1 loss, Novice 142 # Trey Schepens - 1 win/2 loss, Schoolboy 83# Everett Jensen - 3 win/0 loss, Schoolboy 104# Jace Winter - 3 win/0 loss.Two wrestlers from the Sidney Wrestling Club traveled to Billings on Saturday to participate in the Heights Wrestling Club Invitational. Brodey Skogen took 1st place in the Novice 112 division, and Jordan Darby took 5th place in the Novice 80 division.



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74th Annual Meeting

Sat, March 22nd at the Sidney Elks Club

Dinner will begin at 5:30 pm Meeting to commence at 6:30

The board positions of Phil Fink, Rick Mullin and Jon Redlin are up. Anyone is eligible to run regardless of what district you reside in. Phil has decided not to run for reelections; Jon and Rick are running again. Rick Mullin and Phil Fink are on the nominating committee so please contact them if you are interested in these positions.

Nortana continues to invest heavily in our staff, our most important asset. Once again, we also invested heavily in rolling stock, facility upgrades and last, but not least, the purchase of Sweley Oil. Nortana Grain is positioned to meet the everyday needs and challenges of your farm and ranch with the latest modern technology. Your co-op is here to serve you tomorrow and your children and grandchildren for many years to come.

Come celebrate another good year. Nortana Grain has some amazing plans to better serve you in 2014 and beyond. Come hear about them on Saturday night, March 22nd at the Elks Lodge in Sidney. We greatly appreciate your business and look forward to serving you in the future.



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1961 Cessna 172B Skyhawk: 2630 TTAF, 490 TS-MOH, paint 10-jet glo, interior 10, excellent glass, KMA20, ICA200, KX145, 4 place intercom, AT150, KN60. This is the nicest 1961 we've ever seen! \$43,000 \$40,000.

1968 Piper PA-28 Cherokee 140: 3800 TTAF, 525 SMOH, KR85, AT150, 2 place intercom. Nice paint and interior

1972 Beechcraft B55 Baron 3330 TTAF: 1860TSMOH L&R, 10 SPOH L&R, B-5 auto pilot, GMA340, GNA430, KX155, KN64, KT76, KR85, GTX327, vertical compass, Rosen's, tanis nice paint and interior. \$49,000 \$45,000.

1976 B-55 Baron:

Times: TTAF-8760, TSMOH LE-1100, TSMOH RE-950, both props TSPOH-1280.

Fresh annual ELT & IFR cert.

HURLEY'S

Fairview, MT

Garmin GMA 340 Audio panel, Garmin GNS 430 GPS, King KX-165 Nav/comm, King KT-76A transponder, Century IV Autopilot, Century NSD 360A HIS, 4 place intercom. Tanis single plug with power cord for interior heating. Boots. Alcohol props and windshield. Rosen sun visors.

Interior: Tan leather beautifully done by Cemone in BIS (2010) Exterior: Shows well painted by Vanco in 2000.

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1981 Hughes 269C TTAF 3132: TSMOH 845, 3 new M/R blades, Component times on request, big fuel and much more Call Barry at Sidney Air Service at 406-480-2024

Call Barry at Sidney Air Service: 406-480-2024

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HELP WANTED

Temporary summer positions at Eastern Agricultural Research Center (EARC). \$9.00/ hr, full time, 40hrs/week, Mon-Fri 7 am - 4 pm. 16 years of age and older eligible. Applications available at EARC, 1 mile N. of Sidney on Hwy 200, 1501 N. Central Ave. Sidney, or by calling 433-2208. Applications deadline April 25, 2014. MSU/ EARC is an ADA/EEO/AA employer.

HELP WANTED

Full Time Fencing Positions Available. Preferred but not required fencing, trenching, mowing, and seeding experience. Must have knowledge of how to operate trenchers & tractors & have a valid drivers license. CDL preferred, not

Bakken Mobile

Dr. Vince Stenson Complete small animal care

8 am - 4 pm

Thurs, Mar 20, Apr 10 Tractor Supply Co.

Culbertson:

Wed, Mar 19, 26, Apr 12 County Ext. Bldg on Main Street

Fairview:

Call for Appointment

required initially, but must be able to obtain. PDOE. Send resume to cfandw@outlook.

LIFEGUARDS WANTED

City of Sidney, must be at least 15 years of age. Hold current LG & CPR. Application % Pool Mgr to 115 2nd St. SE, Sidney, MT. Applications close April 25.

HELP WANTED

The City of Arnegard, located in McKenzie County in Western North Dakota, in the heart of the Williston Basin and the ongoing Bakken shale play, seeks a City Auditor. The City Auditor has a wide variety of duties and responsibilities and executes many of the City's governmental functions, and is responsible for the City's finance. In addition, the City Auditor is considered to be Office Manager and performs activities related to the operations of City business, including but not limited to Fund Accounting, Utility Billing, and Payroll in QuickBooks. Minimum Qualifications: High school diploma with two years of experience

as an Office Manager or accountant/bookkeeper, preferably in municipal government. The person holding this position must almost be able to be bonded. This is a full-time position, (40) hours per week, with a competitive benefits package. Starting wage is DOQ. Contact Mayor Virginia Elliot, Arnegard City Hall at (701) 586-3453 to request a City job application Package. Complete City job application, along with optional cover letter and resume, should be mailed To City Auditor Search, City of Arnegard, Post Office Box 488, Arnegard, ND 58835. Closing date is April 15, 2014, at 5:00 p.m.

ADMINISTRATIVE ASSIST.

McKenzie County Weed control is currently seeking an Administrative Assistant to work a full 40-hour work week from Mon - Fri. Position offers completive wages with full benefit package. The ideal candidate should demonstrate good organizational skills, be proficient with window and accounting software and customer service

with telephone communication skills in a professional manner.

Please apply in person at McKenzie County Weed Control office at 512 14th Street, Watford City ND or call 701-842-4131.

DRIVER WANTED

Delivery driver for The Roundup, \$15 per hour. Must have valid driver's license, be able to lift at least 80 lbs. One day/ week. Pick up application at 111 W. Main, Sidney, MT, or at the Sidney Job Service. *\$500 signing bonus.

HELP WANTED

Part time bartender. Apply with Randy at Sidney Elks Club between 1 - 4 pm, 123 3rd St. SW, Sidney. 406-433-2406.

CARRIERS WANTED

Need extra cash or want to get some exercise? We have carrier routes available in most parts of Sidney. Call 406-433-3306, or fill out application at The Roundup, 111 W. Main, Sidney.

12th Annual Schefield Spring **Consignment Auction**

March 30th, 2014 at 12 pm (MST)
15 miles south & 3 miles west of Dickinson, ND on Hwy. 22, Signs will be posted.

TRACTORS

JD 8310 MFWD, 3point, 3 hydraulics, 6500hrs; IH 6588 2+2, duals all around, 4 hyd, 3point, 540&1000 pto; JD 2940 with 148 loader and grapple, 3point, 3hyd; JD 2010 wide front, gas, 3 point; IH 806 diesel tractor, 2hyd, 540&1000 pto; Farmall 350 gas tractor with American Econolift loader, 3point; IH 1947 H tractor, rear spoke wheels, needs work; 444 Bobcat skid steer; JD L108 lawn tractor, one owner, very nice

TRUCKS & VEHICLES

1980 Kenworth W900A, silver 92 detroit, 13 spd, 400,000 miles, good tires, nice clean truck; 1986 Freightliner FL112, tandem axel with air pusher axel, 22' Omaha box with 3 door gate, Cummins L10 300hp, 9spd, 390,000 original miles; 1973 Ford F600 tandem truck, rear lift axle, 18' box, new hyd. Pump and hoist, roll tarp, low miles, super sharp, always shedded; 1994 Kodiak, 3116 cat, 5spd transmission, service body, 3 spd hydraulic winch, 136,000 miles; Auxiliary hydraulics, 2 ptos; 1999 GMC 3500, 2wd, 454, auto, service body; 1985 Ford F 250 4x4 ext cab, utility box with 200 gallon fuel service tank, has front tow hitch; 1990 Chevy Bonnevill, nice car with good tires, runs good; 1998 Polaris Explorer 300 4x4 ATV

TRAILERS

2001 Timpte 48'x102"x78 triple axel hopper trailer, center lift axle, nice shape; 1989 Wilson 42' grain hopper, newer roll tarp and king pin, tires good; 1994 Prowestern 16' gooseneck horse trailer, front tack room; 1985 Travalong 7'x16' stock trailer, good shape; Gooseneck car trailer with 500 gallon fuel tank; Field service trailer with 500 gallon fuel tank, tool boxes, John Deere gas air compressor; Utility box for pickup

MISC. FARM EQUIPMENT

2812 concord air drill with 1502 cart, dutch openers, nh3, disc levelers Flexicoil 67XL sprayer, 130' booms with wind screens, 1500 gallon tank, excellent condition; (3) 1000gallon anhydrous ammonium trailers; JD 158 loader, 8' bucket and grapple, joystick controls, no welds; Quoker loader small utility tractor; Dual loader bucket and grapple, good pto pump; Brandt 15x35 conveyor with computerized electric motor; Grain Belt 12x35 conveyor; Westfield 10x71 swing hopper auger with reverser; JD #37 mower with 7' bar; Case 7' pull type mower; 63" 4 in 1 skid steer bucket; (2) 48" skid steer pallet fork attachments; Skidsteer weld on mounting pla 3 point bale carrier; (2) anhydrous tank running gears; JD 1260, 6 row 30" corn planter with dry fertilzer; JD 12' LLA press drill, stored inside nice shape; JD 930 straight header on transport; IH 810 24' straight header in nice condition; Disproportionally; Header transport; Hesston 30A stack wagon in excellent shape; New Holland 116 14' haybine, rebuilt gear box and drives, very good condtion; Rowse double nine mower with New Holland heads; IH 6000 20' double swath swather, cab & air; Versitle 400 18' swather, cab; Tandem axle swather transport; New Holland 1033 stackliner, hauls 104 bales; Westfield endgate drill fill; Farmhand XL 945 loader with 4020 mounts, no bucket; Dahuaser 3 point post hole digger; TSC 3 point post hole digger; Michaels hydraulic hopper trailer augers; (2) Nero grain vacs in working order; Canola roller, metal, 9'; Misc. used tractor tires, all sizes

CATTLE & MISC.

Rancher 250 creep feeder; (2) 325 bushel hopper bins; Steel fence posts; Barb wire; Wood posts; Woven wire, good; Sheep panel; Cattle squeeze chute; 1700 square feet heavy gauge steel building tin, New

TOOLS & MISC.

