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Wednesday, September 17, 2014

Volume 40 • Number 31

Northeastern Arts Network Sept. 17th Performance: *Once Upon a Time in Ancient Greece. Stheno's Decent into the Underworld*



Photo by
Terry J. Cyr

Submitted by Jill Hill

The Northeastern Arts Network presents their first concert of the Big Sky Series on Wednesday, September 17th at the MonDak Heritage Center. The Montana Repertory Theatre will perform "Once Upon a Time in Ancient Greece. Stheno's decent into the Underworld". This comedy, written by Laramie Dean, is an epic story played out by three actors donning a variety of Greek masks and employing puppetry, shadow play, and illusion to create this highly inventive theatrical experience.

Montana Repertory Theatre's mission is to tell the great stories of our world to enlighten, develop, and celebrate the human spirit in an ever-expanding community. They present a professional national tour each year, traveling to rural and

urban communities throughout the United States while striving to present plays of high literary quality with strong entertainment appeal.

This concert will be held at the MonDak Heritage Center at 7:00 p.m. Season tickets and individual tickets are available at the door; \$15/adult, \$13/Sr. and \$10/student. For additional concert information contact Candy Markwald 406-488-4155 or Jill Hill 406-489-4304.

The Big Sky Series is made possible in part by grant support from Montana's Cultural Trust, Montana Arts Council, and National Endowment for the Arts, The Montana Performing Arts Consortium and WESTAF.

Walking to Wellness Event this Saturday

The event will be held on Saturday, September 20. Registration begins at 7 a.m. and the relay starts at 8 a.m. Break stations with water and a light snack will also be available throughout the course. Volunteers will be on hand throughout the course to answer questions or provide any needed assistance.

Stop by the Foundation for Community Care office at 2212nd Street NW. You can pre-print your forms online at www.foundationforcommunitycare.org if you choose.

Registration is \$25 per person - \$20 per person for a team of 4 or more. Registration includes a t-shirt and swag bag. All funds raised from the event will benefit the Foundation for Community Care and the Boys & Girls Club of Richland County.

Nourish Your Mind and Body—Manage Stress Lesson Offered

By Marcia Hellandsaas

NDSU Extension Agent, McKenzie County

Stress can be good for us. It can propel us to get our work done or do our best. However, too much stress can lead to health problems. The six leading causes of death in North America (heart disease, cancer, stroke, chronic lower respiratory diseases, accidents and diabetes) are linked to stress.

We can have various symptoms when we become stressed. We can be irritable, have difficulty sleeping, lose our appetite, have frequent colds or infection, muscle tension and aches and have difficulty making decisions. Too much stress may weaken the immune system and lead to chronic illness.

This lesson will include tips to managing stress, healthy food choices when a person is feeling the heat, recipes and taste testing of stress friendly foods and experimenting with exercise bands to relieve stress.

Please plan to join us on Wednesday, September 24 at 11 am at the Watford City Senior Center to learn more and become a master at stress reduction!

For more information and to pre-register for this lesson, please contact the McKenzie County Extension Office at 701-444-3451 or email Extension Agent Marcia Hellandsaas at Marcia.hellandsaas@ndsu.edu.



Michelle Vitt
and daughter
at last year's
Walking to
Wellness
event. (Photo
submitted by
Gina Dennis)

Upcoming Workshop in Watford City for Parents, Becoming a Love & Logic Parent Series

By Marcia Hellandsaas

NDSU Extension Agent, McKenzie County

Is being a parent draining your energy? Parents of tots to teens use these Love & Logic strategies to energize, reduce the nagging and complaining from your children, promote thinking and responsibility, and give consequences with empathy. Put a laugh back into your parenting in this four-week series!

Become a Love & Logic parent will be held on Tuesdays and Thursdays, from 5:30 pm to 8:00 pm (CT) on October 7, 9, 14 and 16 at the McKenzie County Extension Service at 205 6th Street NW (located behind the Courthouse in the Rural Water/Economic Development Building) in Watford City. The classes will be free of charge and include a workbook and lite meal.

Participants MUST register by calling the McKenzie County Extension Office at 701-444-3451 or emailing: marcia.hellandsaas@ndsu.edu. Pre-registrations are requested by Friday, October 3.

This program is provided through funding from the ND Department of Human Services – Children and Family Services.

MSU Extension, USDA Announce Farm Bill Meetings in 28 Communities

Submitted by Sepp Jannotta

Montana State University Extension, in partnership with U.S. Department of Agriculture, will be visiting 28 Montana communities this fall to conduct a series of informational meetings about important new programs authorized by the Agricultural Act of 2014.

The meetings will focus on the price-loss coverage and agricultural-risk coverage that will be administered by USDA's Farm Service Agency and the supplemental-coverage option administered by USDA's Risk Management Agency through federal crop insurance providers. MSU Extension will explain the new online Farm Bill Decision Tool that will be available this fall to assist producers in understanding their options.

The schedule of meetings runs Oct. 15 through Nov. 12:

Oct. 21: Sidney, 8 a.m. to noon, MSU Extension Office, 1499 N. Central Ave.;

Oct. 22: Glasgow, 8 a.m. to noon, Cottonwood Inn, 45 First Ave. NE., Wolf Point, 2-6 p.m., Dumont Building, Fort Peck Community College, 301 Benton St.

Oct. 23: Circle, 8 a.m. to noon, Community Building, McCone County Fairgrounds, one-half mile southwest of Circle on Highway 200;

Glendive, 2-6 p.m., Dawson County Courthouse, 207 W. Bell St.

Oct. 24: Baker, 8 a.m. to noon, Exhibit Hall, Fallon County, 3440 Highway 7.

Nov. 10: Informational webinar, contact MSU Extension for details.

For more information, including a printable schedule, visit MSU Extension's Farm Bill website at <http://www.montana.edu/farmbill> and Montana FSA's website at www.fsa.usda.gov/mt. Visit RMA's Farm Bill website at <http://www.rma.usda.gov/news/currentissues/farmbill/>.



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Thank You

The 100 year old Girard Hall was full on September 6th & we would like to thank everyone for coming & sharing in the celebration.

Special thanks to the Franz family for donating the beef & Jeff & Mary Johnson for preparing it; Colin Gartner for donating the sweet corn & Kenneth & Pam Arneson for cooking it; Bill Lewis for mowing & trimming the yard this summer; Blue Rock Beverages for donating the water & flavored water; Dick & Connie Iversen for their tank & water; Becky Daniels for securing the band; “Shotgun Creek” for their great music; Becky & “Terk” Terkildsen for all their work on the hall; The Roundup Newspaper for advertising the event for us.

We hope everyone had a great time!

– The Girard Hall Association

Thank You

Your loving support after Mom’s passing meant a great deal to our family. Special thanks for your thoughts, prayers, calls, delicious food, the meal after the family service and all the gorgeous flower arrangements, plants and memorials. Thank you to the Peoples’ Congregational Church for the lunch following the service and to Pastor Neil for his comforting words and support, also to the Extended Care staff for their care of mom these last four years and to Maggie at Fulkersons for her warm and professional assistance. We know mom would have been grateful. On behalf of our families, we offer our most sincere gratitude and love.

