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Wednesday, March 16, 2016

Volume 42 • Number 5

## Billings Symphony to Kickoff the Festival of the Arts, July 8th

By Meagan Dotson

The Sidney Area Chamber is pleased that Sidney will be hosting the Billings Symphony Orchestra as part of the kickoff to this year's Sunrise Festival of the Arts July 8 and 9, 2016. Members of the Billings Symphony were in Sidney on Tues., March 8 and met with city officials, band teacher Kilee Sundt, and Executive Director of the Sidney Area Chamber Kristin Kennedy to work out details of the event. Executive Director Darren Rich, Music Director Anne Harrigan, and Educational Director Candy Holzer visited the Anderson Pavilion which is the only amphitheater in Eastern Montana.

"We are flattered and honored to be invited to Sidney. This is a big step for our organization," said Rich who added that of the six professional orchestras in Montana, they are

the farthest east and have wanted to expand their reach into Eastern Montana.

The Billings Symphony Orchestra has traveled in-state as far as Hardin, Red Lodge, and Columbus to be involved with children's concerts, however, this is the first time that the entire symphony has traveled out of Billings to perform their marquee-event, Symphony in the Park.

The mission of the Billings Symphony Orchestra & Chorale is to enrich lives through music and an incredible part of that is working with kids. An Instrument Petting Zoo will open at 5 p.m. on Friday in Veteran's Memorial Park and, with the help of a few high school students, will give kids the chance to try making music with different kinds of instruments. Arrangements were made by the Billings Symphony to have EckRoth Music in Billings provide and transport the instruments.

"The kids get a chance to touch and use real instruments and after a few tries, when they get them to make a sound, the look on their face is amazing!" Holzer commented.

The orchestra will be teaming up with the Sidney High School Band students and will be inviting other area schools to join in. Students and orchestra members will be paired according to instrument and chair and will be practicing John Philip Sousa's Stars and Stripes Forever together.

The event was initiated by City Attorney Joel Krautter who contacted Rich in May of 2015 about the orchestra performing in Sidney; in late August, Krautter then approached Kennedy at the Chamber and it has since been a collaborative effort to work out the details.

"There is so much going on in Sidney and it's a very positive

community," said Harrigan. "This is the kind of community we want to partner with and we are very excited about the amphitheater."

The Chamber and the Billings Symphony are equally splitting the cost of bringing the highly anticipated event to Sidney and are looking for sponsors to help with the expense and provide a free concert. Businesses and individuals who are interested in contributing can contact Kennedy at the Chamber at 406-433-1916.

The tentative itinerary for Friday, July 8 begins with the Billings Symphony rehearsing at 10:30 a.m. and at 12:30 p.m. they will rehearse side-by-side with students before having an informal lunch and meet-and-greet, giving students a chance to ask questions, learn about college opportunities, and discuss careers in music. The Instrument Petting Zoo will open at 5:00 p.m. and the High School Band will perform from 6:00 until 6:30. At 6:45 the Billings Symphony will invite kids in the audience to come up to the stage to try their hand at conducting during the Kids Conducting Contest. Yet-to-be-determined members of the community will choose four kids who will each be allowed to conduct a short section of a song and the winner will have the privilege of leading the orchestra through an entire song. At 7 p.m. the concert will open with the 'Star Spangled Banner' and then perform a tribute to the Olympics including 'Summon Heroes', 'Going to Rio', and the 'Hungarian March'. The Armed Forces Salute will end the first half of the concert, recognizing each branch of the armed forces. After intermission, they will perform the newly released Star Wars the Force Awakens medley, followed by the William Tell Overture, more commonly recognized as the Lone Ranger theme song. Next, the orchestra will play 'The Devil Went Down to Georgia', 'God Bless the USA', and then they will close the evening with 'Stars and Stripes Forever'.

A special thank you goes out to Cape Air for sponsoring the Directors flights on their recent visit and the Chamber would also like to thank Action Auto for providing a rental car.

Both the Sidney Area Chamber and the Billings Symphony hope that this year will lay groundwork for future performances at the Anderson Pavilion.

(L-R) The Billings Symphony Educational Director Candy Holzer, Music Director Ann Harrigan, and Executive Director Darren Rich met with Sidney Area Chamber Executive Director Kristin Kennedy on Tues., March 8th.



 BILLINGS SYMPHONY ORCHESTRA & CHORALE



## MDT Proposes Major Rehabilitation And Widening Of East Holly Street In Sidney

Submitted by Lori Ryan, Public Information Officer

Montana Department of Transportation Proposes Major Rehabilitation and Widening of East Holly Street in Sidney, MT. The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to rehabilitate and widen about 0.6 miles of East Holly Street, in Sidney. The project begins at the intersection with MT 200 (Central Ave.) at reference post 0.0 and extends east for 0.6 miles, ending just east of the intersection with 9th Ave. at reference post 0.6. Proposed work includes widening East Holly Street to include a center two-way left turn lane, curb and gutter, sidewalk, and storm drain, irrigation facility upgrades, realignment of County Road 351 with 9th Ave., new plant mix surfacing, upgraded pavement markings and signage. The purpose of the project is to rehabilitate the roadway in order to provide a safer section for road and pedestrian users and reduce maintenance costs. Construction is tentatively planned for 2018 or 2019, depending on completion of design and availability of funds. No new permanent right-of-way will be needed; however, relocation of utilities will be required. MDT staff will contact all potentially affected landowners prior to performing survey work on their land. Staff will again contact landowners prior to construction if any temporary construction permits are necessary. For more information, please contact Glendive District Administrator Shane Mintz at (406) 345-8212 or Project Design Engineer Steve Heidner at (406) 3458247. Members of the public may submit written comments to the Montana Department of Transportation Glendive office at P.O. Box 890, Glendive, MT 59330-0890, or online at: [www.mdt.mt.gov/mdt/comment\\_form.shtml](http://www.mdt.mt.gov/mdt/comment_form.shtml). Please note that your comments are for project UPN 9041000. Alternative accessible formats of this information will be provided upon request by contacting the Office of Civil Rights, P.O. Box 201001, Helena, MT 59620; (406) 444-9229; fax (406) 444-7243, or e-mail to [aflesch@mt.gov](mailto:aflesch@mt.gov). Those using a TTY may call (800) 335-7592 or through the Montana Relay Service at 711.

## MonDak Heritage Center Receives 5 Cents Back

Submitted by Kim Simmonds

The Front Brewing Company has been brewing beer with local Montana grains and honey for four years. They like to partner with their distributor partners in giving back to communities in Montana with the proceeds of the sales of their award winning beers. The program of philanthropy is called 5 Cents Back, and gives the public the opportunity to give back to the greater community by choosing the non-profit organization who will receive five cents of the net profit of their Front Beer purchase.

The MonDak Heritage Center was chosen by John Olson, Karen Olson-Beenken and Randy Olson of Blue Rock Distributing as the organization within their distribution area to receive their support. The Front and Blue Rock will each donate two and one half cents from the sale of each Mountain Man Scotch Ale, Keep Cool Creek Blonde Ale and River Water India Pale Ale can of beer to support the MonDak Heritage Center. "The MonDak Heritage Center is honored and excited to have been nominated to receive the support of the 5 Cents Back initiative," said Kim Simmonds, Executive Director of the MonDak Heritage Center. "We sincerely appreciate the long-time support of Blue Rock, and look forward to working with The Front in the future. Their continued donations will help us to fulfill our mission, to engage, educate and inspire our community by preserving and contributing to the area's arts, culture and heritage."

The first check from Blue Rock and Front Brewing was presented to Kim Simmonds on Tuesday, March 8 by Blue Rock employees... You can continue to support the MonDak Heritage Center by purchasing Front Beer Mountain Man Scotch Ale, Keep Cool Creek Blonde Ale and River Water India Pale Ale from your local retailer.



## The Best Kept Secret is Back April 22<sup>nd</sup>

By Meagan Dotson

The 11th Annual Best Kept Secret Bra auction will be held Friday, April 22, 2016 at the Richland County Fair Event Center. Every year individuals, organizations, and businesses decorate and donate bras, which are then auctioned off, raising funds for the Cancer Coalition Aid Fund (CCAF). The CCAF offers assistance to patients receiving cancer treatment through the Sidney Health Center and are specifically designated to assist with living expenses during treatment and provide cancer screening in Richland, McCone, Dawson, Wibaux, Prairie, and Fallon Counties. None of the money raised is used to pay for administrative costs and is made possible through partnership with the Foundation for Community Care.