Acetylene torch with large tanks; Antique Standard Oil gas pump; (3) 55 gallon barrels chevron, delo 15w40; (1) 55 gallon barrel ISO 32 10w hyd oil; (1) 55 gallon 50/50 red antifreeze; Numerous nice log chains; Numerous chain binders; 4" load straps; Lever action chain hoist; Pipe and Crescent wrenches; New 1" impact wrench; (3) 20 ton air hyd. Jacks; 10 ton floor jack; New 12v grease gun; New Peterbilt & Kenworth parts; Cat oil and fuel filters 3406E and C16; T-800 Kenworth front bumper; (2) Peterbilt bumpers; (4) 24.5 aluminum peterbilt wheels; Good used truck tires 22.5 & 24.5; Garmin auto navigator; Garmin personal navigator; (2) hyd motors; Hand meat grinders

Auctioneers note; We have nice line of late model farm equipment up for sale with more expected by sale time. If you are looking for some good farm trucks you won't want to miss this one. Hope to see you at the sale. For more info call Mike at 701-290-0756 or 701-579-4224

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Watford City vs Central Cass, 8 pm

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2005 Case RBX 563 moisture tester net & twine wrap, 540 PTO 12,650 bales, Massey 850 combine straight & pickup headers trailer, plastic still on seat, great condition. Also looking for summer pasture. Call 406-774-3495 after 7 pm.

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burger gravy over mashed potatoes, green beans, pears. Fri., March 21: PB & J jamwich, potato soup, apple. Mon., March 24: Chicken patty, cheesy potatoes, green beans, pears.

Tues., March 25: Burritos, tossed salad, peach cups. Weds., March 26: Belgian waffles, sausage patty, hash browns, applesauce.

Rau School

Thurs., March 20:Ham, scalloped potatoes, carrots, pears.

Fri., March 21: Hot pocket, veggies, fruit salad. Mon., March 24: Chicken strips, wedges, corn, mandarin oranges.

Tues., March 25: Goulash, green beans, peaches. Weds., March 26: Cook's Choice.

Fairview School

Thurs., March 20: Chef salad, cheese sticks, eqg. fruit. Fri., March 21: Flex day Mon., March 24: Chicken fried steak, mashed potatoes. Tues., March 25: Beef tips & gravy, rice, peas, fruit. Weds., March 26: Soup & sandwich, chips, carrots.

East Fairview

Thurs., March 20: Chicken nuggets, corn, apple. Fri., March 21:Beef stroganoff, butter noodles, green beans, pears. Mon., March 24:Hamburger,

pickle spear, corn, pears. Tues., March 25: Chicken gravy, mashed potatoes, broccoli, applesauce.

Weds., March 26:Spaghetti, garlic bread, salad, peaches.

Richey School Thurs., March 20: Chicken

noodle soup, grilled cheese, pickles/crackers, fruit. Fri., March 21: Beef or bean burritos, nachos, fruit. Mon., March 24: Chicken & stuffing casserole, green beans, fruit.

Tues., March 25: Taco salad, pretzel & cheese, fruit. Weds., March 26: Stuffed crust pizza, corn, fruit.

Savage School Thurs., March 20: Chicken

fajitas, salad, pears. Fri., March 21: Grilled cheese, tomato soup, orang es, apples.

Mon., March 24: Pork steak, cheesy potatoes, green beans, peas, mandarin oranges.

Tues., March 25: Lasagna, french bread, cottage cheese, celery sticks, corn, peaches, dessert.

Weds., March 26: Chicken patty, jello, tropical fruit.

Lambert School Thurs., March 20: Polish sausage, boiled potatoes,

cabbage, mandarin oranges. Fri.. March 21: Soup day. krispy bar. Mon., March 24:Chicken

patty, mashed potatoes, gravy, green beans, brownies. Tues., March 25: Tater tot hotdish, salad, fruit cocktail. Weds., March 26: Pizza, carrot, celery, banana.

Culbertson School Thurs., March 20: Pepperoni

or cheese pizza, salad, fruit Fri., March 21: NO SCHOOL.

Mon., March 24:Chicken strips, french fries, carrots, pears.

Tues., March 25: Hamburgers, french fries, pickle spear, mandarin oranges.

Weds., March 26: Crunchy chicken cheddar broccolibake, fruit cocktail.

Froid School Thurs., March 20: Chick-

en alfredo over noodles, mixed veggies, garlic bread stix, salad bar. Fri., March 21: Fishwich on a bun, chips, peas, salad bar, fruit. Mon., March 24: Chicken

pot pie, salad, bar, fruit. Tues., March 25: Scrambled eggs, sausage links, blueberry muffins, applesauce. Weds., March 26: Meatloaf, au gratin potatoes, peas & carrots, salad bar, pudding dessert.

Sidney School Thurs., March 20: Ham-

Community HEALTH FAIF Tuesday, March 25 - 2:00 PM- 7:00 PM Richland County Fair Event Center · Sidney, MT

Diabetes Grade? What is you

By Jerome Kessler, MD

When I was in elementary school, the teachers gave us a report card every quarter that we were supposed to show our parents. I dutifully handed this over to my parents, and they would make comments.

They were pleased that I got As in Math and Science, but were not happy if I got a D in Conduct and Behavior. . . That is another story, but it is analogous to how "Glycosylated Hemoglobin Testing" is used in diabetes.

You already know that Diabetes mellitus ("sugar diabetes") is a serious medical condition. Uncontrolled diabetes increases your chance of having a heart attack, stroke, kidney failure, blindness, nerve damage and amputa-

tions. Adult-onset diabetes (Type 2 DM) affects around 7% of American adults. It is twice as common in Hispanic and African-American populations. About 8 million Americans have undiagnosed diabetes, and another 87 million have "pre-diabetes." Whether diagnosed or not, diabetes can seriously affect your life in many ways.

Diabetes is characterized by elevated blood sugar levels and other metabolic abnormalities. New diabetics will sometimes present to their health care provider with increased thirst, increased urination, and weight loss. When their blood sugar is over 200, the diagnosis of diabetes is obvious. More often than not, however, the symptoms of diabetes are subtle, and blood sugar values go up and down depending on that particular day's food intake and exercise level. It is human nature that diabetic patients want to "look good" when they go to the doctor, so they improve their diet and exercise a few days before going to their health care provider, show him or her their latest blood sugars, and expect to hear that everything is just fine.

Getting a pat on the back is not as important as hearing the truth, and the Glycosylated Hemoglobin (also called a "Hemoglobin A1c") gives us an objective measure as to how your diabetes has actually been doing. You can use a formula (HgbA1c minus 2 times 30) to estimate what your average blood sugar has been over the last 3 months.A normal HahA1c should be under 6.0%. A formal diagnosis of diabetes is defined as either a HgbA1c over 6.5%, a fasting blood sugar over 125, a random blood sugar over 200 in the presence of diabetes

symptoms, or a blood sugar over 200 after ingestion of 75 grams of glucose.

Excellent diabetes control is generally defined as a HgbA1c under 6.5%. Realistically, we usually aim for a HgbA1c under 7.0% in healthy young adults, and adjusted goals (10% of age) in older Americans. Numerous scientific studies have shown that achieving these goals leads to longer and healthier lives. Monitoring HgbA1c (your "grade" for the last 3 months) is essential, and knowing this score helps your health care provider know what treatments to recommend.

All diabetics should eat a healthy diet, lose weight if indicated, and try to exercise 150 minutes per week. There are many medications available to treat this disease. New-onset diabetics (and also "pre-diabetics") are usually put on Metformin therapy. This medication has been around for many years, and is proven to control diabetes and prevent complications. Each class of diabetes drug (MET, SU, DPP4 inhibitors, GLP1 agonists, SGLT2 inhibitors, TZD, Insulin, and others) will lower your HgbA1c by approximately one point.If your HgbA1c is over 7.5%, or remains high after 3 months of therapy, then you will probably need combination therapy. Experts in diabetes treatment (the ADA, AACE, and others) say that you may even need "triple therapy" for uncontrolled diabetes. And if your HgbA1c is over 9.0%, and you have diabetic symptoms, then you should probably go on insulin. Fortunately there are many more diabetes treatment options than there used to be.

In the past, virtually all of the diabetes drugs caused weight gain - which aggravat-



Jerome Kessler, MD

ed the association between adult-onset diabetes and obesity. We now have drugs that don't have that side effect. Metformin and the DPP4 inhibitors are "weight neutral." The GLP1 agonists(Byetta and Victoza) and SGLT2 inhibitors (Invokana and Farxiga) actually promote weight loss, and can be prescribed as "add-on" or "stand alone" therapy for type 2 diabetes.

It is highly recommended that uncontrolled diabetics do home blood sugar monitoring, and also get their HgbA1c checked every 3 months. Latest studies have shown that not every diabetic needs to do home blood sugar monitoring, however, providing that their HgbA1c values are checked every 6 to 12 months, and are staying under target levels.

If you are diabetic (or think you might be) get your HgbA1c tested for \$25 on Tuesday, March 25th, at the Richland County Fair Event Center from 2 pm to 7 pm during the Community Health Fair. If you are not getting an A or a B on your test, you might need to make some adjustments. You should also visit with your health care provider to discuss old and new treatment options for this serious disease.

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The Richland County Health Department encourages you to be active in your health. Please visit our website www.richland.org regularly. Be sure to visit the Richland County Health Department's featured booths at this year's Community Health Fair:

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Support Cancer - Participate in "Ribbon Walk"



By Tie Shank

"Ribbon Walk" is a local fundraising event in which 100% of the proceeds from the event will stay in the community and benefit local cancer patients through the Cancer Coalition Fund and the Sidney Health Center Cancer Care Fund. Both funds are managed by the Foundation for Community Care, a local non-profit organization. The event will promote support for anyone touched by cancer and spread awareness about cancer and early detection. This event is organized by community volunteers, members of the local Cancer Coalition and the Foundation for Community Care.

Toni Zieske, Marketing & Communications Assistant at Sidney Health Center, states, "Last year the Cancer Coalition created a fund that is managed by the Foundation for Community Care, which allows cancer patients to apply for funds to help pay for expenses while undergoing treatments. Members in the community saw the creation of this fund as an opportunity to have a Cancer Survivor event and keep the fundraising dollars local to benefit cancer patients. We wanted to have an event that would help raise funds for not only the Cancer Coalition fund, but for the Sidney Health Center Cancer Care. It is important that cancer patients have access to assistance and medical treatments close to home."

Ribbon Walk Cancer Survivor and Team registration packets will be available at the Community Health Fair in the Foundation for Community Care, Sidney Health Center Cancer Care and Cancer Coalition booths.

DATE: Friday, June 27,

TIME: 5:00 PM until approximately midnight

LOCATION: Sidney High School Track/Football Field

If you'd like more information:

Call Toni Zieske at 488-2595 or Staci Miller at 488-2273.