– Families of Ethel Albin

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 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. — 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, 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:
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. — **Watford City area Celebrate Recovery**, Assembly of God, 2117 S. Main. For help call Robert 417-296-2809 or Stephanie 417-296-2810.
8 p.m. — AA meetings, Trinity Lutheran Church Ed. Bldg, Sidney.

SATURDAYS:
7P.M. — AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.
9 a.m. & 7 p.m. — AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.

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

STATISTICS

LAKE WATER LEVEL REPORT

	Sakakawea	Fort Peck
Current Elevation.....	1844.7	2232.3
Last Week’s Elev.	1845.2	2232.2
One Year Ago	1834.6	2239
Release For Day (C.F.S.)	24,000	12,100

SIDNEY WEATHER DATA
Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Sept. 8	74	46	0.00
Sept. 9	56	41	0.06
Sept.10	46	39	0.09
Sept.11	49	35	0.01
Sept.12	60	29	0.00
Sept.13	56	35	0.00
Sept.14	62	28	0.00
Average YTD Precipitation			1.24

OBITUARIES

Chip Carving and Genealogy Classes

Sept. 28 & 29

Joseph ”Grandpa Joe” Wells, 94, St. James City, FL

Joseph Milton Wells, 94, passed away of natural causes, Friday, Sept. 5, 2014 at his residence in St. James City, FL.

He was a longtime resident of Hoyt Lakes, MN. During his retirement years he was very active fishing, golfing and bowling with friends. He moved to Florida to live with his son Russ in 2012.

Joe was born Dec. 29, 1919 at home in Beltrami County, MN. In his early adult years he worked as a mechanic in Illinois and later farmed in Minnesota with his father. He spent time working on the Iron Range in Minnesota and many years with electric and telephone companies.

Joe married Marilyn Virginia Wagner Sept. 19, 1941 in Mt. Sterling, IL. He was preceded in death by his wife and a daughter, Robin.

He is survived by sons: John (Sandy) Hoyt Lakes, MN; Russ (Linda) St. James City, FL; and Jerry (Leah) White Salmon, WA; daughters: Janet (George) Lahti; Niagara, Falls, NY; Helen Azure, Hoyt Lakes, MN; Linda (Dan) Stordahl; Punta Gorda, FL; Donna Malnar, Cambridge, MN and his many grandchildren and great grandchildren.

Local area survivors include: Jody (Erin) & Bethany Wells; Kristi, Byron, Lance, Jeff & Laura Kuylen; Jay (Amy), Jami & Zach Wells; Randa Cody; Tena, Carson & Kara Nay; Alisha (Dominic) & Katelyn Breeding.

After cremation, a private family memorial will be held at his Florida home. A memorial service is also planned at Queen of Peace Catholic Church, Hoyt Lakes, MN.

The family extends loving thanks to Cape Coral Hope Hospice.

Joe’s obituary is on Coral Ridge Funeral Home website at www.coralridgefuneralhome.com.

Memorials can be given to the hometown Hospice program of choice.

Richard “Rick” Louis Verhasselt, 63, Savage, MT

Mass of Christian Burial for Richard “Rick” Verhasselt, 63, of Savage, MT was at 2:00 p.m., Thursday, September 11, 2014 at St. Matthew’s Catholic Church with Father Jim O’Neil and Father Ned Shinnick officiating. Wake service was at 5:00 p.m., Wednesday, September 10, 2014 at Fulkerson Memorial Chapel. Interment was in Richland Memorial Park under the direction of Fulkerson Funeral Home of Sidney. Remembrances and condolences and pictures may be shared with the family at www.fulkersons.com.

Rick died on Sunday, September 7, 2014 at his home in Savage, MT.

Kids First! Carnival Looking for Interested Vendors

Submitted by Missy Smies
The Richland County Family Resource Center is sponsoring the fifth annual Kids First! Carnival this fall. The Family Resource Center focuses on children, families, and education, bringing an exciting activity for families in the Sidney area to enjoy.

The carnival will be held Saturday, September 27, 2014 from 10:00 a.m. to 2:00 p.m. at the Richland County Fair Event Center. The groups are currently looking for community organizations to rent a booth for the carnival. We are looking for face painters, food vendors, carnival games and bounce castles. Booth rental will be \$20, and ticket sales will be reimbursed back to the organizations. This is a great opportunity to do a fundraiser, as well as taking part in a fun, safe and exciting community event for families!

For more information on booth rental or sponsorship of the event, contact Missy Smies at 433-4097 or missysmies@outlook.com. We are looking forward to working with you on this wonderful event for our community!

North Dakota Landowners Seek Doe Hunters

The North Dakota Game and Fish Department is currently working with 18 landowners in 14 hunting units across the state who would like to host hunters with antlerless deer licenses in 2014.

Participating landowners are located in hunting units 2C, 2G2, 2I, 2J2, 2K2, 3A4, 3B3, 3C, 3D2, 3E1, 3E2, 3F1, 4B and 4E. The program is not intended for buck hunters, but designed to direct hunters with antlerless licenses to specific areas to reduce deer populations.

Interested hunters can get their name on a list of possible participants by accessing the Game and Fish Department’s website at gf.nd.gov. Hunters who do not have Internet access can call the department’s main office in Bismarck at 701-328-6300.

Hunters will provide their address, hunting unit(s) where they hold valid antlerless licenses, and if using rifle, muzzleloader or bow. From this list the department will select the number of hunters landowners have agreed to host. These hunters will be sent the landowner’s name, phone number and any information relating to the landowner’s specific situation.

Hunters must have a valid 2014 deer gun license – the Game and Fish Department does not provide a hunting license with this program.

Not everyone who signs up will end up with a new place to hunt, because not everyone’s schedule will match up with a landowner’s, and more people will likely put their name on the list than there are openings. Currently, participating landowners have openings for about 200 doe hunters.

North Dakota’s 2014 regular deer gun season runs from Nov. 7-23. In addition, the archery season extends through Jan. 4, 2015; the youth season is Sept. 19-28; and muzzleloader runs from Nov. 28 – Dec. 14.



Joseph Milton Wells



Submitted by Charlotte Anvik
Have you ever wanted to learn how to trace your family tree? Now is your chance! Sidney Sons of Norway Lodge is sponsoring a Genealogy Class and a Chip Carving Class on September 28 and 29. Teachers from Helena, MT will be teaching these classes, and the public is invited to attend. All tools and materials will be provided for the carving. Cost is \$15.00 per person. Registration is needed by September 15. Space is limited, so register early to assure a place. Cost for the genealogy class is \$5.00 per person. For more information and to register for either class, call Charlotte Anvik at 406-488-6522 or Sig Rudie at 406-747-5726.