For those who are interested in donating a themed bra, registration forms can be picked up and returned to the Richland County Health Department (RCHD). Registration forms are due as soon as possible and all entries must be submitted to the RCHD by April 19th. A detailed description of the items to be auctioned must be included and there is a limit of three entries per person, organization, or business.

But, there are other ways to get involved as well; stopping by the Foundation to make direct donations to the CCAF for Community Care at 221 2nd St. NW in Sidney. Volunteers play an important role in making the fundraiser happen and anyone interested in volunteering should contact the RHCD. Other ways to show your support are through sponsorship, donating items for the Silent Auction, and, of course, turning out for the Best Kept Secret around! Anyone who would like to donate items to the Silent Auction can bring them to the RCHD or call and make arrangements to have them picked up by April 20th.

Registration will begin at 6:00pm and the auction will begin at 7:00pm. Appetizers will be served and Rick from R.K. Auction will once again be donating his time as Auctioneer. Music will begin at 9:00pm, provided by DJ Nate McMillen.

To donate items, volunteer, or for more information, contact Heather Nevins with the Montana Comprehensive Cancer Control Program at the RHCD by calling 406-433-2207 or stop by 1201 West Holly Suite #1, Sidney, MT 59270.

MNAXLP



# EASTER BRUNCH

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### AREA RECOVERY GROUPS

**MONDAYS:**

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

1 p.m. - 3 p.m. — Grief Reovery Support group at First Lutheran Church, 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 Faith 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. — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

**WEDNESDAYS:**

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

**THURSDAYS:**

7 p.m. — NA meeting, MonDak Trucking office Bldg., 725 W. Holly, Sidney.

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

**FRIDAYS:**

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

12 p.m. - 1 p.m. - AA meeting, basement of Wilmington Lutheran Church, Arnegard.

6:30 - 7:30 p.m. - 5 Stones faith based recovery meeting, Sidney Nazarene, 606 9th St. SW, Back door is open.

7 p.m. — Path to recovery at Faith Alliance Church, 704 S. Western Ave.

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.

3 p.m. - NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.

7 p.m. — AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

**SUNDAYS:**

3 p.m. — NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.

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

## STATISTICS

### LAKE WATER LEVEL REPORT

Sakakawea

Current Elevation.....1838.1

Last Week's Elev. ....1838.1

One Year Ago .....1838.5

Release For Day (C.F.S.) .....16,000

### SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Mar. 7.....	51.....	38.....	0.00
Mar. 8.....	44.....	22.....	0.00
Mar. 9.....	57.....	20.....	0.10
Mar. 10.....	67.....	21.....	0.00
Mar. 11.....	60.....	33.....	0.00
Mar. 12.....	72.....	30.....	0.00
Mar. 13.....	66.....	31.....	0.00
Total YTD Precipitation.....			0.77

# Scholarships Available From The Masons

**Submitted by Bob Goss**

Lower Yellowstone Lodge #90 of Masons will award two scholarships this spring in memory of Ben York and Earl & Clona Hawley.

Ben York was an active Master Mason and Shriner and a long time plumber and electrician in Sidney.

A \$500 scholarship is awarded to graduating seniors who plan to attend a trade school to study in the construction trades.

The Earl & Clona Hawley Scholarship was created by Richland Chapter #62 of Eastern Star to recognize the devotion of Mr. & Mrs. Hawley to their community. This \$500 scholarship is available to graduating seniors and current college students.

Updated scholarship applications are available from guidance counselors at all Richland County high schools.

# Watford City Lions Seek Sponsors for Easter Egg Hunt

**Submitted by Jan Dodge**

Traditionally the Watford City Lions Club has sponsored the Easter Egg Hunt for young children on the Saturday before Easter Sunday. We are planning to continue that tradition and could use your help!

This has been a fun event for children ages 0 - 9 years old, where they have been able to come to the Good Shepherd Home Lawn and pick Easter Eggs, meet the Easter Bunny, do face painting, and each receive a goodie bag as well. It has always been well received by the children, parents and particularly great entertainment to the residents of the Good Shepherd Home! Last year we had slightly over 400 excited youth participate and was a smashing success!

However, we need not tell you that as everything in our community, this event has increased in size over the years. Currently we are planning for 450 children.

Our request to you is generally a request of help. We need a sharing of help in all forms for this “good will” event. You may contribute monetarily to help purchase items for the “goodie bags” and/or you may volunteer with the event itself. It is planned to be on Sat., March 26, 2016 at 1 pm central time.

Thank you for your consideration. Also, I want to note a Thank You to anyone that may be already participating!

Please email or phone for volunteer response or questions; and mail donations to the following address.

The Watford City Lions Club, PO Box 584, Watford City, ND 58854, Lion Jan Dodge, jandodge74@gmail.com, 701-570-2493.

# Jitro Czech Girls Choir At Mondak Heritage Center

**Submitted by Kim Simmonds**

MonDak Heritage Center will host the Jitro Czech Girls Choir on Sat., April 2, 2016 at 7 p.m. The concert is open to the public and goodwill donations will be accepted at the door. This concert is presented as part of the spring Music at the MonDak concert series.

17 singers are travelling from Hradec Kralove, Czech Republic, along with their pianist and conductor, to perform in a series of concerts across Montana, including here in Sidney. For 35 years, Jitro, which means Daybreak, has been admired all over the world for their tonal brilliance, superb intonation and distinctive rich blend of sound and energetic vitality. Today, Jitro is seen as one of the best children's choirs anywhere in the world. They make over 100 appearances annually, and have sung with other renowned choirs, as well as performed with the world's best orchestras.

We are excited to have Jitro at the MonDak Heritage Center. It will be an excellent opportunity to bring a wonderful and not often seen performance to Eastern Montana. The young and young at heart will appreciate this amazing group and their beautiful voices in concert.

Special thanks to our sponsors for making this concert possible in Sidney: Northeastern Arts Network, Cape Air, Reynolds and Action Auto.

Admission to the Jitro Czech Girls Choir performance is by free will donation and no reservations are necessary. The MonDak Heritage Center is located at 120 3rd Avenue SE in Sidney. If you have any questions, please call the museum at 406-433-3500 or email us at mdhc@richland.org.

# County Road 5 At Mondak Heritage Center

**Submitted by Kim Simmonds**

The MonDak Heritage Center will host County Road 5 on Tues., March 22, 2016 at 7 p.m. The concert is free and open to the public as part of the spring Music at the MonDak concert series.

County Road 5 was established in 2003 in the Kansas City metro area. The group travels around the country for 200+ performances each year, including state fairs, in saloons and in correctional facilities! They have been featured with national acts such as Brooks and Dunn, Alan Jackson, Toby Keith and Amanda Lambert, and have released four albums. The last, “Lock up & Live at The Lansing Correctional Facility,” was released in the spring of 2014. They are currently working on their fifth album entitled, “Brighter Day.”

The current members include Dusty Sharp on vocals, guitar, harmonica and mandolin; Kellan Moore on drums and percussion; Dustin White on vocals and guitar; and Chase McRoy on vocals and bass. With their self-proclaimed style of “Smells like country, tastes like rock and roll,” the high energy and fun of County Road 5 is sure to appeal to cowboys and city folk alike.

Admission to County Road 5 is completely free and no reservations are necessary. The MonDak Heritage Center is located at 120 3rd Avenue SE in Sidney. If you have any questions, please call the museum at 406-433-3500 or email us at mdhc@richland.org.

# EVENTS

SEND US YOUR EVENTS!

THE ROUNDUP: PO Box 1207

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**RICHLAND COUNTY**

Events in Sidney unless otherwise listed. MT Zone.

**Wed., Mar. 16**

12 p.m. - Ranger Talk. Fort Union After the Fur Trade. MonDak Heritage Center. Free.

5 - 10 p.m. - Community Pint Night- Meadowlark Public House. \$1 for every pint sold will go to support a community organization.