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ments and control strategies but their commonality is the lifestyle changes that need to happen to make the diabetes manageable. And that should always be the focus: diabetes is manageable. With the exception of gestational diabetes, which usually goes away after pregnancy, the diagnosis of diabetes is for life. Does that mean your life ends? Absolutely not! With a few healthy lifestyle changes, your life can go on bigger and

Our body needs sugar lucose) to work all of the systems. Carbohydrates (carbs) are its preferred source of energy. Therefore, we need some carbohydrates to make our body's systems work. The trick is to eat smaller amounts throughout the day and chose healthier carbs (such as fruit) rather than "empty" carbs (such as soda). Portion control of our carbohydrates is a large part of diabetes management. It's usually not "what" we eat but "how much" we eat. Learn to read labels and observe the "Total Carbohydrates", not just the sugar. A diabetes educator or a dietitian can help set up a meal plan that is individual to you. No one wants to be told they can never eat their favorite food again. Truthfully, there are very few foods that can't

be eaten by someone with diabetes. However, they have to be eaten at the right time and in the right amount. Eating a diet rich in non-starchy vegetables, lean meats, whole grains and fruits, makes us healthier, whether we have diabetes or not.

Another important component of diabetes management is physical activity. We need to get our bodies moving Expensive exercise equipment is nice but not necessary. Just simple walking for 30 minutes 5-6 days a week is the recommendation. If you want to do more, great! If you want to do less, that's acceptable it you have the goal to gradually increase to at least 30 minutes most days. Any type of movement of any part of our body will use up some of that extra sugar in the bloodstream. You can break that 30 minutes up to 15 in the morning and 15 in the evening. There are even DVDs that are just for walking! No need to go outside Just walk in your own house. Sometimes finding a walking buddy is helpful. Or walking the neighbor's dog! Take dancing lessons! If you watch TV in the evening, get up and walk during the commercial. Be creative!



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Learning Anatomy Preston Sorensen at the Sidney Health Center Surgery booth fits the organ pieces back together for a piece of candy at last year's Community Health Fair.



Wendy Wiltzen, FNP

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Do you know some of these serious risks that can be related to Diabetes, PAD and **Peripheral Neuropathy?**



The future of weight loss: selective amputation

ByAmanda Piatte, PT, DPT

Some major, common complications of Diabetes Melitus (DM) include coronary arery disease, peripheral artery lisease, stroke, nephropathy, neuropathy, and retinopathy. Fragically many with diabetes or other circulation problems eventually require lower limb amputations. Those with DM should consider target goals hat include HbA1c <7%, Sysolic blood pressure ~135 and liastolic blood pressure ~80, 3lood glucose 70-130 before neals.

Diabetic neuropathy afects ~50% of people with Diabetes. Peripheral neuropathy is the damage to nerves hat carry sensory and motor nformation to and from the orain to the arms and legs often referred to as "stockpain, loss of sensation and veakness. Furthermore, peipheral neuropathy commonly starts in the hands and toes and progresses to the arms and legs. Common causes of peripheral neuropathy include liabetes, excessive alcohol, cancer, lupus, exposure to poisons and trauma.

The American Diabetes Association now recommends people with DM be screened annually for Peripheral Artery Disease (PAD). Less than 20% of people with PAD are liagnosed (most missed by not removing shoes during an exam). PAD undiagnosed becomes critical limb ischemia- not enough blood is delivered to the tissue to keep issue alive. Within one year of onset of this critical limb ischmia 25% will die and 25% will equire major amputation. It's pest diagnosed using Doppler.

Other risk factors for lower limb amputation include:

- Absence of protecive sensation due to peripheral neuropathy (Monofilament esting),
- Arterial insufficiency
- Foot deformity and callus formation resulting in ocal areas of high pressure
- Autonomic neuropahy causing decreased sweat-

ng and dry, fissured skin.

- Limited joint mobility Obesity
- Impaired vision
- Poor glucose control eading to impaired wound
- Poor footwear that causes skin breakdown or nadequately protects the skin rom high pressure and shear orces
- History of foot ulcer

or lower extremity amputation Up to 30 % of individuals vith amputations undergo contralateral limb amputation vithin 1-3 years. Education and taking preventative measures is imperative!

LEAP (frog???)

What is LEAP?

LEAP stands for Lower Extremity Amputation Prevention. It's a comprehensive program that can dramatically reduce the risk for lower extremity amputations for those with Diabetes. The 5-Step program consists of Annual Foot Screening, Patient Education, Daily Self-Inspection, Footwear Selection, and Management of Simple Foot

Do you know about Monofilament and Vibratory screen-

Examination is key! Annual foot screening as mentioned above is a prevention screening to identify those who have lost protective sensation. With loss of protective sensation normal walking can result in such injuries. One method for examination for peripheral neuropathy is checking vibratory sense and monofilament. Inability to perceive the 128-Hz tuning fork or to feel a 10-g (5.07) monofilament on the bottom of the foot identifies people who are at increased risk of developing a foot ulcer, which is the leading cause for non-traumatic amputations leading to a 40-60% risk for 5-year mortality. The 2 tests should be performed at least every year.

Are there others things to

Foot Care! Have your feet checked EVERY TIME you

see your doctor. · Check your feet everyday, top and bottom (use a mirror), and you many need help- let someone else look. Look between your toes. Look for cuts, blisters, sores, swelling, dry skin, cracks. Call your

doctor to report a problem. Corn and Callous care- rub gently with dry towel, NO corn plasters. If you have corn or callous buildup, go to the foot specialist to get them trimmed.

 Nail care- cut toenails straight across, smooth edges with emery board. NO scissors, knife or razor blades!

· Skin care- Check water temperature, wash feet everyday and pat dry with a towel. Dry between toes. Treat dry skin with an appropriate lotion, warm cold feet and NO heating pad or hot water

 Shoe selection- AL-WAYS check inside of shoes before wearing them. Wear clean socks with no holes, seams, wrinkles or mendings. NO plastic flip-flops, pointy toed shoes or barefoot. Shoes that fit protect your feet: There should be a thumbs width between the end of the shoes and the end of the toe. Make sure someone measures your foot for you (don't rely on

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ou know your ABCs?

By Tie Shank

Did you know that heart disease and stroke are two of the leading causes of death in the United States and that

heart disease is responsible for 1 of every 4 deaths in the country?

Million Hearts is a national initiative that has set an ambitious goal to prevent 1 million heart attacks and strokes by

In order to achieve this goal, Million Hearts has set out to promote the awareness of the ABCs (appropriate aspirin therapy, blood pressure control, cholesterol management, and smoking cessation). Million Hearts partners up with private and public health sectors with an aim to prevent heart disease and stroke by:

1) Improving access to effective care.

2) Improving the quality of care for the ABCs

3) Focusing clinical attention on the prevention of heart attack and stroke.

4) Activating the public to lead a heart-healthy lifestyle.

5) Improving the prescription and adherence to

appropriate medications for the ABCs.

The Million Hearts Heart Awareness initiative was launched by the Department of Health and Human Services in September 2011. It is a quality improvement effort the health department is working on

with many public and private sectors throughout Richland County and will be initiated by the Richland County Action

Stop by the Million Hearts booth to see how well you know your ABCs.

Why Protein for Breakfast is a Good Idea!

Do you ever finish breakfast just to find that you are still hungry only moments later? You may not be getting enough protein to start your day! In fact, on average, Americans consume 5.1 ounces of protein foods each day, 0.4 ounces below daily-recommended allowance of protein assigned by the 2010 Dietary Guidelines for Americans. In adition, of the protein consumed by Americans, 60 percent is consumed during a single meal; dinner. By spreading your protein intake across all your meals, you can stabilize your metabolism and energy levels throughout the day. According to research, 30 grams of protein a meal will increase fullness (satiety) and prevents unintentional snacking.

Adding protein to your food selections throughout the day is easy: try choosing complete, high quality proteins that contain all the esential amino acids such as lean beef, feef jerky, roast beef, cottage cheese, eggs and string cheese. Start improving the meal that needs the most work in your diet, and work from there. Add protein to your diet starting with...Breakfast!

Try this protein-rich, nutritionally sound breakfast idea:

Steak & Eggs Breakfast Taco

A Mexican classic made for breakfast. Topped with guacamole, sour cream and salsa.

1 beef Top Sirloin Steak Boneless, cut 3/4" thick (about 12oz.)

2 teaspoons vegetable oil

- 6 small flour tortillas (6" diameter), warmed 6 eggs, beaten or 1-1/2 cups egg substitute 6 tablespoons reduced-fat shredded cheddar cheese
- 6 tablespoons guacamole
- 6 tablespoons salsa
- 6 tablespoons reduced-fat sour cream Timesaver Hint:
- Use leftover lean steak or lean ground beef from the night before
- Cook screambled eggs the night before. Sore in container with the beef, then warm it up in the microwave in the morning.





We'd like to market your cattle.. Give us a call.

Prewitt & Company I

Rod Prewitt Mobile: 480-2777

Tim Larson Mobile: 480-2666

Mike Yore Mobile: 480-2888

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By Tie Shank

Many patients take overthe-counter medications and supplements along with prescription medicines without understanding the possible side effects or drug interactions. To ensure patients are taking medications with the utmost safety and efficiency, White Drug Pharmacy will be hosting a "Brown Bag" event at the Health Fair, offering patients a chance to bring all of their medications and supplements to review with a

pharmacist. The community is invited to pick up their brown bag at the White Drug Store location at 402 E Main St in Sidney prior to the event, and then place all of their medications in the brown bag and bring them to the White Drug "Brown Bag" booth at the health fair. Don't forget to include all prescription medicines, overthe-counter medicines, herbal medicines, vitamins and supplements.

There will be gifts and prizes to redeem for each brown bag returned to the

Medicine "Brown Bag" Event

fair. A pharmacist will be available to review medications, answer questions and discuss what the medication is for, special instructions for taking the medicine, possible side effects and drug interac-

tions. The "Brown Bag" event is part of the Health Fair on Tuesday, March 25th 2014, from 2 p.m. to 7 p.m. For more information about the "Brown Bag"

event, please call 406-482-1420.

Visit nearly 50 Community Booths on Various Health Topics!



TUESDAY • MARCH 25 2:00 - 7:00 PM

Richland County Fair Event Center

Located at the Fairgrounds in Sidney, MT

FREE Health Screenings:

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CONCESSIONS:

Fundraising Soup Supper provided by Sidney High School BPA Group

Please Note: Non-affiliated commercial booths are not endorsed by Sidney Health Center or Richland County Health Department.