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., Sept. 17
7 p.m. - Montana Repertory Theater: Once Upon A Time in Ancient Greece: Stheno’s Descent into the Underworld, at the MonDak Heritage Center, Sidney.

Fri., Sept. 19
9 a.m - 12 p.m. - Senior Commodities will be distributed at the back door of the Nutter Building 123 W., Main. Message phone is 406-433-4353.
11:30 a.m. — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.
6:30 p.m. — 5 stone drug and alcohol recovery meeting, Sidney Church of Nazarene, 606 9th ST. SW, back door is open.

Sat., Sept. 20
7:30 a.m. - Noon - Richland County Farmer’s Market. Richland County extension parking lot (1499 N Central Ave, Sidney)

Mon., Sept. 22
11:30 a.m. — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.

Sat., Sept. 27
10 a.m. - 2 p.m. - Kids First Carnival! Looking for interested vendors. Richland County Fair Event Center. The groups are currently looking for community organizations to rent a booth for the event. Also, face painters, food vendors, carnival games and bounce castles. Booth rental will be \$20, and ticket sales will be reimbursed back to the organizations. For more information on booth rental or sponsorship of the event, contact Missy Smies at 406-433-4097 or missysmies@outlook.com.

Tues., Sept. 30
11:30 a.m. - Richland Red Hatter’s 12th year birthday lunch will be held at the Country Club. RSVP 406-798-3828 by September 28.

October signups for adult watercolor at the MonDak Heritage Center. Cost for the class is \$25 if you have your brushes or \$35 if you need brushes. 406-433-3350.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone.

Tues., Sept. 16
5 - 7 p.m — McKenzie Co. Food Pantry open, First Lutheran Church, 212 2nd Ave. NW, Watford City. For more info call 701-444-3451.
7 p. m. - Pinochle will be held in Watford City at the Senior Citizens Center every first and third Tuesdays until spring. Any further questions please call Maddline at 701-570-4394.

Thurs., Sept. 18
12 p.m. - 2 p.m. — McKenzie Co. Food Pantry, lower level of the First Lutheran Church, 212 2nd Ave. NW, Watford City, Cash Wise food giveaway, for more info or to set up an appt. call 701-444-3451 or www.mcfoodpantry.com.
7 p.m.— Pinochle, Watford City Senior Center, 205 5th St. NW, for more info call 842-3760.

Fri. & Sat., Sept. 19 & 20
9 a.m. - 4 p.m. - Quilting at the Confluence.

Sun., Sept. 21
3 p.m. - Concert at the Confluence.

OTHER SURROUNDING COUNTIES

Events at the Confluence unless otherwise listed are CT Zone.

Wed., Sept. 17
Noon - Please join Glendive Friends of the Library, for our September Lunch ‘n’ Learn. We will have “Growing A Passion Into A Business”. Katelynn Eslick from Sugar Plum Jewelry will talk about how she has developed a business from her passion for making jewelry.

Notice
MNAXLP

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



VFW Poppy Drive September 22-27

The Sidney VFW and the Ladies Auxiliary to the VFW will have their annual Poppy Drive the week of September 22-27. Members of the organizations will be visiting businesses in Sidney, Fairview, Savage and Lambert and asking for a donation. Youth groups will be at various locations on Saturday to ask for individual donations. All proceeds from the Poppy Drive will be donated for only veteran needs as outlined in the national bylaws; such as hospitals, packages overseas, travel and food for needy veterans, VFW National Children's home and National Military Services. Representing the Ladies Auxiliary VFW are President Louise Troutt (left) and Secretary-Treasurer Violet Tharp (right) with Kory Lassie of the Roundup (middle).

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"Talk Like A Pirate Day" Sale!

Fri - Sat, Sept. 19 - 20



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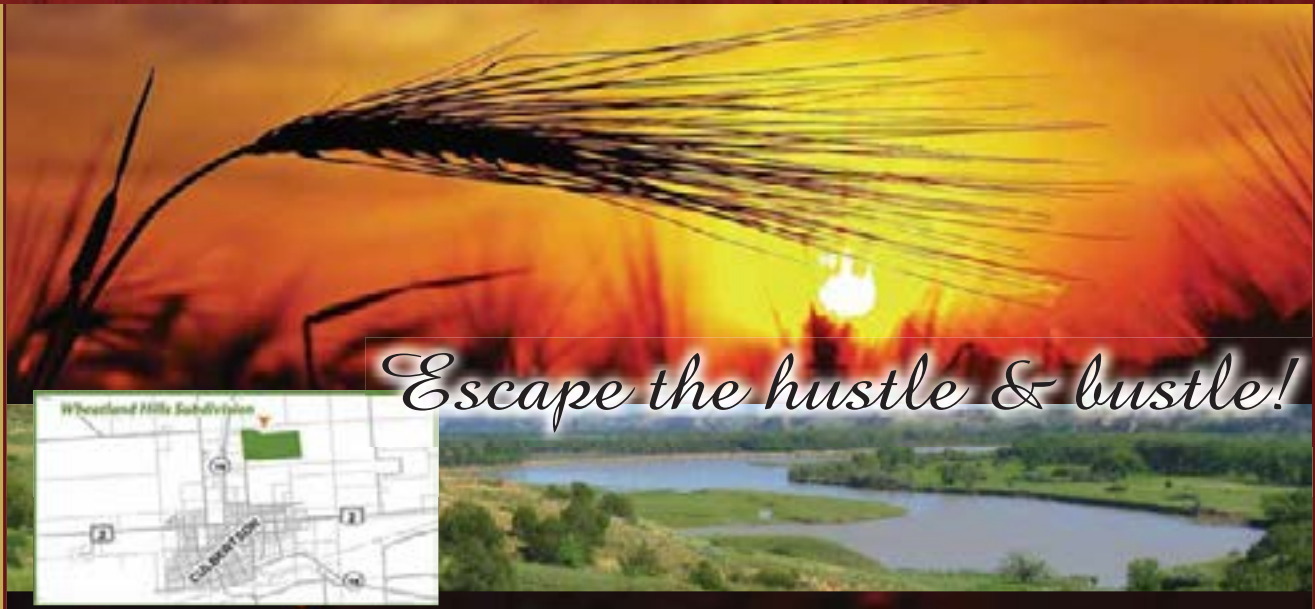


Boys & Girls Club Donation

Sidney Lions Club President Staci Miller, left, presents a check for \$1675 to Sara Berndt, Boys & Girls of Richland County program director, to assist the club in any way that is needed. The money was raised from the sale of commemorative prints of the area, drawn by Barbara Schaffner, during Richland County's Centennial Celebration. (Submitted by Libby Berndt)

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A Little Bit Country Back in the Saddle



Warren Froelich with his horse McKeag, the foundation sire of a herd of quarter horses Froelich and three of his brothers have near Selfridge, ND.