6 p.m. - 2016 Bow Hunter Education Class walk in registration and orientation. Eastern Ag Research Center. 1501 N. Central Ave. Sidney. Online registration at www.register-ed.com/events/view/71396. Orientation and all classes must be attended. Must be 12 years of age by Jan. 16, 2017 to register. Under 18 must have a parent or guardian on the first night. Class schedule is March 22-25 6p.m. - 9 p.m. & March 26, 8 a.m. - 2 p.m. This class is free. For more information call Larry Christensen 489-0589, Jim Miller 489-1653, Tom Hedegaard 489-1946 or Ron Sorenson 488-7664.

**Thurs., Mar. 17**

11:30 p.m. - Richland Red Hatters. Meet at 11:30 at The Depot for lunch. RSVP by Mar. 15. Sylvia 798-3882 or Margeret 488-4613.

5 - 6:30 p.m. - Adult Coloring Club. Richland County Library.

**Fri., Mar. 18**

10:30 a.m. - Storytime. Richland County Library. Ages 0-5.

5 - 7 p.m. - Fish Fry at St. Matthew's multi-purpose room. \$9 per person.

**Sat., Mar. 19**

8 a.m. - 2 p.m. - Community Yard Sale. There will be a community yard sale in Lambert at the old gym. The Lion's De will be there serving food. Call Jodi Williams at 406-914-3363 for any questions.

**Sun., Mar. 20**

9 a.m. - 3 p.m. - Sidney Plane Folks. Indoor fun fly and model airplane show. Richland County Fair Event Center. Free to the public. Lunch is 11 a.m. -1 p.m. \$5. Come and enjoy watching model airplanes fly. Try flying on a Flight Simulator.

11 a.m. - 2 p.m. - First Lutheran Church Palm Sunday Dinner & Bazaar. Held at the Lambert school cafeteria. Homemade pie for dessert and the meal is free. Goodwill offerings accepted.

**Tue., Mar. 22**

6 p.m. - MonDak Writer's Group. All skill levels accepted. Free MonDak Heritage Center.

7 p.m. - County Road 5 concert at the MonDak Heritage Center. The event is free and open to the public.

**Thurs., Mar. 24**

12 p.m. - Easter Egg Hunt for pre-schoolers at Sharbono Park in Fairview.

**Fri., Mar. 25**

9 a.m. - Noon - Senior Commodities will be distributed at the back door of the Nutter Building located at 123 W. Main. Message phone is 433-4353.

**McKENZIE COUNTY**

Events in Watford City unless otherwise listed. CT Zone.

**Thurs., Mar. 17**

6:30 p.m. - 8 p.m. - Spring into Style Fashion Show and Makeup Review at Door 204. Fashion show starts at 7 p.m. and beverages will be available for purchase and appetizers will be served.

**Fri., Mar. 18**

4:30 p.m. - 7 p.m. - 2nd Annual Fish Fry at Epiphany Catholic Church. Adults cost \$10 and Kids 5+ cost \$5. Kids 4 and unde are free.

**WILLIAMS COUNTY**

Events in Williston unless otherwise listed. CT Zone.

**Thur., Mar. 17**

5:30 p.m. - 10 p.m. - ShamRockin the Bakken. Come celebrate St. Patrick's Day. Sample Williston's tastiest food and drink items from the best local restaurants, caterers and retail stores. Vote for your favorite. Enjoy Rock n' Roll and Irish music from local band, Whiskey Rebellion. Bag pipes, tasty food and fun. Grand Williston Hotel. Tickets are \$20 and must be 21 years o older to attend.

7 p.m. - Fort Buford History Book Club. Join history buffs in a discussion of this month's selected book, “Behind The Scenes by Elizabeth Keckly. Free refreshments. Please call in advance at 701-572-9034.

7 p.m. - 8:30 p.m. - Band-O-Rama. Features all band students in grades 5 - 12 in one big concert. Doors will open at 6 p.m. Will be held at the Phil Jackson Fieldhouse. Admission is \$6/ adults and \$4/students & seniors.

**Fri., Mar. 18**

9 a.m. - 4 p.m. -Confluence Quilters. Join the Confluence Quilters for their monthly meeting at the Confluence. All experience levels invited and instruction provided. Bring your own lunch and unfinished projects.

9 a.m. - Williston Sport & Recreation Show 2016. 3 days of campers, boats, motorcycles, ATVs and more. Families will enjoy the Kid Zone on Sat & Sun with a live bat exhibit, youth archery lane and other fun activities. Funds from this go to the Williston Police Association and improvements for community events. Raymond Family Community Center.

**Sat., Mar. 19**

9 a.m. - 4 p.m. - Confluence Quilters.

9 a.m. - Williston Sport & Recreation Show 2016. Raymond Family Community Center.

10 a.m. - Family Friendly Fellowship Get Together. Fun Bible discussions, songs, crafts and a hot pitch-in meal. Everyone is invited and free to the public. Weather permitting, Central Park Please call Julia at 406-774-3309 or 406-480-5648 with any questions.

1 p.m. - 3 p.m. - 26th Annual Bake Sale at Our Redeemer's Lutheran Church. Pie and coffee will be served. Open to the public, everyone is invited.

2 p.m. - Loom Beading at Fort Union. Free. Please register by calling the MonDak at 406-433-3500.

2 p.m. - The Confluence Easter Egg Hunt. Children are invited to participate in the annual Easter Egg Hunt at the Confluence Center. Appropriate for children up to age 12. Children must be accompanied by an adult.

**Sun., Mar. 20**

9 a.m. - Williston Sport & Recreation Show 2016. Raymond Family Community Center.

3 p.m. - Concert at the Confluence. The public is invited to a concert featuring Keesha Renna and McKeon Hughes Roberts at the Missouri-Yellowstone Confluence Interpretive Center.

**DAWSON COUNTY**

Events in Glendive unless otherswise listed. MT Zone

**Wed., Mar. 16**

12 p.m. - 1 p.m. - Lunch & Learn “How Does Your Garden Grow?” Scott & Lisa Swanson, owners of the Glendive Greenhouse will be talking about the Greenhouse business and helping you get ready for the new season. Glendive Public Library Community Room. Tea and coffee provided, bring your own lunch.



# Local XTO Office Donates \$100,000 Towards The Boys & Girls Club Of Richland County's New Club House



Backrow left to right: Anil Kara, Michelle Seadeek, Janelle Buxbaum, Nicole Gorham. Front row: Tia Lewis, Elaine Stedman, Lynn Welker.

**Submitted by Michelle Seadeek**

In 2013, XTO executives granted the Club its first payment of \$50,000 in January of 2014 with subsequent donations in September 2014 and July 2015. XTO received naming rights to one of the five classrooms within the Club design.

On behalf of XTO, public relations agent Lynn Welker, asked the Club to name Classroom A as the 'XTO ENERGY STEM Lab'. STEM represents Science, Technology, Engineering, and Math. Boys & Girls Club of Richland County employees programs that fall under the STEM category. My future (formerly Tech Club) encompasses computer technology like programming, building robots and understanding how using technology benefits individual learning growth. Another aspect of STEM used is learning about chemical interactions and reactions with science experi-

ments using household items. "To see our videos on Harry Potter potions go to our Facebook page: 'Boys & Girls Club of Richland County, MT' and Like US!, " Janelle Buxbaum, Operational Program Manager at BGCR.

"The XTO Energy STEM Lab is where the kids will be able to learn all of these aspects of the STEM education movement rather than the limitations due to our current location," says Michele Seadeek, Resource Development Director at the Club.

The Club design includes five unique classroom settings: XTO Energy STEM Lab (Technology classroom), Classroom B, Tri-County Implement, Classroom D, and the Dayton/Svarre Teen Center. The design will be on display at the Boys & Girls Club annual event on April 2 at the Event Center.

MNAXLP

## Boys and Girls Club Event Tickets On Sale

Ho'olu komo la kua! Please join us!

Pull out your favorite Hawaiian shirt or muumuu and get ready for great food and fun at the annual event & auction for the Boys and Girls Club of Richland County. The Luau themed event takes place the evening of Saturday, April 2 at the Richland County Fair Event Center and the proceeds will be used toward BGCR operating expenses for the year. There will be a single auction item dedicated to the building fund campaign.

Get ready for taste explosion!

Honorable Judge Mohr is catering this event with smoked pork and delicious sides which will be followed by delectable desserts prepared by Anita Karst. Entertainment includes the Cutting Edge Dancers, the Sidney High School drum line and the presentation of a smoked pig.