Demonstrations

Sit and Be Fit

Presentation by Kathy Jensen, The Lodge Director Time: 2:30 PM

What's Up Doc?

Presentation by Richland County Health Department Time: 3:00 PM

Simple Tips for Managing Your Blood Sugar

Presentation by Susan Dahl, RN - Diabetes Education Time: 3:30 PM

Fruit Roll-Ups: Easy Food Preservation

Presentation by Ludmila Keller, MSU Extension Service

Time: 4:00 PM and 5:30 PM

Fun Food for Kids

Hands-On Demo for Kids 5 & Up Presentation by: Lisa Aisenbrey, RD Time: 4:30 PM

Low Back

It Sure is a Pain in My Back Presentation by: Amanda Piatte, PT Time: 5:00 PM

ZUMBA: Rhythmic Steps to Health and Fun

Presentation by Ludmila Keller, MSU Extension Service Time: 6:00 PM

Richland County Community Garden Project & Gardening Q&A Presentation by

Tim Fine, MSU Extension Service Time: 6:30 PM



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Saturday, March 22nd • 12 Noon



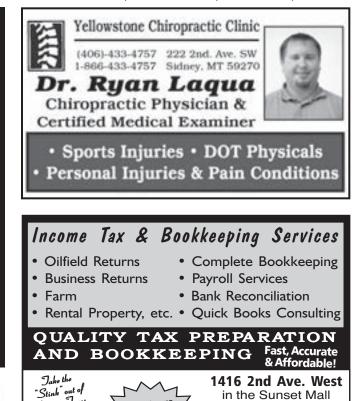
for the following purposes:

- 1. Electing three directors for a term of 3 years each.
- 2. For any other purpose that may pertain to this meeting.

- Becky D. Reidle, Secretary

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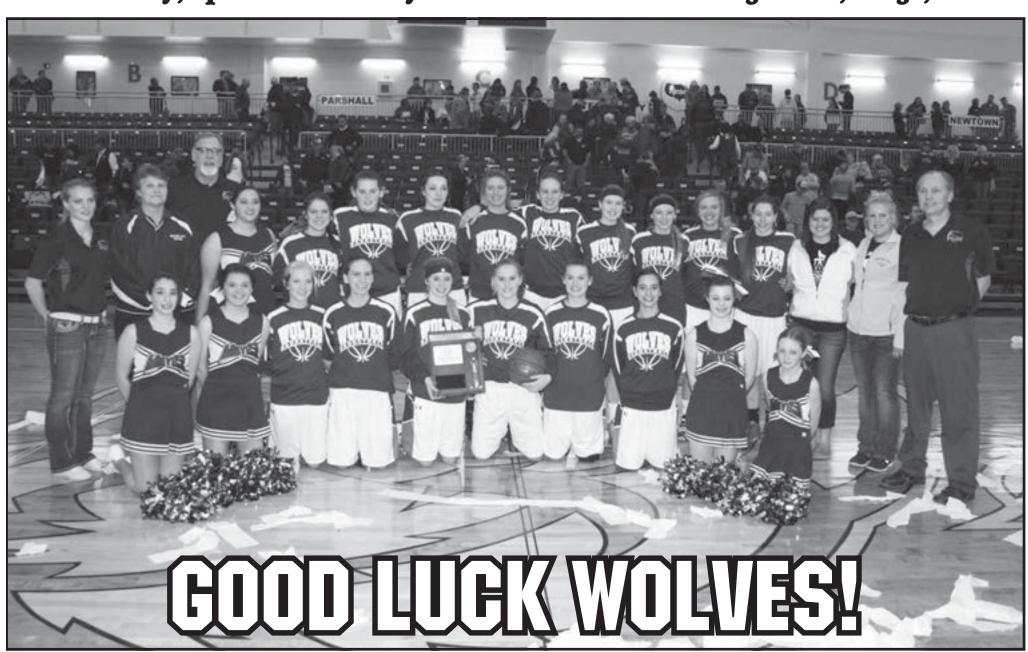
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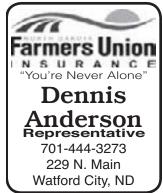
Thursday - Saturday, March 20-22

— Thursday, 8pm: Watford City vs Central Cass at the Fargodome, Fargo, ND —

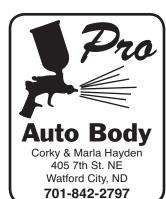


Front row (L-R): Cheerleaders Christina Padilla, Kamryn Grimes; April Spruell, Amanda Mogen, Jeanna Zena, Jordan Sparby, Elise Hadley, Tarynn Jacobson, Cheerleaders Ashlee Ebersole, Kayla Wright.

Back row (L-R): Asst. Coaches Devyn Peterson, Nancy Deutsch and Berton Bates, Cheerleader Samantha Cheney, Kara Langerud, McKenzie Sparby, Alyssa Prichard, Kaytlyn Grimes, Katie Mogen, Krystal Wold, Lea Arndt, Allie Mogen, Ricki Lindley, Stats Kordae Hartel, Kara Wold, Head Coach John Zenz.













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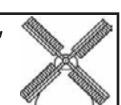


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Rau Science Fair Winners



Junior Division - 3rd & 4th Grade

Rau Elementary held its annual science fair on March 12. Above: (L-R) Best of Show – Super Sinkers – Kaden Wise (Brorson School), 1st Place – Heat it up, Cool it down - Brielle Gorder, 2nd Place - The Melter - Jacobi Dore and 3rd - Does Salt or Sugar Affect Water Evaporation - Kahlie Smith.



Senior Division – 5th & 6th Grade

(L-R) Best of Show - Soak it Up - Beth McMillen (Brorson School), 1st Place - Chew on This! - Christine Turek, 2nd Place - Color Explosion - C.J. Nevins (Brorson) and 3rd Place – Suck it Up – Kaytlin Marker.

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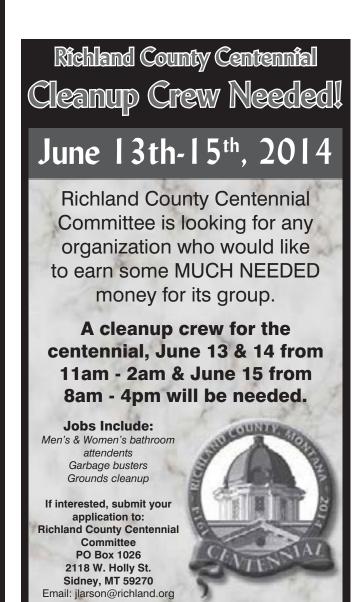
Wedding Announcement



Blayne Wareham and Nicole Ziler.

Scott and Lisa Ziler of Sidney, MT are pleased to announce the engagement of their daughter, Nicole Ziler to Blayne Wareham, son of Neil and Berna Wareham of Neepawa, Manitoba.

Nicole graduated from Minot State University with a Bachelor of Science degree in Accounting and International Business. She is currently employed as an Accountant for Turtle River School Division in McCreary, Manitoba. Blayne graduated from Minot State University with a Bachelor of Science degree in Accounting. He is currently a partner at Trail Meats, his family's business. The couple currently resides in Neepawa, Manitoba. An August wedding is planned in Sidney, MT.







Salute to Agriculture

National Ag Week March 24-28, 2014

National Ag Day 2014

The Agriculture Council of America (ACA) will host National Agriculture Day on March 25, 2014. This will mark the 41st anniversary of National Ag Day which is celebrated in classrooms and communities across the country. The theme for National Ag Day is "Agriculture: 365 Sunrises and 7 Billion Mouths to Feed."

On March 25, 2014. The ACA will host major events in the nation's capital including the Mix-and-Mingle Luncheon and the National Celebration of Agriculture Dinner. Additionally, the ACA will bring approximately 100 college students to Washington to deliver the message of Ag Day to the Hill.

These events honor National Agriculture Day and mark a nationwide effort to tell the true story of American agriculture and remind citizens that agriculture is a part of all of us. A number of producers, agricultural associations, corporations, students and government organizations involved in agriculture are expected to participate.

National Ag Day is organized by the Agriculture Council of America. ACA is a nonprofit organization composed of leaders in the agricultural, food and fiber community, dedicating its efforts to increasing the public's awareness of agriculture's role in modern society.

The National Ag Day program encourages every American to:

Understand how food and fiber products are produced. Appreciate the role agriculture plays in providing safe, abundant and affordable products.

Value the essential role of agriculture in maintaining a strong economy.

Acknowledge and consider career opportunities in the agriculture, food and fiber industry.

In addition to the events in Washington, DC on March 25.

In addition to the events in Washington, DC on March 25, the ACA will once again feature the Ag Day Essay Contest as well as the 2014 Ag Day Poster Art Contest.

Keep checking www.agday.org for more information on National Ag Day in 2014.

Ag Day Written Essay Contest Winner Agriculture: 365 Sunrises and 7 Billion Mouths To Feed

By Clara Knipp, Tipton, MO

In 1969, the United States accomplished a feat once thought impossible: sending a man to the moon. This accomplishment was not completed overnight; it was comprised of small steps that contributed to the overall success. In the end, one man represented the accomplishment for all of mankind. As Neil Armstrong illustrated in the quote, "One small step for man, one giant leap for mankind," it is small steps that lead to the overall success of a challenge. Farmers face the challenge of feeding seven billion people in 365 days. Although this task may seem daunting and near impossible, each individual involved in agriculture — whether they are a farmer, researcher, or educator —contributes one small step in meeting the challenge of feeding the world.

Farmers have been the basis of a stable food supply since humans strived to withdraw their nomadic traditions. Now, for the human race to survive, production agriculture must strive for sustainability. Farmers need to continue their reduction of environmental outputs in order to conserve abiotic elements in the environment, such as soil and water, and ensure their use for future generations. If sustainable practices are not utilized, each following generation of farmers will have to feed exponentially more people with fewer resources.

Researchers are the key to developing efficient animal production practices and biotechnology that can increase yields and reduce the effects of risks like drought and water shortages.

Technology developed by researchers can equip farmers with the most efficient production knowledge and assist them in maximizing production capabilities.

As the gap between urban and rural lifestyles widens, it is the responsibility of people involved in the agriculture industry to advocate about agriculture and all it encompasses. Since consumers are beginning to influence production practices, it is vital that consumers realize the connection between farm and food. If consumers understand the process of growing food and the regulations farmers face, they are given insight to how they affect agriculture through their voting rights. With this knowledge, consumers can make educated decisions about policies, and farmers can hope to avoid regulations that would be detrimental to their freedom to operate. It is the responsibility of everyone involved in the agriculture industry to employ the title of an educator.