**By Warren Froelich
NDSU Extension Agent,
Williams County**

I think this is an appropriate statement for my first weekly Column since retiring exactly one year ago. Also, just a few weeks ago a group of great friends presented me with a beautiful, custom fit, hand tooled saddle as a retirement gift made possible by them and many, many others. The saddle proudly has been displayed at the Williams County Extension Office for people to see and remind me of the kindness so many people have given to me this past year. For that matter, this kindness started since first arriving in Williston back in March of 1981. The saddle is so beautiful that I am hesitant to remove it from the rack and placing it on my horses back for fear it might become scratched or damaged while gathering cows or even going for evening rides. However, I will proudly use it during activ-

ities of our family's annual colt production sale coming soon. Every day there are thousands of people who retire from their passion. Some are recognized and some not. For me, there could have been no better gift. More importantly, I am honored by the good will of the people that made it possible. The real value of the saddle will be the remembrance of who it came from. Not only am I back in the saddle but I am back in the office. This started last March after the 4-H Livestock Committee decided it needed help to prepare for and conduct the many youth activities associated with the fair. After seeking the approval of the Williams County Commission I eagerly accepted the committee's request. Then in July, the County Commissioner and the NDSU Extension agreed to keep me on board. And, so for many reasons, it is great to be "Back in the Saddle".

Because most harvest seasons usually occur in August and very early September, the wheat generally comes off the field at safe moisture levels for long-term storage. So, additional supplemental heat is not required, thus not installed. But the addition of fans alone does create enough airflow through the grain to reduce moisture levels this time of year.

Ken Hellevang, North Dakota State University's grain drying expert, offers some tips for the use of natural air-drying. He tells us air will be warmed 4 to 5 degrees as it passes through the fan on a bin of wheat when the fan is operating at a static pressure of 6 to 7 inches. Warming air by 5 degrees reduces the relative humidity about 10 percentage points. Warming air that is 60 degrees and 70% relative humidity by 5 degrees to 65 degrees reduces the relative humidity to about 60%. This air will dry wheat to about 13.5% moisture content with just fan heat. A supplemental heater is not needed if the average relative humidity is less than 70%.

Now back to the real purpose of this column, which is to share research based information regarding plant and animal life, along with farm economics, 4-H youth, and other local educational efforts of this office.

Dry Tips for Wheat

It has been said many times that each growing season is different. That certainly applies to this year and the abnormality of the growing season is extending into harvest which started weeks ago and has been delayed due to late spring planting, recent rains, high humidity and cool temperatures. Although most growers are being blessed with great crop yields the weather conditions are negatively affecting wheat quality resulting in severe market discounts.

In recent years many on-farm storage bins have been erected. With increased competition for railroad transportation from the oil industry, even more bins have been put in place. The good thing about these new bins is that they are being equipped with fans and ducts, which allow farms to harvest wheat at higher moisture levels resulting in an earlier harvest.

For more tips go to our website at www.ag.ndsu.edu/williamscountyextension.

Frost and Garden Produce

As I write this column there is a prediction for frost to occur very soon. Our first frost is usually a light one (29°-32°F). In this case we can protect our sensitive plants with a blanket or tarp. This will provide a few degrees protection, which is all we need.

Cover your most sensitive plants. These include tomato, pepper, cucumber, squash and melons. Broccoli, cabbage, carrot and radish can tolerate light frosts and do not require protection. The frost may kill potato vines but their underground tubers will be safe.

When a killing frost (28° or colder) strikes, harvest whatever tender vegetables you can. Blemish free tomatoes with a pink blush can ripen off the vine.

Apples on trees tolerate temperatures down to 25° before suffering change.

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The Sidney Herald..... 310 2nd Ave NE, Sidney | 406-433-2403

Boys & Girls Club..... 200 3rd Ave SE, Sidney | 406-433-6763

Eagle Country Ford..... 215 Main St, Sidney | 406-433-1810



The Parade of Homes is a
Fundraiser for the Boys &
Girls Club of Richland County



*Tickets are available now for \$15 at each listed location. Tickets may also be purchased on the day of the parade for \$20 at Creative Solutions only.



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3rd Annual Parade of Homes September 28

By Dianne Swanson

The 3rd Annual Parade of Homes will take place from 10 am to 4 pm, Sunday, September 28 with homes ranging from contemporary to western log. This fundraiser for the Boys and Girls Club of Richland County has become the premiere opportunity to view a wide variety of homes, get some fantastic building and remodeling ideas and become acquainted with local contractors and their talents.

Organizer Brenda Larson of Creative Solutions is delighted with the selection of homes this year. "We have a condo, split levels, and a multiple story home," she said. Every home has special features such as fabulous custom artwork on the walls, a bedroom featuring car racing, a log stair rail, massive fireplaces, custom tiled showers, beautiful glassware and art, an amazing arched bridge connecting two sections, outdoor wraparound decks, and much more. Both urban and rural homes are included in the tour.

Larson wished to thank all the homeowners who have graciously agreed to open their homes for this special event. The homeowners are: Andrea & Dick Davidson, Shanna & Steve Lunderby, Cindy Mead, Sharon Rau, Jackie and Jerry Schlenz and Fran & Sam Syth.

The Parade of Homes is a self-guided tour. Participants may start at any home, at any time.

Tickets are available now for \$15 each. Purchase yours at TriFecta Home Center, 1051 S. Central Ave., Sidney, 406-433-9898; Creative Solutions, 109 3rd Ave. NE, Sidney, 406-488-1461; The Sidney Herald, 310 2nd Ave. NE, Sidney, 406-433-2403; Boys and Girls Club of Richland County, 200 3rd



Ave., SE, Sidney, 406-433-6763, president Marissa Schoepp, 406-433-1810.

Tickets will also be available for \$20 at Creative Solutions the day of the show beginning at 9am. A book featuring the homes, a map, and rules and regulations for the tour are included in the ticket price. Tickets will be punched at each home and entered into a prize drawing at the end.

Larson has been in the building business in Sidney her entire life and is pleased to promote local businesses while raising funds to help the Boys and Girls Club build a new home. Anyone wishing to advertise in the tour book may call her at 406-488-1461 by September 12.

Wear your
Island attire
for the

Hawaiian Luau

September 27th
Starts: 6pm • Food: 7pm • Music: 9pm

406-742-5224

There Will Be Games!
Hoola-Hoop Competition
& Limbo

Free will donation proceeds
go to Jimmy Fugate Memorial
Scholarship

Fairview,
Montana

Sixth Annual MHC Oktoberfest Slated for Oct. 4

Submitted by MonDak Heritage Center

The MonDak Heritage Center and Northeastern Arts Network present the Sixth Annual Oktoberfest, Saturday, October 4, 7:00 pm at the MonDak Heritage Center located at 120 3rd Ave. SE in Sidney.

Proceeds from this event provide funding for the continuing presentation of Live Music at the MonDak Heritage Center and area schools by MDHC and NAN.

This year's celebration features music from Andy Hackbarth & Wayward Tambourine. A contemporary folk ensemble with award-winning singer/songwriter Andy Hackbarth, this group cre-

ates music bearing the stamp of the contemporary West. These highly acclaimed road warriors have set themselves apart with a mix of intricately-arranged original songs, one-of-a kind renditions of popular cover tunes and virtuosic guitar selections with an upbeat show that continues to "wow" audiences of all ages.