Be prepared to get your Hula on with fifty silent auction items as well as thirty live auction items. Something for everyone, even a chance to win a trip for (two) 2 to Oahu! \$50 per ticket.

General admission is \$50

with admission time at 6:15pm. V.I.P. tickets are \$100 with early admission at 5:30pm. Sponsorship tables are also available for \$1200. Sponsorship includes 8 tickets, early access, drinks & hors d'oeuvres, special entertainment by Sidney Gymnastics and first look option to buy at silent auction items.

Key speakers this year will be Jason Brothorn, board member, donor and parent; Elaine Stedman, CEO of the Boys and Girls Club; and two of the high school aides that support the Club. The annual event fundraising goal for this year is \$75,000.

Boys & Girls Club of Richland County provides a safe and positive place for kids K-12 to learn and grow. Currently, over 100 children per day utilize the program with 188 members overall. Each



child at the Club receives the chance to be inspired, to realize their full potential and be responsible citizens of Richland County. Thank you for celebrating with us: Mahalo nui loa na ho'olaule'a me la kua!

All dinner and raffle tickets are on sale now. To purchase yours, call the club office at 406-433-6763, email Michele Seadeek at m.seadeek@richlandbgc.org, contact a board member or committee members Kim Martin, Colleen Williams, Jodi Seitz, Johanna Bunn, Janelle Buxbaum, Suzann Radke, Jodi Berry or Jeanie Lang.

For information on sponsorships, please contact Seadeek at the club.

*Saint*  
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# Golden Roundup

## Sticks & Stones Didn't Break My Bone

By Lois Stephens

After nearly sixty seven years of living on this earth, I have become a statistic. If this statistic had beaten the odds and I won \$10 million in a lottery, my smile would shatter my face. However, this unfortunate numerical reality reinforces the fact that I have acquired some age.

In early December, while walking my dog, I slipped and fell on a patch of ice and broke my left arm just below the shoulder. In doing some research on falling after this hapless incident, I discovered I had joined the ranks of other seniors my age. It seems that one third of us over the age of 65 suffer some sort of fall, and our chances of falling increase as we age. By the time we reach 85 years old, our chances of falling have increased to 50%. One out of five falls have serious consequences, as the faller breaks a bone somewhere in his or her body. Falls head the list for those who go to the emergency center, with 2.5 million people treated for falls in 2013. 31% of falls, mine included, are due to accidents, like slipping on ice or tripping over a curb, and the vast majority of these falls occur in or around our homes, the very place where we expect to

find peace and safety.

These are not promising statistics, and a reality I never expected to experience, but we don't always have a choice in what happens to us, and fall I did. I did break a bone, I did end up in emergency, it did happen within a half mile of my house, and I hate the thought of joining the ranks of just another statistic.

I broke my upper arm, the humerus. Let me assure you, at the time I found nothing humorous about this incident; it made me wonder why on earth a bone that can break and cause discomfort should ever be labeled 'humerus' in the first place. Just goes to show why I never would have made it as a doctor, I guess.

When I fell, my feet flew out from under me and I landed on my left arm and shoulder with all my weight. I had no time for the comic gyrations that can slow a fall and potentially minimize the damage. One minute I hiked along at a vigorous pace and the next minute I lay on my back, staring at the sprinkling of stars visible in the twilight of a dark winter evening. I had no warning, no hesitations, just a huge smack when I hit the earth. It didn't take a rocket scientist to know I broke a bone, as I heard it crack when I hit the frozen ground with a mighty thud. When I tried to get back on my feet, I floundered and flailed (now I totally understand that old cliché about a fish out of water....) until I could move myself into a position that allowed my right arm, and my right arm only, to help me slowly, very slowly, get back on my feet with ice all around me, just waiting for the opportunity to best me again. All the while my confused dog, trying to figure out what the heck I was doing, only succeeded in regaining an upright position a lot more difficult for me.

I did manage to find my feet, get them back under me, hoist myself upright without falling again, and turn my face towards home. My poor useless arm hung painfully at my side, so I stuffed my hand in my pocket to take the tension off the arm, and I made my way back home.

Some background information is needed here. Just one week prior to this ill-fated little dog- walking excursion, my husband had undergone rotator cuff surgery on his right shoulder, so he had no use to speak of in his right arm. He obviously did not feel at the top of his form, and had spent most the past seven days since his surgery recuperating from his ordeal. When I walked into our house that evening after my fall, he was resting in his recliner, wearing only boxer shorts and a pair of socks, under the mistaken assumption that he was nestled in his chair for the remainder of the evening.

I remarked to him that I thought he probably needed to get dressed, as I figured I ought to go to Ennis. He literally leaped out of his chair, demanding as he did so, 'Did you fall?'

I answered 'yes' and he replied 'did you break anything?'

I didn't have the heart to tell him that I figured I broke my arm, so I prevaricated and said I didn't know, but I thought I needed to have it checked out just in case I had broken something.

So, here we are, two old cripples with a useless arm each. Someone has to drive, and I know it won't be me. Fortunately Rod prefers to drive anyway as he spent his adult lifetime behind the wheel of various pieces of heavy equipment. So we climb into the car, he in the driver seat and me in the passenger seat, where we discover to our chagrin that neither one of us can fasten our own seat belt. Fortunately we had one functioning right arm and one functioning left arm, so he fastened my seat belt and I fastened his. I thought at the time that at the very least, together the two of us made one complete person with a functioning set of arms, so who could ask for more?

We arrived at the emergency entrance at the hospital in Ennis. The nurse asked me if I would like a shot of morphine while I waited for the doctor. My ears pricked up at the thought, as four decades ago my brother-in-law had a motorcycle accident and the paramedics who treated him at the scene gave him a dose of morphine. My brother-in-law still comments about the rush that morphine gave him and how good he felt. So you bet, I wanted a dose of morphine and I waited in great anticipation for my high to start.

Let me assure you, either morphine is greatly over-

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## Roosevelt Medical Center To Host Elizabeth And Friends

By Jaimee Green

Elizabeth and Friends is back! The annual women's health and wellness event will once again be hosted by Roosevelt Medical Center in an effort to keep women in the community excited about maintaining their health through a variety of topics in a way that is fun, inspiring and engaging.

The event is taking place on April 12, from 5:30 p.m. to 6:30 p.m. at the Legion Hall in Culbertson.

This year's topic will focus on the benefits of better nutrition for women at every age and will be presented by Elizabeth Kleppen, a Mid-Level Medical Practitioner, and Tammy Bearce, a nutritionist, for RMC.

Attendees will enjoy juices, fruits and vegetables, and have a chance to win healthy cookbooks and other door prizes.

The public through surveys taken at last year's Elizabeth & Friends event selected this year's event topic. "When it comes to eating, we all have strong habits. This session of Elizabeth and Friends is about permanently improving our eating habits through thoughtful approaches, not following the fad of the week," said Kleppen.

Those who attend will learn about the benefits and disadvantages of lactose free and gluten free diets, the overwhelming overconsumption of sugar and salt in the American diet, and chronic illnesses related to poor nutrition. Other topics will include the relationship between sleep, obesity and nutrition and the importance of maintaining a balanced diet.

The event is free and open to the public. For more information, contact Jaimee Green, Marketing/Foundation Director at (406) 787-6476.

MNAXLP

## The Luck Of The Irish Is For Everyone On St. Patrick's Day

By Meagan Dotson

In our family, St. Patrick's Day has always been a day to incorporate a little fun be it mischievous leprechauns messing up the house overnight, working green into your wardrobe, or sitting down to a hot meal of corned beef and cabbage. Moreover, I have always particularly liked the day because I do have some Irish heritage, as does my husband, but what are the origins of this festive holiday observed in more than ten countries around the world as well as the International Space Station?

Growing up, I had always heard that St. Patrick had driven the snakes from Ireland, but how did shamrocks, leprechauns, and green beer end up being the conclusion of that feat?