Just like the mission to land on the moon was completed with small steps, agriculture must complete the challenge to feed the world day by day. Everyone involved in the agriculture industry has a role in feeding the world. When small steps by individuals involved in agriculture are combined, a giant leap is taken towards completing the mission of feeding 7 billion people in 365 days. With the cooperation of everyone, we can accomplish a feat once thought impossible.

Works Cited

Armstrong, Neil. 20 July 1969.





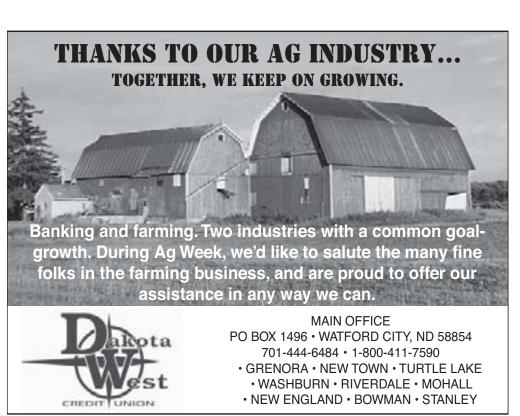
Agriculture is the lifeblood of our community, our state & our country!

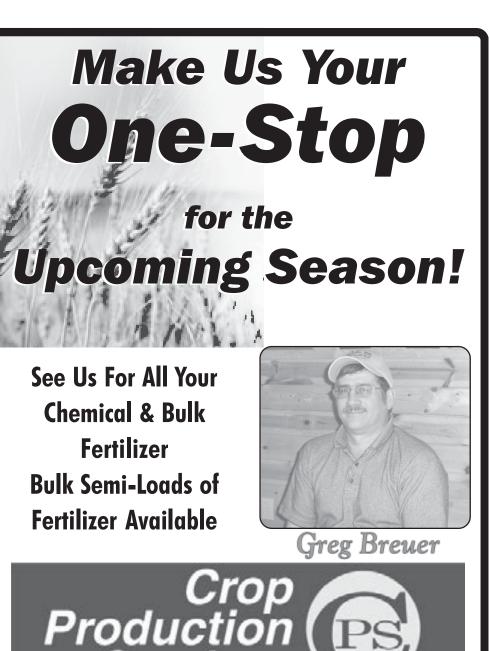
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BEEF, Cattle and the Larson's -'It's a lifestyle and a way of life'

By Tie Shank

Tim and Kristin Larson of Sidney, MT pride themselves on promoting the Beef and cattle industry. Both raised on cattle ranches in Montana. Tim in Forsyth and Kristin in Big Timber, the BEEF and cattle industry is their way of life. They currently reside on a small ranch just outside of Sidney, MT with their 4 children: Grady (10), Garrett (8), Landry (5) and Leddy (3) who love the cattle industry (and their horses) just as much as mom & dad.

Growing up, Tim was very active in 4-H and Rodeo and Kristin in 4-H and FFA. These organizations are what sparked their interest in the cattle industry. Both Tim and Kristin knew from a very young age they wanted to work in the cattle industry and they never wavered from it. Kristin attended Montana State University and graduated with a degree in Ag Business and a minor in Economics and went to work for Hawkeye West in Billings doing their marketing

and advertising. Tim started off in Dillon, MT with a rodeo scholarship and finished at Western Iowa Tech. He then went to work for Rod Prewitt and worked in the feedlot. Tim began buying cattle right away and he's been at Prewitt & Company ever since. Tim handles most of the buying and selling of the cattle for the company while Kristin works in the office and videos cattle to put on the Superior Video sales.

Tim and Kristin met in Miles City, MT. Tim was there buying cattle and Kristin was there on the Montana Angus Tour. Kristin moved to Sidney in June of 2001 and the couple was married that December.

Advocating for BEEF and cattle is not only an important part of the Larson's lifestyle, but it is their way of life. Tim is a director for the Montana Pro Rodeo Hall of Fame, the Mondak Area Stockgrowers Association and the Montana Youth Rodeo Association. He is also Vice President of the Richland County Rodeo Club. Kristin is past president of the Mondak Area Stockgrowers and director for the Montana Stockgrowers, currently Vice President of the Montana Beef Council and a Federation Director for the National Beef Check Off, President of the Sidney FFA Alumni and Director on the Eagle Foundation Board. The Larsons are also members of the NCBA, North Dakota Stockmen's Association, Montana Stockgrowers Association, Pella Lutheran Church and Farm Bureau.

In August 2012 Prewitt & Company LLC purchased Yellowstone Livestock and Tim Larson became the manager. Their goal and tagline has become "Working hard to build a competitive marketplace for your livestock." They work very hard every day to do this and feel strongly the sale barn is an important part of the vitality of the community. They are trying to provide a service for the cattle producers in the area. There are lots of premier cattle in this area and both Tim and Kristin feel fortunate to

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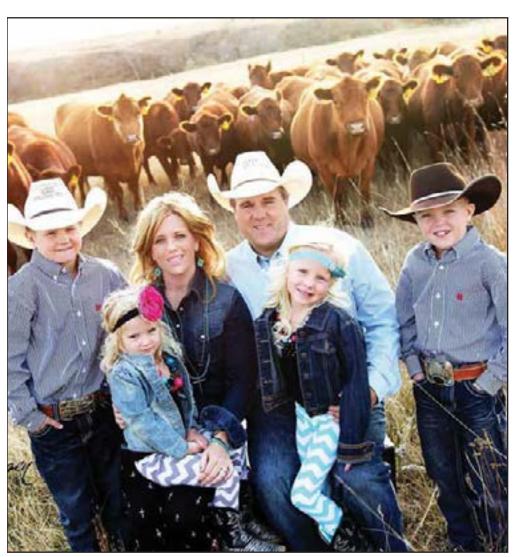


NW, Sidney 406-488-6636 work with an amazing group of producers on a daily basis.

"Our main goal is to promote BEEF and the cattle industry in a positive way in our community and wherever we're at, 100% of the time. With only 2% of the total population involved in agriculture it is becoming increasingly important for all of us to tell our story and promote our lifestyle in a positive way. If we don't someone else WILL tell our story and it may not be our story at all but how they

envision and what they read about it. Information is so readily available on the internet and social media but a lot of it isn't correct and thus our consumers are misinformed. We have to get to them first and give them some insight into our world. We have a story to tell and it's a great story and we raise a superior product. It is becoming ever important for this world to eat protein and more of the world population is demanding it so we have to work to promote

BEEF and keep it on everyone's tables. We are lucky because BEEF is a nutritional powerhouse and, with 29 lean cuts, can and should be a part of everyone's diet," states Kristin Larson. "Our passion is the cattle industry; we promote it and live it every day. Our ultimate goal is to leave a legacy for our children, to leave our land in better shape than we received it. It's about hard work, ethics and integrity and understanding the value of it all."



The Larson family.

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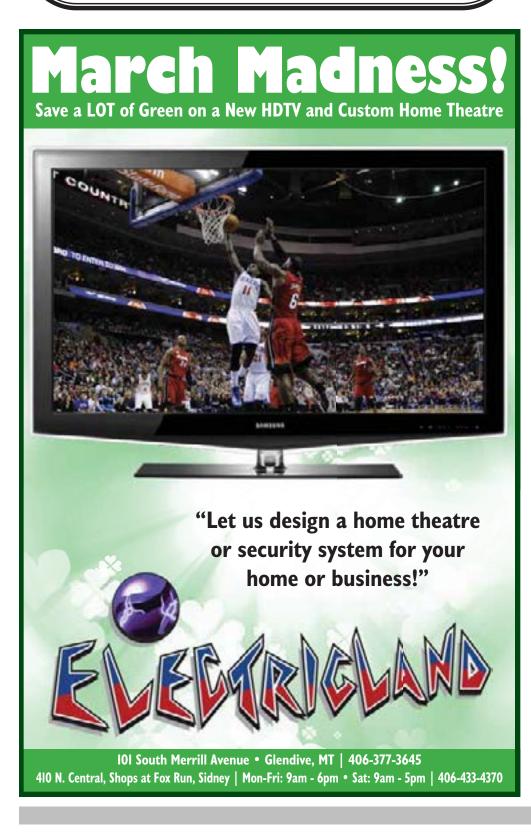




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Dr. Hans Schneider Researches Sugar Beets at EARC

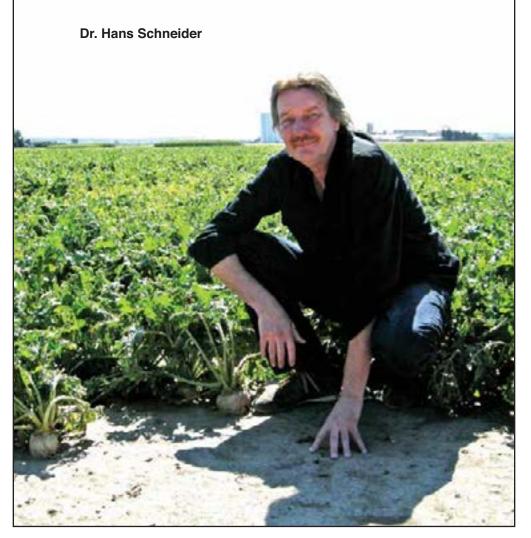
By Tie Shank

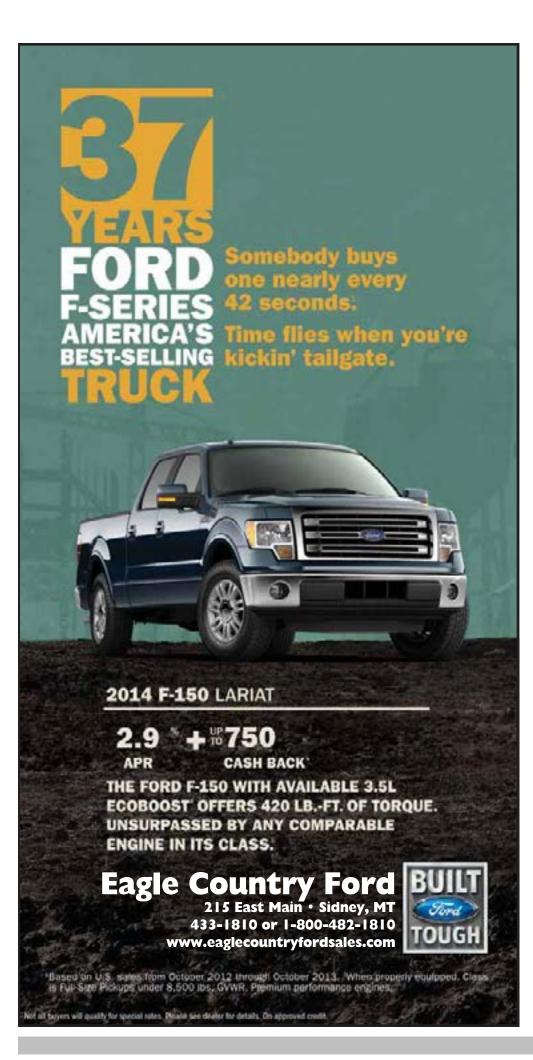
Dr. Hans Schneider received his doctorate degree in plant pathology from Wageningen Agricultural University in the Netherlands, which is known world-wide for its agricultural educational and research programs.