Ticket price covers admission, souvenir glass, delicious food including sausage and bratwurst from Redneck meats and an unmatched selection of beverages.

Our Oktoberfest sponsors this year include Wells Fargo, Blue Rock Distributing and Redneck Meats. Join the MDHC, NAN and live music lovers at the MonDak's premiere Oktoberfest celebration. This event historically sells out so don't hesitate. Tickets are on sale now at the MonDak Heritage Center. \$45 for MDHC Members and Northeastern Arts Network Season Ticket Holders, \$55 for Non-Members. Call the MDHC at 406-433-3500 to reserve with your credit card or stop by to purchase. Additional information can be found at mondakheritagecenter.org and andyhackbarth.com. For further information please contact Leann at the MonDak Heritage Center, mdhc@richland.org or 406-433-3500



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John Nordtug Estate Farm Auction

Lunch will be Served.

Sale Location: **Sat, Sept. 27, 2014 11 a.m.**

From Williston go north on Hwy 85 to Loves Truckstop corner. Go West at Love's, follow pavement for 8 miles to 143rd Ave. (corner of 143 ave and 56th)

FOR SALE INFO: CLAY LEE (701) 570-1035

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IH M gas, narrow front
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JD 7700 combine
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Owatonna 19' hydrostatic swather w/cab & finger reel
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JD 18' chisel plow
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50' Melroe Model 400 Hydr. fold Harrow
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(4) 10' terra drills
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Sakundiak HD8-1600 auger

Brandt 640 auger
(2) spray coupes w/VW engines
JD 24T baler
JD 224 baler for parts
JD side delivery rake
1973 WAW Stock trailer
1997 Kiefer built 20' gooseneck stock trailer (nice)
158 JD loader, 7' bucket & grapple
(2) Gandy orbit/boxes, w/fan
Gandy air spread box w/fan

Cars & trucks
1995 Chevy 1/2 ton 4x4 Ext cab
1974 Chevy Cheyenne 1/2 ton 4x2
1982 Chevy Silverado 1/2 ton 4x2
1983 Chevy 3/4 ton 4x4
2003 Chevy S10 4x2 4cy1, 5 speed
1988 Ford LTD Cr. Vic. 79,000 miles
1964 Ford C800 truck steel box, roll tarp
1975 Ford F600 truck steel box, roll tarp, 33,000 miles
1981 Chevy 1 ton dually, w/utility & crane
1963 Ford F100, lots of recent work, Pink & White
1980 GMC 7500 tandem 18' steel box, roll tarp

Cars for parts & Restoration
1962 Chevy Nova 4 door, complete, solid
1963 IH Ambulance Body
1956 IH 1/2 ton short box
1950 IH L160 truck
1952 IH L120 pickup
1974 IH 1/2 ton 4x4 pickup
1988 Chevy 1/2 ton 4x4
1997 Ford 1/2 ton 4x2
1998 Ford 1/2 ton 4x4

Misc.
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Oct 1st.....All Class Cattle Sale 10:00am
Oct 8th.....All Class Cattle Sale 10:00am
Oct 15th..... Feeder Calf Special & All Class Cattle Sale 9:00am
Oct 22nd..... Feeder Calf Special & All Class Cattle Sale 9:00am
Oct 29th..... Feeder Calf Special & All Class Cattle Sale 9:00am
Nov 5th..... All Class Cattle Sale 9:00 AM & 1st Annual Bar JV Angus Calf Sale ~ Featuring calves sired by Vitt Angus Bulls 2:00pm

Tim Larson: 406-480-2666 Mobile | Roger Nygaard: 406-650-7410 Mobile

Thank You!

A heartfelt thank you to all my family for hosting my wonderful 90th birthday open house. A big thank you to all my family & friends who attended. It was a great day!

– Johnnie Johnston

U.S. Cattlemen’s Association Membership Meeting October 3; In Conjunction With I-BAND Annual Convention

Submitted by Jess Peterson
The United States Cattlemen’s Association (USCA) will hold its annual directors’ and membership meeting in conjunction with the Independent Beef Association of North Dakota’s (I-BAND) annual meeting at the Ramada Bismarck Hotel in Bismarck, ND on October 3 and 4.

The two-day, dual event will feature speakers from across the country including USDA Under Secretary Ed Avalos; Mary Kay Thatcher, American Farm Bureau Federation; National Farmers Union; Dr. Susan Keller, North Dakota State Veterinarian and award-winning agriculture journalist Alan Guebert. Sessions begin both days at 9:00 a.m. Brian Klippenstein, Executive Director of Protect the Harvest will make

a presentation at 1:00 p.m., Friday, October 3. Mr. Klippenstein will be speaking on the animal rights movement in America, led by the Humane Society of the United States (HSUS), which has evolved into a wealthy and successful attack group determined to end the consumption of meat, threaten consumer access to affordable food, eliminate hunting, outlaw rodeos and circuses, and even ban animal ownership (including pets) altogether. Guebert, a keynote speaker for the event, writes the syndicated agriculture column “The Farm and Food File,” which appears weekly in more than 70 newspapers throughout the U.S. and Canada. He is also a contributor to the online publication “Daily Yonder.” A social hour will begin at 5:00 p.m. on Saturday, October 4, followed by a banquet. “You don’t have to be a member to attend this two-day event,” said Kenny Graner, I-BAND President. “We just want cattle producers to come and enjoy themselves in a fun and festive atmosphere while learning about different issues affecting our businesses.” Hotel reservations must be made by September 19 to receive the special USCA rate. To make reservations call the Ramada Bismarck Hotel at 701/258-7000.

McKenzie Co. Area Food Pantry in Watford City

Free food assistance for you and your family. All income eligible residents in McKenzie County welcome. Open dates and times are as follows: Thursdays from noon to 2 pm, Cashwise donates food giveaway to the Food Pantry, 1st Tuesday of each month

from 5 pm to 7 pm and the 3rd Tuesday of each month from 2 pm to 4 pm. The Food Pantry is located in the lower level of First Lutheran Church, 212 2nd Ave. NW, Watford City. For more information or to set up an appointment to visit the pantry call 701-444-3451 or

<http://www.mcfoodpantry.com>. Pantry includes a wide variety of frozen meats, canned goods, personal care items. Donations can be sent to: McKenzie Co. Food Pantry, Box 2716, Watford City, ND 58854.

Culbertson – Bainville Homecoming

Tuesday - Friday, September 16 - 19

Mon: Dress To Impress Day • Tues: Favorite Team Day • Wed: Minion Day • Thurs: Fake Injury Day • Fri: Purple & Gold Day



Culbertson Royalty

(L-R): Sierra Machart, Jonathan Hilde, Tony Williams, Mariah Machart, Alexi Bidegaray, Abbt Ator, Jacob Martin, Sheridan Martin, Tristan Sun Rhodes, and Samantha Fellman.
Not pictured: Ethan Hendrickson and Michael Azure.