It is said that St. Patrick was born in Roman-Britain in the 4th century and that he was kidnapped by Irish raiders. The story goes that during his time as a slave he worked as a shepherd and "found God" who helped him make his escape. Once at home, he became a priest and returned to pagan Ireland to convert thousands to Christianity, driving off the Celts, which later was interpreted as him driving the snakes out of Ireland, which never had any snakes to begin with. The feast of St. Patrick, held on March 17, the date of his death, was originally observed by the Catholic Church and in the 17th century was made an official Christian feast day of the Catholic, Eastern Orthodox, and Lutheran churches. In the 1990s the Republic of Ireland began a campaign using St. Patrick's Day to showcase Ireland and its culture both nationally and internationally.

Interestingly enough, the church would lift the Lenten restriction of food and alcohol consumption for the celebration of St. Patrick's Day, which eventually led to the green beer.

It is said that St. Patrick used the three-leafed shamrock to explain the Holy Trinity during his conversions, but as the celebration has evolved across continents, the four-leafed clover has become associated with the day, as well. It's estimated that for every 10,000 three-leafed clovers there is only one four-leafed clover, making it quite lucky to find one. Each of the four leaves is representative of faith, hope, love, and luck.

On another lucky note, leprechauns were incorporated with the holiday as part of Irish folklore. The mischievous little sprites spend most of their time making shoes, tending to their pots of gold, and should you catch one, will barter their freedom in exchange for granting three wishes.

And what of my favorite part of March 17, the meal, that is? It turns out that corned beef and cabbage is an Americanized version of the traditional Irish meal of bacon and cabbage. Hogs, potatoes, and cabbage were something that most Irish families raised and the dish was quite common across the country; corned beef was substituted by Irish immigrants in the United States.

St. Patrick's Day is a celebration that invites everyone to join in, Irish or not and for those of us living in Montana, you might be interested to know that our state is home to the "most Irish town in the country", Butte, MT. The 2010 census showed that there is a higher percentage of Irish descendants making up the overall population in Butte than anywhere else in the United States.

So live it up in Irish-style this St. Patrick's Day! Wear some green, set some leprechaun traps, or kiss someone who's Irish (with their permission of course) and enjoy the cultural holiday that has successfully crossed borders and continents.

## Sidney Family Asks for Community Support for the Great Bike Giveaway

Submitted by Meagan Dotson

The Great Bike Giveaway has begun and we are asking for your support. We have registered our son in the Great Bike Giveaway, which gives adaptive equipment bikes to kids with special needs.

Owen is two and a half years old and lives with his mom, dad, older brother, and older sister. He was born with OEIS Complex, part of his condition being spina bifida and scoliosis; he has muscle weakness and decreased sensation in his lower extremities and on the left side of his body. His only fully functioning limb is his right arm and he can't support his body weight therefore he doesn't walk or crawl in the traditional sense. He gets around small areas by dragging himself primarily with his right arm and using his right leg as an assist. Mobility has always been an issue for our little man and as he grows we become more reliant on adaptive equipment to give him mobility and independence. The thought of him being able to enjoy a bike ride with the wind blowing through his hair is exciting because at the end of the day, physical limitations or not, he wants to GO! This bike would be great for Owen because it's something that he could use for years to come and we would be able to use the wheelchair independently also. Because of the severity of his scoliosis, it takes a lot of energy for him to sit up and keep his balance; we also have issues keeping him comfortable in car seats, high chairs, and infant bike seats because they aren't designed for kids with spinal curvature.

The goal of the contest is to raise enough funds to give all 600 kids in the contest the bike they've registered for, however, if this goal isn't met, the registrant in each bike model category with the most votes will automatically win a bike. Any registrant with 100 or more votes will be entered into a drawing for a chance to win.

Please visit <https://www.friendshipcircle.org/bikes/2016/owen-d-2/> to vote for Owen and donate to this amazing cause. We are very grateful for this opportunity and wish all the best to everyone who is taking part in the Great Bike Giveaway!

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## Glasgow Highlander Wrestling Club Invitational 2016

March 5, 2016  
Sidney Wrestling Club Results

Tot  
34.9, Landonn Bybee - 2nd Place; 41.0, Owen Skoy - 3rd Place; 42.0, Max Kleinke - 1st Place; 42.8, Jordan Simpson - 3rd Place; 44.2, Ryker Morrill - 3rd Place; 45.6, Danny Carlsen - 4th Place; 50.4, Brenner Mullin - 1st Place; 50.4, Rueger Sheehan - 2nd Place; 52.2, Kayson Clifton - 1st Place  
Bantam  
42.0, Dawson Baltrusch - 2nd Place; 42.0, Rylan McGahan - 3rd Place; 45.8, Kade Kutler - 4th Place; 47.2, Tyson Syth - 2nd Place; 47.8, Bodee Bright - 1st Place; 48.8, Carson Propp - 2nd Place; 48.8, Ethan Eide - 3rd Place; 49.8, Jaxson Burger - 4th Place; 50.6, Aiden Rudie - 4th Place; 52.5, Cayden Hambro - 3rd Place; 55.6, Allen VanGorder - 4th Place; 56.8, Terren Bright - 3rd Place; 59.6, Shay Severson - 2nd Place; 61.4, Brody Keyser - 1st Place; 62.1, Tyson Savik - 2nd Place; 65.8, Ty Schepens - 2nd Place; 77, Kayden Williams - 3rd Place; 85.4, Koltyn Mullin - 3rd Place  
Midget  
56.4; Maliek Potter - 4th Place; 58.4, Tyler Loan - 1st Place; 58.4, Curtis Mullin - 3rd Place; 59.8, Jaiden Gustafson - 3rd Place; 62.8, Morgen Reid - 3rd Place; 63.8, Ryleigh Kleinke - 3rd Place; 64.6, Bryan Allen - 2nd Place; 66, Kadin Savik - 4th Place; 66.6, Ryker Wise - 1st Place; 66.6, Brooks Solem - 2nd Place; 92.3, Dieon Potter Taylor - 3rd Place; 99, Kaleb Kutler - 2nd Place; 102, Tyler Brost - 1st Place  
Novice  
74.6, Ben Carlsen - 4th Place; 112, Dillon Skoy - 4th Place; 153.2, Caleb Kleinke - 3rd Place

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## REAL Montana Class II Travels to Washington D.C. March 1-5

Submitted by Karli Johnson

Sidney resident Karli Johnson just returned from four days in Washington D.C. as part of REAL Montana (Resource Education and Agriculture Leadership). REAL Montana is comprised of twenty of Montana's emerging and established leaders. The participants were competitively selected from a pool of qualified candidates representing a wide variety of agriculture and natural resource industries across the state to take part in Class II of REAL Montana.

For Karli and other members of REAL Montana Class II, this was the fourth seminar in their two-year educational program. The program features eight in-state seminars; a four-day tour in Washington D.C.; and a ten-day international trip to Columbia. Seminars include training in natural resource development, agriculture institutions and agencies, public speaking/media, economics, state and federal policy, international trade, urban/rural relationships, water issues, and other current industry topics. The next seminar will be here in Sidney focusing on the oil gas industry.

The focus of the seminar March 1-5 was "Policy on a National Scale". Class members spent a day on Capitol Hill meeting with the Montana Congressional delegation and receiving briefings from Senate Agriculture and Energy and Natural Resources Committee staffers. The American Farm Bureau Federation hosted the class the following day, where they heard from speakers representing a wide range of interests including the EPA, Federal Forest Resource Coalition, and the Associated General Contractors of America. The class arranged meetings with rep-



representatives from federal agencies including the USDA Foreign Agricultural Service, Department of the Interior, Department of Energy, USDA Forest Service, U.S. Trade Representative, and USDA Risk Management Agency. The visit to D.C. was topped off by a guided tour of the Gettysburg battlefield where class members heard leadership lessons from a retired Army colonel. Additional class activities included tours of the U.S. Capitol and other historic sites as well as group dinners with the California Agriculture Leadership Program and the Washington AgForestry Leadership Program. "My biggest lesson from my time in DC is the importance of forming coalitions and working together to find solutions. There are so many opportunities to unit our voices as Natural Resource Industries."

REAL Montana is funded through a partnership with Montana State University Extension and private industry. An advisory board of industry leaders provides oversight. The program will start accepting applications for Class III in the spring of 2017.

Complete program information is available at [www.realmontana.org](http://www.realmontana.org) or by contacting Janelle Booth, program director, at (406) 994-6480, [janelle.booth@montana.edu](mailto:janelle.booth@montana.edu).