After several years of working in multiple areas of

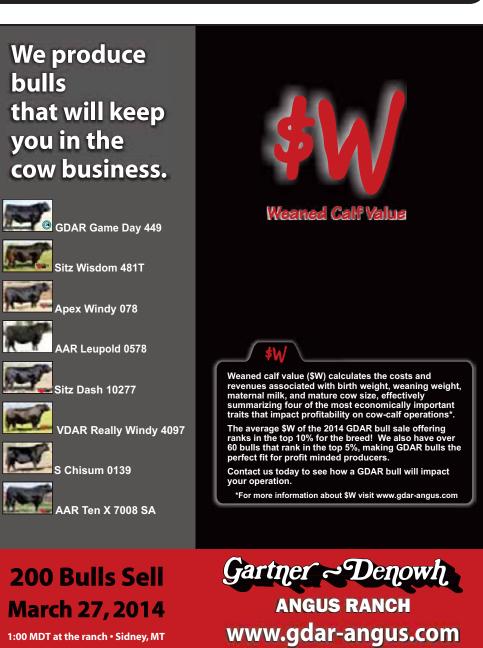
plant diseases and protection research, Dr. Schneider was offered a position at the Institute of Sugar Beet Research (IRS) in the Netherlands to develop an integrated control strategy to combat Rhizoctonia solani. During his thirteen years at IRS, Schneider set up plant disease diagnostics and a molecular laborato-

ry for identification of plant pathogens. He also worked on all diseases and pests of sugar beets grown in the Netherlands and as a field inspector for Monsanto Vegetable Seeds. After doing so, Schneider decided to return (in part) to where his expertise lies: diseases and pests of sugar beets.









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In July of 2013, Dr. Schneider accepted the position of both Associate Professor of Plant Pathology and Superintendent of EARC, in

Sidney, Montana. Schneider has recently set up a plant pathology laboratory and an integrated disease management program for diseases and pests in sugar beets, pulse crops, wheat and other crops important to the region. He has a particular interest in disease suppressive soils. His assignment is to develop integrated control strategies for pests and diseases important in N.E. Montana with a special emphasis on sugar beets.

Schneider states, "At the moment we are re-modeling lab space to create a plant pathology laboratory. Lab equipment has been ordered and we expect to hire a research associate to work in the lab soon. We can study plant pathogens important in sugar beet cultivation in the lab and the greenhouse. The lab is also meant to support the sugar industry and sugar beet farmers for disease diagnostics. EARC will start up a survey with the AG staff to the occurrence of sugar beet diseases and pests occurring in Sidney Sugars' growing area. Diseases and pests are known to occur, but their abundance, severity and impact on sugar beet production is not well known. Problems which need to be addressed are soil born fungi such as Rhizoctonia root and crown rot, Aphanomyces and Fusarium yellows. Data from the Red

River Valley and Europe show that the foliar fungus Cercopora develops quick resistance to fungicides. The occurrence of fungicide resistance Cercospora isolates is unknown for the area. A schedule of alternating fungicides might have to be developed. Beet cyst nematodes are known to occur in the region, but their abundance and impact on sugar beet production is unclear. Another problem may be Rhizomania (AKA crazy root or root madness); a virus transmitted by a soil-born fungus. All sugar beet varieties grown in the area are resistant to the virus, but resistance breaking isolates have been reported from the RRV and the EU. Again, the situation is unclear for the region and needs to be addressed."



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Steak in Ag

Thanks to everyone who made calls, neither COOL nor the enforcement of the Packers and Stockyards Act were weakened in the 2014 Farm Bill! These are both important victories for U.S. independent producers.

The COOL lawsuit in the D.C. Circuit Court of Appeals is ongoing. R-CALF USA will continue to defend COOL. We encourage everyone to buy Made in the U.S.A. products. As consumers, we're voting with every dollar we spend.

Checkoff

In response to R-CALF USA's request for an investigation, the USDA Office of Inspector General (OIG) issued an updated report that reverses its 2013 conclusions that the NCBA had properly expended all Beef Checkoff Program funds and that the relationship between the Beef Checkoff Program's Cattlemen's Beef Board (CBB) and the NCBA complied with U.S. law. This is the first time OIG has pulled a report and reissued a correction.

Additionally, R-CALF USA has requested an investigation to determine the legality of using cattle-producer contributions mandated by the U.S. beef checkoff program to help Wendy's advertise "North American beef."

The request states that the Montana Beef Council maintains an advertisement on its website for Wendy's and "100% pure North American beef." Also, the request cites a newspaper article that states that \$5,000 obtained from the "\$1-per-head beef check-off fee" will be used to pay for the "North American beef"

promotional campaign. Since R-CALF USA's letter was sent, the advertisement has been changed to read "100% pure beef."

R-CALF USA believes that if U.S. producers are prohibited from using checkoff funds to promote their beef (exclusively born, raised, and slaughtered in the U.S.) then it is patently unlawful for checkoff funds to be used to promote their competitors' beef - beef from cattle that were not born, raised and slaughtered in the U.S.

Brazil

USDA has issued a proposed rule to allow the importation of fresh and chilled beef from 14 states in Brazil, a country that had been plagued with the most contagious disease known to cattle - foot-and-mouth-disease (FMD). USDA admits that Brazilian imports would increase the risk of introducing FMD into the United States. Additionally, USDA admits that imports of cheap Brazilian beef will harm U.S. cattle producers. To prevent this rule, we need your help. Please send comments to USDA before April 22, 2014. Tell USDA that its proposal to import fresh and chilled beef from 14 states in Brazil is anti-American, irresponsible and dangerous. Tell them it will increase our risk of introducing FMD, destroy our cattle markets, and drive even more U.S. cattle producers out of business.

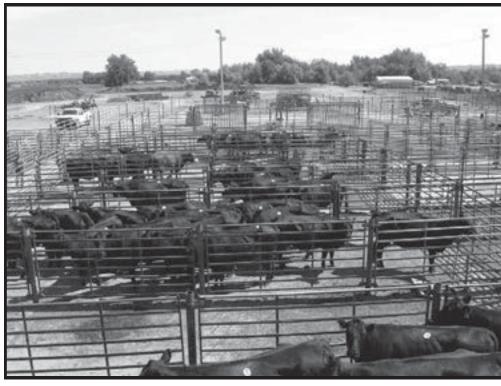
R-CALF USA is solely funding by donations and member dues. For more info or to join go to www.r-calfusa.com, 406-

Stockgrowers Announces **Beef Industry** Internship

Submitted by Ryan J. Goodman

Montana Stockgrowers Association (MSGA) is seeking a student intern for the summer of 2014. The internship will focus on involvement in the beef cattle community of Montana and will include work with MSGA Policy, Communications, and Marketing and Membership staff members. Students should be at least college Juniors, majoring in a field related to agriculture, and preferably have a background in (or working knowledge of) the cattle or beef industry. A more detailed description of the internship, application forms and required materials are available online at bit.ly/MSGAIntern2014 or by calling the MSGA office in Helena at (406) 442-3420. Application packets must be completed by April 1, 2014.

March 23rd - 30th, 2014













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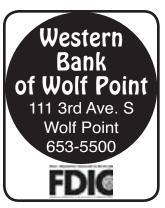




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We Salute Area Ag Producers during National Ag Week

Dairy Focus: Spring Thaw Can Contribute to Feed Waste

Spoilage will increase as temperatures rise. By J.W. Schroeder, Dairy Specialist

NDSU Extension Service

Spring is approaching, and now is a good time to assess forage inventories and finalize plans for 2014 production. However, in addition to planning for growing-season forages, springtime thawing often contributes to additional waste in the feed yard.

Much has been printed about using good management practices during the feeding process to help minimize waste, including spoilage when wet forages are exposed to air. Forages such as corn silage are an important ingredient for lactating dairy cows.

Silages this time of the year have fermented for at least six months, contributing to the best feed value of the season. The longer fermentation window means more available starch, which can translate into some of the best milk yields with last year's crop. So wasting this valuable feed can be a significant loss in the form of spoiled feed and having to purchase additional feed to replace it.

As temperatures rise, so does the opportunity for wet feeds to spoil. In the case of corn silage, in the presence of oxygen, yeast metabolizes lactic acid, causing silage pH (acidity) to increase. When the pH increases, undesirable fungi and bacteria are able to grow and further spoil the silage.

This spoilage translates into dry-matter losses that can be as high as 10 percent in poorly managed silages, as well as reduction in forage quality and palatability. And while nature's freezer (our cold weather) has served to reduce spoilage of wet byproducts, as the temperatures rise, so will spoilage.

As for ensiled and fermented feeds such as havlage and corn silage, the silage's quality is set. Good feeding management practices can't improve silage quality, but they can help reduce

further feed deterioration. Here are some reminders: Remove enough forage from the face of the silage mass. Livestock feed experts recommend removing forage to a depth of

12 inches in the cooler months and 18 inches in warmer months. Remove the forage carefully so the face is smooth and the

surface exposed to oxygen is minimized. Pull the plastic cover on the silage mass back two to three times per week. Check the integrity of the plastic cover throughout the year and patch any holes or tears so air cannot infiltrate the silage mass.

Remove silage as needed throughout the day so it is incorporated into the ration shortly after removal.

Push feed up frequently, especially during the warm months, to avoid heating of the total mixed ration in the feed bunk and to stimulate appetite.

Waste reduction has real value. It comes in many forms, visible and invisible. Periodically reviewing feed-handling protocols with your employees and adjusting inventories to meet changes in feed availability for the coming year will help keep your dairy profitable.

MT Revenue Dept. Encourages Owners of Property Damaged or Destroyed by Flooding to **Apply for Tax Relief**

Submitted by Mary Ann Dunwell

The Montana Department of Revenue encourages Montana property owners whose homes are damaged or destroyed by flooding to apply for natural disaster property tax relief.

A property owner whose home or outbuildings are partially or totally destroyed by natural disaster, rendering the property unsuitable for its previous use, may be eligible for property tax relief. Businesses who lose their equipment to flooding or other natural disaster may also qualify.