Bainville Royalty

Back (L-R): Gabe Walch, Justin Freed, Patrick Butikofer, Collin Ryder, Michael Miller.
Front (L-R): Mikayla Lambert, Somer Reidle, Carly Bowker, Elizabeth Rabbe.



Culbertson Volleyball



Culbertson Football

Names Not Available.

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Culbertson Cross Country

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HELP WANTED

TEACHERS AIDE POSITION

Horse Creek School located 15 miles east of Sidney on Hwy. 68 is seeking a part-time, 3 days per week, teacher's aide for the remaining 2014-2015 school year. Person will assist teacher with lessons, P.E., art & science projects & general paperwork-filing, copying, etc. Some light cleaning & meal preparation (full kitchen on site) is included. Rural setting offers the unique experience of one-on-one student interaction and the chance to participate in school trips for various activities. Technological experience a plus as the school has internet, personal computers, iPads, note books & a smart board. Experience preferred but would be willing to train. Salary negotiable DOE. For more information call John 406-480-2433 or Joanna 406-380-2231. Can submit resume to: Horse Creek School, 1812 Horse Creek Road, Cartwright, ND 58838 or email it to: horsecreekschool@yahoo.com.

(31-20c)

ADMINISTRATIVE ASSISTANT

The Roundup is looking for a full time Administrative Assistant to work Monday 8-5, Tuesday - Friday 9-5. Basic computer skills a plus. Will be answering multi-line phone, waiting on customers, and entering classified ads. Benefits include; paid holidays, health care, one week paid vacation after one year. Apply at the Sidney Job Service. \$500 signing bonus after completing a three month trial period.

(30-TFN)

CARRIERS WANTED

Need extra cash or want to get some exercise while getting paid? 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.

(35-4fn)

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(8-4fn)

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Tractor Supply Co.

Culbertson:

Wed, Sept 17, 24 | Oct 1, 8, 15, 22, 29
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Bainville: Fairview:

Wed, Sept 17 Wed, Oct 1, 29
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Full time position for a Loan Clerk/Loan Officer with loan documentation experience to work in our Watford City/ New Town offices. Duties include preparing loan documents, lien perfection, loan file organization, insurance tracking, taking loan applications, performing loan closings, etc. Must possess excellent verbal and written communication skills, be able to handle a variety of situations and work in a professional office environment. Salary is commensurate on experience and we offer a competitive benefit package for full time employees. Send application or resume to Dakota West Credit Union, Attn: Sue Keller, PO Box 1496, Watford City, ND 58854, email: susand@dakotawestcu.org or call 1-800-411-7590.

(30-20c)

HELP WANTED

Full time position for a Paralegal with loan documentation experience or a Loan Processor with experience in documenting and processing loans to work in our Watford City office. Duties include preparing loan documents, lien perfection, loan file organization, and insurance tracking. Must possess excellent verbal and written communication skills,

be able to handle a variety of situations and work in a professional office environment. Salary is commensurate on experience and we offer a competitive benefit package for full time employees. Send application or resume to Dakota West Credit Union, Attn: Sue Keller, PO Box 1496, Watford City, ND 58854, email: susand@dakotawestcu.org or call 1-800-411-7590. EOE.

(30-9c)

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Experienced CDL Class A, drivers to operate flatbeds, pneumatic & livestock. Prefer some off-road experience, doubles endorsement. No HazMat. Home Weekly. Pay Percentage of load. 307-765-9691 losthorse1@tctwest.net.

(31-20p)

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FOR SALE OR LEASE

24'x62' building in Alexander ND, for sale or long term lease. Building is currently configured as a cafe, however would make good office, bakery, deli or cafe. Remodel to meet your needs. 701-580-0306 or 701-770-6308.

(31-30p)

4 BEDROOM COTTAGE ON 2 ACRES

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mature trees, private patio & room for your toys. Detached garage plus 2 shops. Zoning is open. Contact Deb with Parker & Co. Real Estate Services for info. 406-591-4610 or deb@debarker.com.

(31-60p)

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(14-4fn)

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(30-60c)

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(30-40p)

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(22-4fn)

Lunch Menus

Sidney School

Thur., Sept. 18: French toast, sausage links, hash browns, orange wedges.

Fri., Sept. 19: Toasted cheese, tomato soup, pears, pudding cup.

Mon., Sept. 22: Cheese-burger, french fries, mandarin oranges.

Tues., Sept. 23: Burritos, romaine & tomato salad, apple-sauce.

Wed., Sept. 24: PB&J sandwiches, chicken noodle soup, carrot sticks, banana.

Fairview School

Thurs., Sept. 18: Pizza, carrots, fruit salad.

Fri., Sept. 19: NO SCHOOL

Mon., Sept. 22: Chicken broccoli rice.

Tues., Sept. 23: Hamburgers, gems.

Wed., Sept. 24: Lasagna & tossed salad.

East Fairview School

Thur., Sept. 18: PB&J, chicken noodle soup, carrots/cucumbers, peaches.

Fri., Sept. 19: NO SCHOOL

Mon., Sept. 22: Chicken pot pie, broccoli, salad, apples.

Tues., Sept. 23: Chili, corn bread, salad, cinn. rolls, peaches.

Wed., Sept. 24: Ham & turkey tumble, chips & salsa, pears.

Richey School

Thurs., Sept. 18: Pizza caserole, green beans, dinner roll, peaches.

Fri., Sept. 19: Chicken drummies, baked potato bar, pears, brownies.

Mon., Sept. 22: Taco salad, pretzel/nacho cheese, fruit, scotch-aroos.

Tues., Sept. 23: Meatballs, mashed potatoes w/gravy, corn, peaches, bread.

Wed., Sept. 24: Chicken alfredo, green beans, bread stick, pears.

Savage School

Thur., Sept. 18: Pizza (sausage & pepperoni), salad green, carrots, broccoli, cauliflower, peaches.

Fri., Sept. 19: Spaghetti, corn/peas, whole grain bread, apples & oranges.

Mon., Sept. 22: Polish dogs with sauerkraut, mashed potatoes, green beans/carrots, peaches, whole grain bread.

Tues., Sept. 23: Chicken ala king/biscuits, corn/peas, pineapple.

Wed., Sept. 24: Spaghetti/meat sauce, fresh veggies, whole grain bread, pears.

Froid School

Thur., Sept. 18: Milk rice, assorted sandwiches, salad bar, fruit.

Fri., Sept. 19: Bean/cheese burritos, taco bar, chips-n-cheese, fruit.

Mon., Sept. 22: Chicken stir fry, steamed rice, fortune cookies, salad bar, fruit, rolls.

Tues., Sept. 23: Spaghetti/meat sauce, peas, bread stick, salad bar.

Wed., Sept. 24: Garden veg. pie, salad bar, oatmeal cookies, fruit, rolls.

Rau School

Thur., Sept. 18: Beef patty, potatoes/gravy, corn, apricot.