## MCTM Regional Math Meet March 8th

Listed below are the individual winners, sorted by grade and by test.

7th grade: Number Concept Test: Gunner Rasmussen from Plentywood and Darian Holecek from Westby

Pot Luck Test: Gunner Rasmussen from Plentywood Foundations Test: Brianna Brost from Sidney

8th grade: Pot Luck Test: Macey Seadeek from Fairview, Alyssa Hurst and Jay Yoder from Plentywood, Gracie Phelps from Sidney, and Aspen Hanson from Glendive

Number Concept Test: Jayden Hunt and Emily Jacobson from Glendive

Dimensions & Shapes Test: Jay Yoder from Plentywood

9th grade: Applied Test:

Elizabeth Shannon and Alex Young from Fairview, Kayla Hagen from Plentywood and Kiana Miller from Savage

Dimensions & Shapes Test: Shanyne Reidle from Sidney Public Schools

Problem Solving Test: Alex Wiens from Plentywood and Nathan Blankenship from Circle

10th grade: Applied Test: Joe Mindt from Sidney

Problem Solving Test: Joe Mindt from Sidney and Lucas Shefelbine from Circle

Intermediate Test: Joe Mindt from Sidney and Jonas Carillo and Nate Harris from Plentywood

11th grade: Finite Test: Madison Thiessen from Sidney Public Schools

Advanced Test: Parker

Serio and Ally Bummer from Plentywood

Intermediate Test: Ally Bummer from Plentywood

Senior Test: James Connor from Glendive

Scholarship Test: Macy Kirkaldie from Culbertson and Chris Balikian from Medicine Lake

12th grade: Finite Test: Nathan Beeber from Glendive and Wyatt Johnson from Plentywood

Advanced Test: Tami Caazier from Westby

Intermediate Test: Harmonie Hampton from Sidney Public Schools

Senior Test: Nathan Beeber from Glendive

Scholarship Test: Austin Nielsen from Plentywood

MNAXLP

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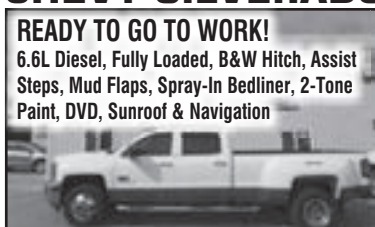


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# Glyphosate-Resistant Russian Thistle Found In MT

Submitted by Ag Media

This article highlights the evolution of glyphosate (Roundup, RT3, and other generics)-resistant Russian thistle in Montana. Russian thistle (*Salsola tragus* L.), a native of southeastern Russia, is one of the most problematic broadleaf weed species in the dryland no-till cropping systems of Montana and the U.S. Great Plains. It is a summer annual weed belonging to the goosefoot family that reproduces by seed. Russian thistle commonly invades dryland crop production fields, irrigation canals, roadsides, railroads, ditch banks and other disturbed non-cropland areas in this region. It is known to reduce crop yields, hinder harvest

operations and pose problems in summer fallow.

Russian thistle exhibits low seed dormancy and persistence in the soil seedbank. Seeds can germinate early in the spring, and seedlings can exhibit an extended period of emergence during the summer. Russian thistle plants are round in shape with a bushy appearance and can grow up to 4 feet tall. It has a deep tap root system that can extend up to 5 feet deep in the soil. Leaves are alternate and linear in shape. In general, Russian thistle exhibits indeterminate flowering that normally starts during mid-summer. At maturity, Russian thistle plants break off at the ground level and tumble with the prevailing wind, dispersing seeds to a long distance. A single mature plant can produce almost 250,000 seeds.

In the fall 2015, seeds of a Russian thistle population surviving glyphosate applications were collected from a chem-fallow field in Chouteau County, Montana. The field was under wheat-fallow rotation and had a history of repeated glyphosate applications. Almost 100 plants screened from the population survived the field-use rate of glyphosate (@32 fl oz/a of 4.5 lb ae/gal Roundup Powermax). Dose-response experiments conducted by Prashant Jha and Vipin Kumar, weed researchers at the MSU Southern Agricultural Research Center in Huntley, showed up to 4.5-fold levels of resistance to glyphosate. Furthermore, "the confirmed glyphosate-resistant Russian thistle biotype survived two times the field-use-rate (1 oz/acre) of Ally Extra (Group 2, Sulfonyleurea herbicide), confirming multiple resistance to glyphosate and sulfonyleurea herbicides," said Kumar. The demographic spread of glyphosate-resistant Russian thistle in Montana is unknown, and the underlying mechanism(s) of glyphosate resistance is under investigation at the MSU Southern Agricultural Research Center in Huntley.

"This report confirms the first case of evolution of glyphosate-resistant Russian thistle. In Montana, this is the third weed species (after Kochia and Marehail) that has developed resistance to glyphosate. The discovery of glyphosate resistance in Russian thistle is a concern for Montana producers," said Jha.

Growers need to be proactive in managing Russian thistle populations in their fields. Weed control efforts should aim at preventing the soil seedbank replenishment. Utilize multiple, effective modes of action herbicides to manage the problem. Glyphosate applications in fallow should include 16-26 fl oz/acre of 2,4-D LV6 (equivalent rates for other formulations). Incorporating spring or fall soil-applied residual herbicides can aid in reducing the weed seedbank. Gramoxone, Sharpen + 2,4-D, Distinct + 2,4-D can be used to control glyphosate-resistant Russian thistle (less than 5 inches) in chemical-fallow. Always follow the label for herbicide use rates and adjuvants.

"Diversification in crop rotation with the inclusion of pulse crops such as peas during the fallow period will aid in diversifying herbicide modes of action and using PRE soil-residual herbicides," said Jha. Russian thistle seed bank should be proactively managed (zero tolerance to seed production) with effective herbicides labeled in wheat.

For information on preventing and managing glyphosate-resistant weeds in Montana, please refer to the MSU Extension research bulletin No 4602: Glyphosate-resistant Kochia in Montana: Herbicide Recommendations and Best Management Practices for Growers.

For further questions or testing suspected resistant weed samples, contact: Prashant Jha, weed scientist, at [pjha@montana.edu](mailto:pjha@montana.edu) or 406-348-3400; Vipin Kumar, research scientist, at [vipan.kumar@montana.edu](mailto:vipan.kumar@montana.edu), MSU Southern Agricultural Research Center, Huntley, Montana; Peggy Lamb, research scientist, at [plamb@montana.edu](mailto:plamb@montana.edu), Northern Agricultural Research Center, Havre, Montana, 406-265-6115.

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## Ag Week Time To Promote Land Stewardship

Submitted by AgNews Wire

Agriculture Week, March 13-19, is a time to celebrate agriculture in classrooms and communities across the country. The 2016 theme is "Agriculture: Stewards of a Healthy Planet." Ag statistics show that farmers have used careful stewardship that has spurred a nearly 50 percent decline in erosion of cropland by wind and water since 1982.

Farmers and ranchers are still looking for ways to improve their stewardship. The latest buzzword in agriculture is "soil health" which covers planting as well as grazing practices. "Think about soil as a whole ecology," says Pat Hatfield, professor and department head in Animal and Range Sciences, Montana State University. "There is a lot of life and activity in the soil that goes beyond organic matter. Soil has microbes, earthworms, soil mites and more that complete the cycle of the soil."

Hatfield explains that if you tear up an old hayfield, you lose about 30 percent of organic matter. "Not that that is necessarily bad, as it releases nutrients. But if you constantly plow, you need to think about

what's going on with those soil microbes. Is consistent plowing helping or harming them?"

Some practices to improve soil health include using no-till, planting cover crops and rotating crops. "Whether you are grazing cattle or planting crops, understanding soil health can actually make you more productive with less," the MSU professor says. "You can often reduce your input costs, like fertilizer. By feeding that soil with organic matter, we can get more grass for grazing and an increase in crop production."

Hatfield adds that while working with soil nutrition, diversity of crops is also wise. "By using a variety of plants and grasses, you're improving the soil health, plain and simple. Healthy soil is productive soil."

Gil Gasper is a Circle farmer who takes stewardship seriously. "We don't do much tillage," explains Gasper, who is the Montana Farm Bureau Young Farmer and Rancher Chair and McCone County Farm Bureau president. "I use a no-till drill so I disturb the soil as little as possible. We use rotational cropping. We don't want to put wheat on wheat, as

that doesn't give you diversity. We will rotate a pulse crop in, whether it's lentils or chickpeas. For instance, we'll grow spring wheat, then peas, then another spring wheat then a winter wheat. Sometimes we will also rotate with oats or barley."