The tax relief is prorated based on the number of days in the tax year that the property is unusable. The relief is available for the current tax year. The department asks property owners to complete Form AB-25 to apply for the property tax relief. They'll need to complete the application by December 31, 2014. The form is available online at www.revenue.mt.gov or at all Revenue Department local offices.

"Flooding can be devastating and we are sorry for Montanans whose homes are damaged or destroyed by natural disaster and who suffer because of it," said Revenue Director Mike Kadas. "This tax relief can be significant and help provide some relief as property owners recover from this season's snow melt and dangerous flooding."

The state's natural disaster property tax relief also covers properties damaged by avalanche, wind or other natural event.

Montana property owners who experience a natural disaster-related loss of a dwelling also may be eligible for a federal income tax deduction. In addition, the department can issue replacement copies of property records, past-year tax returns or other revenue-related information that is lost in a flood or other natural disaster.

For more information, contact your local Revenue Department office. You can also visit the department's website at www.revenue.mt.gov and click on the natural disaster relief link.

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Address: 4096 ISOth Avenue NW — Location: From Williston, ND go 7 miles west on HWY 2 & 85 to JCT of HWY 2 & 1804 turn 5., II miles on HWY 1804 (passing thru Trenton, ND go 5 miles west) to ISOth Ave., go I mile south; From Fairview, MT, .5 mile east on HWY 200 to ND HWY 58, turn N. IO miles to ND HWY I804, turn E. 5 miles to ISOth Ave. and go I mile south. WATCH FOR SIGNS!

Note: Art & Ann Anderson were raised and have farmed in this area their entire life. Northern Auction is privileged to offer this very clean



2012 John Deere S660 combine w/ Contourmaster, AHC, dial-a-speed, deluxe cab, 7" touch screen command center 520-85R38 duals, 480-70R30 rear tires, hyd. Bin extensions, Active seat, Buddy seat, ONLY 95 ENGINE HRS, 54 SEP. HRS., This combine is practically new!; 09 JD 630R 30' rigid head w/finger reel, fore/aft, stubble lights, bought new with combine in '12; 914P pickup platform w/JD pickup.





04 JD 7720 MFWD tractor w/pwr.sft trans., 3pt quick hitch, front weights, dual pto, 320-90R50 duals (new inside tires), 320-85R34 front tires (70%), 3,984 hrs., SN-RW7720D015256; 95 JD 8400 MFWD w/pwr. sft. Trans., 3pt quick hitch, front weights, 380-90R50 Goodyear duals (new inside tires), 380-85R34 front tires (new), 6,421 hrs., SN-RW8400P002549; 83 JD 4450 tractor

w/pwr.sft.trans., recond. cab, dual pto, 14.9x46 duals, SN-RW4450P008490; 99 Case IH 9390 4x4 tractor, 12 spd.pwr.sft., front & rear weights, 20.8x42 duals (new inside tires) Trimble EZ steer, 4,914 hrs., SN-JEE0074430; set of hub triple assembly w/20.8x42 tires fit 9390 (to be sold separately).





Semi & Other Trucks

11R24.5 tires, Unibilt sleeper: 87 Kenworth T600 semi tractor w/Cat 3406B eng., 13 spd. trans, 11R24.5 tires; 74 Ford 880 tandem axle grain truck w/20' box, twin screw, auto trans., 471 gas eng.; 73 Chevy C65 tandem axle grain truck w/20' box & hoist, twin screw, 5+4 trans., 366 gas eng.; 03 Dodge Dakota 4x4 crew cab truck w/matching topper, auto trans, 4.7L eng. 89,490 miles.

Trailers: 05 Wilson Pacesetter DWH-500 96"x 50' tri-axle air ride hopper bottom grain trailer w/air scale, 11R24.5 tires, elec. tarp; BL Industries 40' live bottom tandem axle trailer w/40" belt; 87 Wilson Pacesetter 96"x42' tandem axle hopper bottom grain trailer, 11R24.5 tires; 2012 ABU 21' full tiltbed trailer w/7000# axles; 05 Delta 24' stock trailer w/ rubber mats, 7000# axles; H&S 25'(21'+4'dovetail) gooseneck fatbed trailer w/7000# axles; 35' triple axle end dump trailer for

Airseeder & Planters: 02 JD 1820 60' airseeder w/1900 tbt air cart, 10" space, single shoot; JD 7300 MaxEmerge2 12R24" vacuum planter w/easy load insecticide boxes; JD 3pt. 6R30 toolbar w/JD 71 planter units

Balers & Windrowers: 07 JD 568 Mega Wide plus round baler w/hyd pickup, net wrap, variable core, large tires; 06 JD 4995 self propelled windrower w/16' 995 rotary cut hay header, 18.4x26 tires; New Holland 277 hayliner square baler

Sprayers: 05 Case IH SPX 3310 Patriot self propelled sprayer w/90' auto shut off booms, EZ Steer guidance, 1000 gal tank, 320-90R46 tires; Summers 80' 3pt sprayer w/foam marker; Chemical filing station w/2000 gal. water tank on stand & mixing cone

Tillage Equipment: DMI 18' Ecolo-Tiger disc ripper; Artsway 2400 Plane 3pt., hyd. land leveler, Has gone over very few acres; Brandt Commander 5000 45' HD harrow w/Valmar gran. Box; JD 1650 53' chisel plow w/John Blue NH3, Nh3 knives, Valmar gran. Box, 3 bar Deg. Harrow; Wilrich 4430 32' chisel plow w/3 bar harrow; JD 1010 40' field cultivator; JD 960 24' 3 pt. spring tooth field cult. w/3 bar harrow; Ford 242 28' wheel carrier disc; JD 100 16' chisel plow; AC 14'

Grain Handling Equipment: Brandt 4500 EX grain vac; Brandt 10x70 auger w/XL hyd. drive swing auger, hyd. swing auger lift & double auger (like new); Wheatheart hyd. jump auger; Misc. small augers. (2) 1800 bu hopper bins (to be moved)

Skid Steer: Bobcat 742 skid steer w/bucket and pallet forks

Ditching Equipment: Kembels 6' 3pt. hyd. angle ditcher (like new); Ditch King trail type 7' hyd angle ditcher; JD 9' 3pt. 4 way hyd. blade; 3pt. ditch fller

Rowcrop (24" Rows) & Misc Equipment: Alloway 3130 3 pt. 12R24" cultivator (like new); H&S 12R24" 3pt. cult.; Lilliston 12R24" 3pt. rotary cult; Eversman 12R24" 3pt. toolbar w/12 JD 71 planter units; ArtsWay 786A pto 6 row beet defoliator; 12 row 3pt. crust buster; IH 145 3pt. 4 bottom spinner plow; JD 700 7' rotary mower; 8' land leveler; Kuhn 36' hyd. drill transport; tractor front mount 30" bean cutter; (2) sets of Blumhardt 160 gal saddle tanks; 500 gal fuel tank & Gasboy elec pump; 1500 gal fuel tank w/Gasboy elec pump; H&S tractor mount row crop furrow wheel guidance system; sev. Bundles of 1.5"-2" aluminum irrigation tubes (25 in a bundle); (8) 24.5x32 tractor tires, set of 16.9x38 band duals, set of 46" JD rims, 20.8x38 band duals; other misc implement tires and truck tires; (30) ID suit case weights

Cattle Equipment: Gehl 8500 total mix pto feed wagon w/3 augers and scales; Farmhand 900B tub grinder w/belt conveyor discharge; JD 567 7 wheel hay rake; JD model 40 manure spreader; 24' hay rack for flatbed; Hiqual 20' diameter crowding tub w/sorting gates & 30' alley; Powder River Rancher series Hyd. Squeeze chute, neck ext., 110v; Powder River calving pen; Powder River calf chute; (15) 12' Hiqual panels; (69) 12' tube panels; (8) 24' panels; (10) 20' panels; (3) 10' feed panels; (3) 12' feed panels; (7) 32' feed bunks; (2) 12' Hiqual feed bunks; (5) 14' Behlen gates; (2) round baler feeders; 24' cattle guard; (3) sheep panels

Shop Equipment & Tools: Coats pneumatic tire machine; Jepson 14" cutoff saw; Walker 15 ton hyd press; Rockford 2hp 10" grinder on stand; Rockford 5/8" drill press; Rockford 20 ton floor jack; 20 ton pneumatic bottle jack; Napa 3.5 ton floor jack; Norco 2 ton floor crane; Rockford 3/4" impact air wrench; Snap-On 1/2" air impact; Landa Hot water 3000psi pressure washer w/13hp Honda eng. elec. start; Dewalt dual tank air comp. w/Honda eng.; B&S 9hp 2" water pump; B&S 6.5 hp 2" water pump; discharge hose; 42" drum fan; Tuff Weld 40 tig welder; 4000 watt gen.; 60hz silent type diesel gen(new); ¾" socket set; Craftsman socket set; set of deep impact sockets; Lincoln 225 arc welder; welding table w/vise; sev. hammers; sev. hand tools & screwdrivers; side grinder; 36" & 24" Ridgid pipe wrench; sev. pliers & side cutters; large bolt bin w/bolts; Vulcan anvil; JD elec. barrel pump; oil station w/dual 60 gal.tanks; Lincoln rech. Greaser; propane torch & cart w/bottles; 18 gal shop vac. Sev chains & binders; fence stretchers; portable battery charger; battery tester; gear pullers; large bars & pry bars; parts washer

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NCAT to Host Workshop for Farmers Selling to Institutions

Submitted by Rich Myers

The National Center for Appropriate Technology (NCAT) is hosting an interactive workshop, "Entering the Institutional Food Market," on Friday April 25, 2014 from 10 a.m. until 4:30 p.m.

The Farm to Cafeteria Network event will provide sistance to Montana farmers, ranchers, and food processors interested in selling to institutions. Participants will learn about supplier best practices, food safety regulations, and institutions' considerations when sourcing from local producers.

A panel of farmers from the Western Montana Growers Co-on and Bozeman's Gallatin Grown will discuss successes and challenges related to selling to local institutions such as schools, hospitals, universities, and correctional facilities, while Jan Tusick of Mission Mountain Food Enterprise Center will discuss Good Agricultural Practices (GAP) certification, HAACP, and other food safety regulations.

In order to explain institutions' food purchasing needs, the workshop will also include a presentation by Butte School District Foodservice Director Mark Harrison and Boulder School District's Lisa Giulio. The presenters will share information about schools' bid process, delivery and volume requirements, and why they want to work with Montana producers.

The cost is \$10 for participants and includes lunch. NCAT is located at 3040 Continental Drive in Butte. Those interested can register online at http://www.ncat.org/events/.

This workshop is supported by a USDA Farm to School grant and MSU Extension.