Fri., Sept. 19: PB&J or tuna sandwich, veggies, fresh fruit.

Mon., Sept. 22: Chicken drumstick, rice, veggies, peaches.

Tues., Sept. 23: Enchilada casserole, green beans, pineapple.

Wed., Sept. 24: Beef stroganoff, corn, mixed fruit.

Lambert School

Thur., Sept. 18: Fish sandwich, wedges, fresh fruit, celery.

Fri., Sept. 19: French dip, baked potato, creamed corn, apple crisp.

Mon., Sept. 22: Chili dog, cheese, fries, fruit.

Tues., Sept. 23: Chicken, mashed potatoes, gravy, green beans, pears.

Wed., Sept. 24: Enchilada, fresh veggies, fresh fruit.

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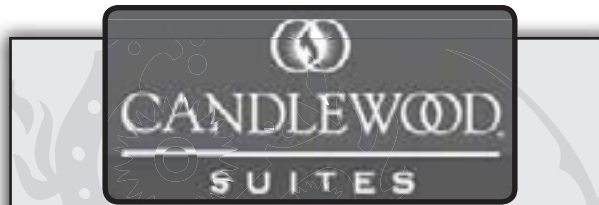
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Visit Our Website at: www.sidneyhealth.org

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(31-4th)

PAINTING

Will paint houses, barns, quonsets, silos, grain bins, etc. References available. R&L Painting, 406-488-8244.

(7-4th)

THRIVE

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3835 or email aekblad_1@hotmail.com.

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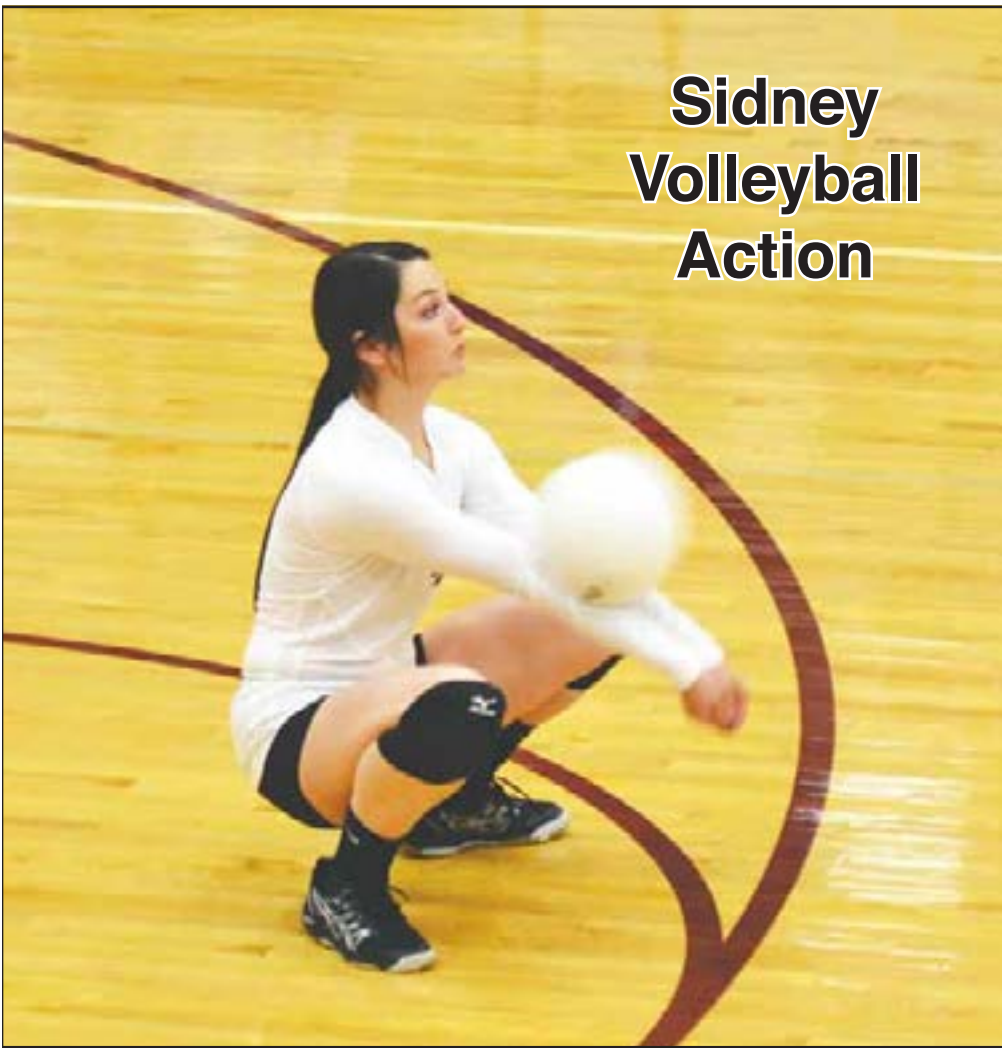
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The lady Eagles volleyball played Hardin in Sidney last weekend. They lost 25-23, 25-18 and 25-13. Pictured is Malorie Cvancara. (Photo by Kathy Johnson)

UM Research Reveals Secrets of Animal Weapons

Submitted by Elmen Emlen

From antlers to horns, humans have long been fascinated by animals' ability to defend themselves with their natural-born weapons. But until now, no studies have directly tested whether those weapons perform better at the animals' own style of fighting than they would using the fighting style of another species.

Researchers at the University of Montana recently discovered each species' weapons are structurally adapted to meet their own functional demands of fighting.

The groundbreaking research, conducted over the past year by UM doctoral student Erin McCullough and designed with the help of UM researchers Doug Emlen and Bret Tobalske, is published in the journal Proceedings of the National Academy of Sciences this week. It is online at <http://www.pnas.org/content/early/2014/09/03/1409585111>

"Animal weapons are some of the coolest and most

exaggerated and diverse traits that we find in nature, and I think a big question for biologists is understanding why these structures are so diverse," McCullough said. "Intuitively, different animals have different weapons because they fight in different ways, and I think my research provides the first rigorous test of this hypothesis."

McCullough, who earned her Ph.D. in March, studied three different species of rhinoceros beetles with three different horns using three different fighting styles. She took micro-CT scans of each beetle and used the images to construct 3-D models of each species' horn. By using the same software engineers use to design and test bridges, she tested the stresses and strains on each species of beetle in battle.

The biomechanical modeling approach allowed McCullough to find out whether each species' weapon performs better at its own style of

fighting than it would using a different species' style of fighting. It's something that can't be tested in the field.

"You can't get the animals to do it in the wild; they don't cooperate," Emlen said. "You can't get a whitetail deer to fight the way a caribou fights."

McCullough's research found that horns are stronger and stiffer when exposed to species-typical fighting styles, which suggests that performance in battle played an important role in the diversification of each weapon form.

"Even though people have been interested in animal weapons for a long time, and a number of really bright people have tackled the riddle of why weapons are diverse, nobody's been able to test it directly until now," Emlen said.