Gasper explains that by using a pulse crop, the disease cycle is broken up. "Pulse crops are broad leaf, where wheat isn't, so you are planting two different types of plants," he says. "In addition, pulse crops put nitrogen back into the soil. That increases the organic matter in the soil and the microbes, so that increases your soil health and can reduce your use of chemical fertilizer."

Gasper adds that using no-till also keeps the soil cooler throughout the year, which keeps it from drying out as quickly. "Our land is not only what we make money from, but we want it to be sustainable. We want to be able to pass the farm on to the next generation of farmers. Using minimal tillage and crop rotation and working on soil health is good business sense and good land stewardship."

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## 2016 Spelling Bee Winners



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2nd Grade Left to Right - 2nd place Kalhan Alyadumi, Watford City; 3rd place Pryce Proffit, Watford City; (not pictured) 1st place Harley Wright, Watford City.



3rd Grade Left to Right - 2nd place Elijah Katt, Watford City; 2nd place Kavin Kellogg, JCCA; 2nd place Jonni Sanborn, Alexander; Back Row: 3rd place Natalie Shaw, Watford City; 1st place Landon Vetter, Watford City; 3rd place Jori Horsburgh, Horse Creek.



4th Grade Left to Right - 1st place Beau Rider, Alexander; 3rd place Brock Schlothauer, East Fairview; 1st place Kree Hartel, Watford City; Back Row: 2nd place, Max Heen, Alexander; 2nd place Andrea Manzanarez, Watford City; 2nd place Avaya Cayon-Fox, Mandaree.



5th Grade Left to Right - 2nd place Braden Ziegler, JCCA; 1st place Hayden LaDue, Alexander; 3rd place Marisol Ferrari, Watford City.



6th Grade Left to Right - 2nd place Arena Oian, Alexander; 1st place Alex Reeve, Watford City; 3rd place Christian Lassey, East Fairview.



7th Grade Left to Right - 2nd place Brayden Modine, Alexander; 1st place Sumaiyah Alyadumi, Watford City; 3rd place Josiah Duckworth, JCCA; 3rd place Melinda Reeves, Watford City.



8th Grade Left to Right - 2nd place Jonah Lehto, Watford City; 1st place Ashley Karst, East Fairview; 3rd place Michael Norby, East Fairview.



Overall Winners Left to Right - 2nd place Ashley Karst, 1st place Sumaiyah Alyadumi, 3rd place Jonah Lehto.

Submitted by Carol Kieson

McKenzie County conducted its annual spelling bee under the direction of Carol Kieson, McKenzie County Supt. of Schools. The competition was held Wednesday, February 24 at Alexander Public School, hosted by Superintendent Leslie Bieber and her staff. The 2016 State Spelling Bee will be held in Bismarck March 21 at the Ramkota Inn. The North Dakota Masonic Foundation, the North Dakota Association of County Superintendents, and the North Dakota Newspaper Association co-sponsor the State Spelling Bee. The State Bee is affiliated with the National Spelling Bee which will be held in Washington, DC, May 22-May 27 and to which the co-sponsors will send the state winner.

Each county is allowed two entries in the state competition. All contestants compete in a written round of 50 words from which the finalists are chosen. The finalists compete on an equal basis in an oral spell-down with first, second and third place winners being chosen.

Counties adopt plans for their own competitions. McKenzie County's Grades 1-5 take a written test of 25 words. Grades 6,7&8 follow the national rules and are given a test of 50 written words. The top 3 spellers from the 6th, 7th and 8th grades compete in the oral spell-down.

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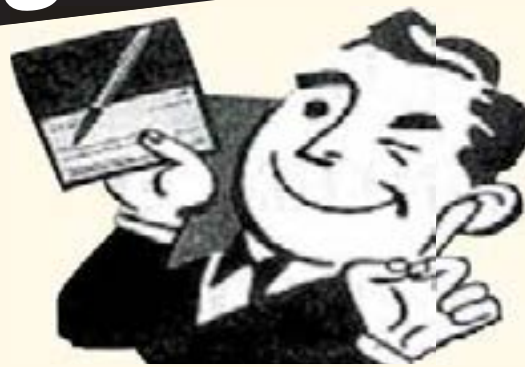
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# Agencies Plan Clean-Up Week On North Dakota’s US 85 In April

Submitted by Theodore Roosevelt Expressway Association

In order to keep North Dakota beautiful, the Theodore Roosevelt Expressway Association (TRE) is partnering with a number of agencies across the state to conduct a clean-up of the US 85 in western North Dakota. The agencies plan to hold a US 85 Clean-up Week from April 25 through April 30. This event is an effort to pick up trash along the corridor and to promote a litter free roadway. In order to get this project done, many volunteers will be needed.

Our Corridor partners to date are listed: City of Williston, City of Bowman/Bowman County Co., City of Belfield, Watford City, North Dakota Petroleum Council, Vision West, N.D. League of Cities, North Dakota Motor Carriers, N.D. Retailers Assn./Pending/Meeting, N.D. Association of General Contractors, Theodore Roosevelt Medora Foundation, North Dakota Association of Oil and Gas Producing Counties, North Dakota Tourism, McKenzie County Tourism and Western North Dakota Lions Clubs.

Those interested in volunteering for clean-up week should contact Cal Klewin, TREA Executive Director, at 701-523-6171 or email him at cal@trexpressway.com.

This clean-up effort is in addition to other litter control programs already in place.

In addition to this beautification project here are some tips for litter prevention: Set an example for others by not littering, keep a litter bag in your car and hang on to litter until you find a garbage receptacle, large or heavy items should be firmly secured with solid straps, rope, bungee cords or netting. Tie

large items directly to your vehicle, cover loose, lighter items such as tree clippings with a sturdy plastic or canvas tarp or netting. Tie the tarp securely to the vehicle, or it might become road debris as well, put lighter weight things at the bottom of the load and make sure they are secure. Evenly distribute the load to prevent it from sliding, keep material level with truck bed or trailer unless tied down, netted or tarped. Materials below the truck bed should also be secured if there’s any chance of them blowing out or falling from the vehicle, double check your load if possible to make sure it is secure at the back and on the sides and top. Remember that loads can move and settle during a journey, allowing restraints to loosen and if you see litter pick it up if possible.

In North Dakota it’s against the law to litter and if caught you could get a minimum fine of \$100. If litter amounts to more than one cubic foot in volume or consists of furniture or a major appliance, the offense is a class B misdemeanor. Maximum penalty of 30 days’ imprisonment, a fine of \$1,500, or both, may be imposed.

# County Agent Update

By Danielle Steinhoff

## Tree Pruning

With March upon us, we are in the perfect time to prune our trees and shrubs. Late winter to early spring is ideal because the tree is still dormant. Both deciduous and coniferous can be trimmed right now with no damaging results. One reason to do trimming is for safety reasons, physical and driving safety. Removing low hanging branches will help keep pathways clean and removing dead branch-

es can prevent injuries from falling branches. The other reason to remove branches is for driving safety, removing branches from driver’s line of sight. Keeping signs and intersections with a clear line of site is important. The next reason to prune trees and shrubs is to remove diseased. Throughout the previous summer if you noticed diseases branches, right now is the perfect time to clean out your trees and branches. Removing the branches 10-12 inches below the infected area

will help prevent the disease from spreading. If you are cleaning out diseased and healthy branches at the same time, cleaning off the saw with an alcohol solution will keep the disease from spreading to healthy branches. North Dakota State University Extension Service has a publication out called Basic Guidelines for Pruning Trees and Shrubs, if you would like a copy with the above and more information please call the extension office at 701-577-4595.

# A Steak in Ag

Submitted by R-CALF USA

R-CALF USA may be defined as a non-profit producer organization, but our work benefits anyone who eats meat and lives in an economy that includes agriculture. We’re more than a producer organization; we’re your organization!

In a letter sent recently to the members of the U.S. Senate Agriculture, Nutrition and Forestry Committee (Committee) R-CALF USA urged the rejection of any effort to create a voluntary country-of-origin labeling (COOL) law.