Submitted by Sandy Courtnage,

Communications Director
Montana Farmers Union
(MFU) President Alan Merrill
and 14 MFU members traveled to the National Farmers
Union convention in Santa Fe,
NM, which was held March
8-11, 2014.

In addition to Merrill, the group included six delegates who helped shape the direction of the organization's national public policy. Delegates included Brett Dailey, Jordan, MFU board representative: Calvin Lane, Molt, MFU board representative; Jay Buckley, Great Falls; Jacob Cowgill, Power; Kristie Rutledge, Big Sandy; and Maggie Shane, Great Falls, youth delegate. William Downs, Molt, served as Montana's representative on the NFU Policy Committee.

Other MFU members joining President Merrill at the convention include: Donna Dailey, Jordan; Katie and Jeff Bangs, Inverness, FUE Young Couple representatives; and Paul Kanning, Flaxville, NFU Beginning Farmer Institute participant. Attending from the MFU state office were Delisa Clampitt, MFU Education Director; and Chris Christiaens, MFU Legislative and Special Projects. Violet Green, Carter, also attended as a member of the National Youth Advisory Council.

"Every year we look forward to helping shape the policy discussion at the national organizational level," said Merrill. "There were great presentations and workshops, including U.S. Department of Agriculture Secretary Tom Vilsack, who talked about the important aspects of the Farm Bill that are yet to be implemented."

Special Orders of Business adopted at the convention included policy statements on the International Year of Family Farming, Implementation of the 2014 Farm Bill, Immigration Reform, Trade Policy, Animal Disease Protection and Research, Renewable Fuel Standard, Reform of the Beef Checkoff, and Sequestration. More detail on the Special Orders is available at http://www.nfu.org/policy-nfu/special-orders-of-business.



USDA Enhances Farm Storage Facility Loan Program

Submitted by Isabel Benemelis

The U.S. Department of Agriculture (USDA) today announced the expansion of the Farm Storage and Facility Loan program, which provides low-interest financing to producers. The enhanced program includes 22 new categories of eligible equipment for fruit and vegetable producers, and makes it easier for farmers and ranchers around the country to finance the equipment they need to grow and expand.

This is part of a broader effort to help small and midsized farmers and ranchers, as announced today by Agri-

culture Secretary Tom Vilsack.

Producers with small and mid-sized operations, and specialty crop fruit and vegetable growers, now have access to needed capital for a variety of supplies including sorting bins, wash stations and other food safety-related equipment. A new more flexible

alternative is also provided for determining storage needs for fruit and vegetable producers, and waivers are available on a case-by-case basis for disaster assistance or insurance coverage if available products are not relevant or feasible for a particular producer.

Additionally, Farm Stor-

age and Facility Loans security requirements have been eased for loans between \$50,000 and \$100,000. Previously, all loans in excess of \$50,000 required a promissory note and additional security, such as a lien on real estate. Now loans up to \$100,000 can be secured by only a promis-

"The Farm Storage and Facility Loan program has helped American farmers and ranchers to finance on-farm storage for almost 13 years," said Farm Service Agency Administrator (FSA), Juan M. Garcia. "We anticipate these changes will increase the number of individuals who qualify for these loans and help them access new market opportunities."

The low-interest funds can be used to build or upgrade permanent facilities to store commodities. Eligible commodities include grains, oilseeds, peanuts, pulse crops, hay, honey, renewable biomass commodities, fruits and vegetables. Qualified facilities include grain bins, hay barns and cold storage facilities for fruits and vegetables.

Other new changes to the Farm Storage and Facility Loan program will allow FSA State Committees to subordinate Commodity Credit Corpo-

ration's lien position. These changes to the program were issued via an official notice to state and county Farm Service Agency offices

and are effective immediately. More than 33,000 loans have been issued for on-farm storage, increasing grain storage capacity by 900 million bushels since May 2000.

More information about tools and resources available to small and mid-sized farmers will be rolled out in the coming months, including information about access to capital, risk management, food safety, and locating market opportunities on USDA's Small and Mid-Sized Farmer Resources webpage.

Visit www.fsa.usda.gov or an FSA county office to learn more about FSA programs and loans, including the Farm Storage Facility Loan Program

MFBF, MGGA talk about 2014 **Farm Bill at Hobson Event**

Submitted by Rebecca Colnar

The Montana Farm Bureau (MFBF) and the Montana Grain Growers Association (MGGA) held an informational session on the Agricultural Act of 2014 March 4 at the Bos Terra Auditorium in Hobson. The session was designed to provide the most up-to-date knowledge about the changes in the five-year 2014

MFBF's John Youngberg discussed the latest assistance available to livestock producers should disaster strike.

"The Livestock Indemnity Program (LIP) has been approved and will be made retroactive to cover eligible losses back to Oct. 1, 2011," noted Youngberg. "It covers livestock deaths due to weather events such as wildfires, blizzards, floods, hurricanes, extreme heat and extreme cold."

He explained the Livestock Forage Disaster Program provides compensation to eligible livestock producers who have suffered grazing losses due to drought or fire. Details of the rules for the 2014 farm bill are still being hammered out, but to make a claim, grazing losses must have occurred on or after Oct. 1, 2011 for the producer to be eligible.

"Farmers and ranchers can sign up for the forage disaster program starting April 15," said Youngberg. "I know that some ranchers aren't used to going into the FSA office, but it you're going to apply for this insurance, it's important to do go in and meet with the people at FSA."

"I can't say enough how extremely important it is to keep good records on livestock numbers and livestock losses. You will need good beginning and ending inventory numbers for any retroactive claims. If you haven't kept meticulous records on livestock numbers and losses, it's very important to start now," said Youngberg.

"Programs that were eliminated in this farm bill in the Commodity Title included Direct Payments, Counter-Cyclical Program, Average Crop Revenue Election Program and the Supplemental Revenue Assistance Payment for Crops," noted Ryan McCormick, past president, MGGA. He explained some programs were extended, such as the Loan Program at current loan rates and the SURE for livestock, trees, bees and fish.

The new programs that were created, and the ones most farmers will need to sign up for are, Price Loss Coverage (PLC), which is a price loss safety net; or the Agricultural Risk Coverage (ARC), which is a revenue loss safety net.

"The ARC program is a one-time election on the individual level, with all crops on the farm included or you can sign up on the county level," noted McCormick. "You have a one-time choice for both PLC and ARC to retain your existing base acres or reallocate existing base acres. You can only reallocate your base, though, you can't increase it."

The grain farmer noted that the new Supplemental Coverage Option (SCO) is the option to purchase shallow loss county/ area coverage on top of an individual insurance plan, and is available for the 2015 crop year.

"One change to note is that there is conservation compliance tied to crop insurance which is for highly erodible conservation and wetland compliance for federal crop eligibility," note McCormick. "If a farm is already in compliance for FSA program, however, they should be in compliance for crop insurance.

McCormick stressed that doing one's research is key to knowing which program-ARC or PLC-works best for you and your farm, and whether you want to select the individual or county levels of coverage.

"You want to get your research done and make your selection before planting season starts because it is going to take time. The MGGA has some worksheets available online to help farmers make some critical choices," he said.

The MGGA and MFBF plan to conduct other talks on the farm bill around the state, especially as the rules and details get worked out and put into practice.



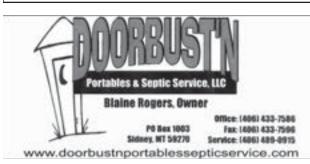


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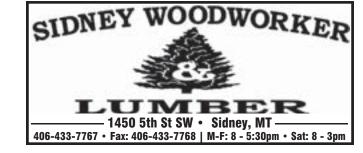














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4-H Youth See Citizenship in Action

Youth learn about state government and how they can impact their community.



4-Hers (from left) Allegra Garcia, Burleigh County; Sandra Fearing, Williams County; Ashley Trudel, Trail County; Layne Entzi, Stutsman County; and Zoe Kritzberger, Trail County, participate in the Citizenship in Action program in Bismarck.



Fargo historian and illustrator Steve Stark describes North Dakota's development as a state and how the Extension Service was created at the Citizenship in Action program in Bismarck.

By NDSU Agriculture Communication

Several North Dakota 4-Hers have gained a lesson in citizenship.

The 41 4-H youth gathered in Bismarck on Feb. 16 and 17 for the North Dakota State University Extension Service Center for 4-H Youth Development's annual Citizenship in Action program. This event gives youth an opportunity to learn about the executive branch of state government, showcase citizenship and leadership exhibits, share ideas on impacting their community and learn how to become a change agent for the future.

Activities on Sunday, Feb. 16, included a presentation by Steve Stark, an illustrator and historian from Fargo, on the events that led to North Dakota becoming a state. The 4-Hers also attended a workshop on youth action in today's government, with presentations by the delegates, and a workshop on the Smith-Lever Act and history of the national Cooperative Extension Service.

The act, signed on May 8, 1914, created Extension to extend the practical knowledge of agriculture, home economics and rural energy from the universities to the people. In North Dakota, 4-H is the largest nonformal youth development program. It is a major part of the NDSU Extension Service.

On Monday, Feb. 17, youth learned who makes up the executive branch of the North Dakota state government. The youth also acted as a mock press corps and asked questions to a pretend governor, and played the role of the governor during a session titled A Day in the Life of the Governor.

In addition, the youth delegates displayed citizenship and leadership exhibits. Those were exhibits the youth prepared for 4-H projects that have been or will be shown at their local county achievement days and/or the North Dakota State Fair.

The Center for 4-H Youth Development and North Dakota 4-H Foundation sponsored the Citizenship in Action event.





In recognition of National Agriculture Week (National Agriculture Day, March 25,2014), WIFE (Montana Women Involved in Farm Economics) invites Montana's school children to express their ideas on farm life by participating in WIFE's twenty-eighth statewide calendar art contest. Winning entries grades K through 8th will be awarded a cash prize at the 1st place (\$30), 2nd place (\$20), and 3rd place (\$10), levels in each grades division. Two Honorable Mention places in each grade will be awarded certificates. Only 25 pictures are used on the calendar. Those winners whose pictures are used will also receive a calendar.

All entries are to be done horizontally on 81/2 by 11 inch white paper with dark, black lead pencil or black pen (no markers please). Any aspect of agriculture that is of interest to the students may be drawn. Any depiction of alcohol or tobacco will not be accepted. Student's name, grade, school, address, town, zip, should be clearly printed in a corner on the back of their picture.

No entries can be returned, but WIFE may display or use student's artwork for various WIFE projects throughout the State. Entries must be postmarked on or before April 15, 2014.

Artwork will be judged on the basis of originality. Please send all art entries to: Gladys Walling, PO Box 55, Winifred, MT 59489. Phone 406-462-5330 for more information.

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