The group’s letter points out that Congress repealed the popular COOL law “pursuant to a directive by the World Trade Organization (WTO).” R-CALF USA has long been critical of Congress’ capitulation to the WTO, calling it an example of how the U.S. has ceded far too much of its sovereignty to the international tribunal.

The group listed the following reasons why Congress should reject any attempt to create a voluntary COOL law for beef and pork:

1. Establishing a stop-gap, voluntary COOL law will foreclose our industry’s

opportunity to reestablish a workable mandatory COOL law for beef and pork in a new Congress. Thus, a voluntary COOL law will cause the U.S. cattle industry to suffer long-term harm.

2. Because four of the most powerful COOL opponents – Tyson, Cargill, JBS and National Beef – also control approximately 85 percent of all fed cattle slaughter in the U.S., at best producers will have but a very small opportunity to voluntarily label beef.

3. “Even though about 15 percent of the fed cattle market may potentially be controlled by COOL-friendly packers, most cow/calf producers and backgrounders and stockers sell their cattle to feedlot operators. And, once their cattle are sold, they have no means to cause any downstream buyers to associate the beef from the cattle they have sold with a COOL label.

4. Indeed, of the 729,000 remaining cattle producers in the U.S., less than 4 percent are feedlot owners or managers that actually sell cattle directly to downstream packers. Therefore, a voluntary COOL law is likely to accord only a very small fraction of the

nation’s cattle-producing population with any opportunity to label beef, while effectively denying COOL for all the rest.

“I don’t represent the beef industry,” said R-CALF USA CEO Bill Bullard adding, “I represent the cattle industry. Our members sell cattle to beef industry packers. The TPP will impact the cattle industry very differently than it impacts the beef industry.”

Bullard said this during a formal hearing held recently by the U.S. International Trade Commission (ITC), Witnesses representing U.S. livestock and meat industries included R-CALF USA, National Cattlemen’s Beef Association (NCBA), Cargill, Inc., U.S. Dairy Export Council, and U.S. Hide, Skin and Leather Association, an affiliate of the North American Meat Institute (NAMI, formerly AMI).

R-CALF USA was the only livestock industry representative that opposed the TPP during the hearing.

For additional information on any of the topics mentioned, please visit www.r-calfusa.com.

R-CALF USA is funded solely by donations and membership dues. Please consider becoming a member or giving a donation. For more info or to join, go to www.r-calfusa.com, 406-252-2516.

# Sidney 7th Grade Basketball Team Competes in Glendive



(Left to right) Boston Peters, Jerome Entz, Braden Klinke, C.J. Nevins, Ian Jurgens, Hudson Severson --- Head Coach Dan Peters and Assistant Coach Max Peters (missing: Tate Wieferich and Riley Waters).

Nick Jones Real Estate - Sidney’s 7th Grade Boys Basketball Traveling team following the championship game in Glendive on Sun., Mar. 3, from the Makoshika Youth Basketball Tournament. The boys won games on Sat., and were victorious in the Championship game on Sunday.

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# Sidney Health Center Upgrades Its Nuclear Medicine Technology

Submitted by Toni Zieske

As part of an ongoing effort to offer its patients the most cutting-edge medical imaging technology available, Sidney Health Center recently acquired the Symbia EVO from Siemens Healthcare.

The new Siemens machine is used in the application of

Nuclear Medicine to patients. Nuclear medicine is a medical specialty that is used to diagnose and treat diseases in a safe and painless way. Nuclear medicine procedures permit the determination of medical information that may otherwise be unavailable, require surgery, or necessitate more expensive and invasive diagnostic tests. The procedures often identify abnormalities very early in the progression of a disease – long before some medical problems are apparent with other diagnostic tests. This early detection allows a disease to be treated sooner in its course when a more successful prognosis may be possible.

The previous nuclear medicine machine was installed approximately 15 years ago. The new machine offers new technology and replaces outdated equipment. “It was becoming increasingly difficult to find replacement parts for the old nuclear medicine machine,” stated Radiology Operational Manager, Linda Labatte. “We are excited to have the new machine installed as Sidney Health Center serves a large area of the MonDak

Region for nuclear testing and down time with the old machine was a big inconvenience for our patients and medical providers.”

Radiology staff receive additional training to administer the tests ran by the different modalities. “Greg Arneson and myself went to Cary, North Carolina for a week to receive training for advanced applications of the nuclear medicine machine,” stated Rance Haralson, Radiology Technological Manager. “This machine administers the test in a timelier manner, benefiting both the patient and the medical staff.”

Sidney Health Center has offered nuclear testing for more than 30 years. Approximately 200 nuclear medicine tests are conducted each year at Sidney Health Center.

Physicians at Sidney Health Center can now serve a broader range of diverse patient populations and have access to industry-leading image quality to help inform care decisions and improve patient outcomes. The Symbia EVO utilizes a high-capacity patient bed, a 30% larger bore than previous systems and highly flexible detectors. These features are optimized to accommodate obese or critically ill patients and increase the variety of applications physicians can offer, providing comprehensive imaging configurations for general purpose, cardiology, oncology and neurology studies.

“We are thrilled to bring the Symbia EVO to our community,” said Leszek Jaszczak, MD, Sidney Health Center Radiologist. “The Symbia EVO enables our facility to image a wider variety of patients than ever before with higher image quality. And thanks to the generous dimensions of the system’s bed, we can maximize patient comfort and image difficult-to-move patients without transferring them from the gurney.”



As part of an ongoing effort to offer its patients the most cutting-edge medical imaging technology available, Sidney Health Center recently acquired the Symbia EVO from Siemens Healthcare.

## Sidney Tendo Tae Kwon Do Has Great Showing At 34th Annual Park’s Invitational Tae Kwon Do & Judo Tournament

Submitted by Mike Bergh

Eight members of the Sidney Tendo Tae Kwon Do School, traveled to Billings to participate in the 34th Annual Park’s invitational Tae Kwon Do and Judo tournament. This tournament was held Sat., Mar. 12 at the Billings West High School Gymnasium and hosted by Suk Yung Park.

Competitors from Sidney and their results were:

Joe Bruner in the 12 – 14 year old yellow belt division placed 3rd in forms and 3rd in sparring. Adi Baxter in the 6 year old green belt girls division placed 3rd in forms and 3rd in sparring. Harrison Green in the 6 year old green belt boys division placed 2nd in forms. Brielle Baxter in the 8 year old green belt girls division placed 3rd in forms and 2nd in sparring. Caleb



L-R Brielle Baxter, Adi Baxter, Joe Bruner, Caleb Baxter, Harrison Green, Samuel Stephenson, Travis Green & Trevor Green.

Baxter in the 12 – 14 year old purple belt boys division placed 3rd in forms and 2nd in sparring. Trevor Green in the 10 -11 year old brown belt boys division placed 3rd in forms,

3rd in weapons forms and 1st in board breaking. Samuel Stephenson in the 15 – 17 year old brown belt division placed 1st in forms and 2nd in sparring.

## Braithwaite Joins Stockman Bank As VP, Commercial Loan Officer

Submitted by Emily Houska

Richard Braithwaite has recently joined Stockman Bank as vice president, commercial loan officer. His responsibilities include developing financing packages to fit the needs of each business client, as well as managing new and existing commercial loan relationships.

Braithwaite brings 22 years of commercial lending experience to the position. He most recently served as a credit manager for Dakota West Credit Union in Watford City, ND.

He has also previously worked as a portfolio servicing manager, commercial mortgage loan broker, senior commercial mortgage loan officer and director of commercial lending. “We are very excited about the addition of Richard to our office. His past credit & lending experience will be a great asset to our branch and help expand our commercial loan portfolio,” comments Garth Kallevig, president of Stockman Bank Sidney.

Braithwaite received his Bachelor of Science degree in finance from the University of Utah in 1995. In his spare time, he enjoys pheasant hunting, shooting, golfing, tennis, reading, photography and spending time with his family. He and his wife, Roslyn, have four children, and he’s excited to join the Sidney community and get involved. Braithwaite most recently helped organize a humanitarian aid event in Watford City that provided free winter coats, boots, shoes, clothes, hygiene kits and blankets for those in need.

He’s located at 101 South Central Avenue and may be reached at 433-8613.



Richard Braithwaite



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