To watch a video of McCullough and Emlen discussing their research, visit <http://youtu.be/ueRKsg0moiQ>. For more information call Emlen at 406-243-2535 or email doug.emlen@umontana.edu.

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Department of Revenue Takes Property Reappraisal Information Sessions on the Road

Submitted by Mary Ann Dunwell

In advance of the 2015 reappraisal cycle, officials from the Montana Department of Revenue will be traveling to 18 different cities and towns throughout Montana to present informational sessions about how the state determines property values.

Presenters for the “2014 Property Reappraisal Roadshow” include Revenue Director Mike Kadas, Property Assessment Division Administrator Cynthia Monteau-Moore, Business and Income Tax Division Administrator Gene Walborn, and Director of Tax Policy and Research Ed Caplis.

The sessions will include information about the 2015 reappraisal cycle timeline and highlight methods that the department uses to determine market values of residential property, commercial and industrial property, agricultural land, and forestland. The sessions will also highlight key components and trends in housing values and illustrate how property tax dollars are used.

“The primary purpose of the road show is to help taxpayers understand the property tax system and help community leaders make informed policy decisions,” says

Director Kadas. “We encourage anyone in Montana with an interest in property valuation, especially those who are experts in local housing markets, to attend the sessions.”

The Property Reappraisal Road Show begins on September 16 in Billings, Miles City and Glendive and ends on October 16 in Great Falls and Fort Benton. For a list of all roadshow dates, times and locations, visit revenue.mt.gov.

Montana law tasks the department with establishing values for all taxable property, ensuring that all classes of property are valued uniformly and equally throughout the state for fair and equitable taxation.

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A Steak in Ag A Monthly Report 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!

Groups Pleased With Appeal Court's Affirmation of COOL

Recently, eleven judges at the United States Court of Appeals for the District of Columbia Circuit (Appeals Court) denied the request by the American Meat Institute, National Cattlemen's Beef Association, and other meatpacker lobby groups for an injunction that would have halted enforcement of the U.S. country-of-origin labeling (COOL) law.

The appeals court flatly rejected the meatpacker lobby's assertion that the only purpose for COOL was to satisfy consumers' 'idle curiosity.' To the contrary, it found that COOL information "has an historical pedigree" and listed many other statutes that require COOL information on various products including the Tariff Acts of 1890 and 1930, the Wool Products Labeling Act of 1939, the Textile Fiber Products Identification Act, and the American Automobile Labeling Act.

Groups Urge Ag Secretary to Enforce Beef Checkoff Program's Prohibition Against Conflicts of Interest; Urge Other Reforms

Thirty-six organizations recently sent a joint letter to Agriculture Secretary Tom Vilsack urging him to immediately implement their recommendations for eliminating the conflicts of interest from the Beef Checkoff Program.

For over four years, the National Cattlemen's Beef Association (NCBA) ignored the Secretary's direct warning about the need for checkoff integrity, which would include, for example, the independence of the Federation of State Beef Councils (Federation). During that entire time the Secretary waited while industry groups self-selected participants to work harmoniously with the NCBA to develop a plan for reforming the Beef Checkoff Program so it would operate as the law intended and so the interests of all producers and importers are supported, not just the interests of NCBA members.

In early August, the self-selected participants of the working

group proposed changes that would double the beef checkoff assessment and make certain procedural modifications to the program. The 36 groups found the working group's proposal unacceptable and offered an entirely new proposal. Their joint letter states that the two most offensive and glaring conflicts of interest in the Beef Checkoff Program are that the decision-making Federation is "housed, administered, owned and controlled" by the NCBA and that checkoff funds strengthen the NCBA's advocacy efforts because they offset, "if not directly subsidize," the NCBA's administrative costs. The letter refers to this offset as cross-subsidization.

The joint letter urges Vilsack to:

- Enforce the prohibition against conflicts of interest in contracting and all other decision-making operations of the Beef Checkoff Program
- Enforce a prohibition against contracting with organizations that engage in policy-oriented activities.
- Require a legally independent Federation, without affiliation to NCBA or any other private entity.

"The Beef Checkoff Program was never intended as a vehicle to strengthen the political voice of NCBA or any other policy organization above the voices of any other organization or above the collective voice of the producers funding the program," the joint letter states.

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Tester, Walsh Recognized as Fighters for Montana’s Farming and Ranching Families

Submitted by Marnee Banks

Montana’s Senators Jon Tester and John Walsh received the Golden Triangle Award from the National Farmers Union Tuesday night for their work fighting for farming and ranching families in Montana.

Tester, the Senate’s only working farmer, and Walsh, a member of the Senate Agriculture Committee, were recognized for their work fighting for Country of Origin Labeling (COOL), improving brucellosis prevention, improving livestock disaster programs and implementing the 2014 Farm Bill.

“Farmers and ranchers across our state put in long hours to produce the crops and livestock that feed families and support households nationwide,” Tester said. “It’s an honor to receive this award and a good reminder of why I fight so hard for our producers and the economies and communities they support.”

“Montana’s farmers and ranchers are the backbone of our economy and they produce the highest quality products in the world,” Walsh said. “In the Senate, we must move forward with common sense policies to ensure that Montana’s livestock and crops can continue sending our prized products across the globe.” “Montana Farmers Union appreciates Senator Walsh and Senator Tester’s contributions to Montana’s agriculture producers,” said Montana Farmers Union President Alan Merrill. “We value the Senators efforts that supports livestock

disease research, protects Montana markets, and commitment for country-of-original labeling. We are excited to recognize Senator Walsh and Senator Tester for their consistent advocacy for Montana’s family farms and ranches.”

Tester, in addition to pushing for quick implementation of the Farm Bill’s livestock disaster assistance programs earlier this year, is also a champion in the Senate for COOL. He led efforts to preserve strong Country-of-Origin Labeling (COOL) rules in the Farm Bill, helping consumers know where meat was born, raised and processed and giving them the option to buy U.S.-made meat if they choose.

Walsh is sponsoring the American Livestock Protection and Ranching Opportunity Act, which establishes a Livestock Disease Initiative and authorizes \$5 million annually to study brucellosis and other diseases. Walsh’s bill also prohibits the import of foreign beef until the exporting country is certified by the USDA as free of Foot-and-Mouth Disease. The Golden Triangle Award is presented to members of Congress who have demonstrated leadership and supported policies that benefit family farmers and ranchers.

The National Farmers Union represents more than 200,000 family farms and ranches across the United States. The Montana Farmers Union was established in 1915 to protect family farms and ranches throughout Montana

HHS Announces \$609,265 to Help Montana Consumers Navigate Their Health Care Coverage Options in the Health Insurance Marketplace

Submitted by Fierberg, Michael A.

The Affordable Care Act is working for millions of Americans who are able to access quality health coverage at a price they can afford, in large part because of the efforts of in-person assisters in local communities across the nation. People shopping for and enrolling in coverage through the Health Insurance Marketplace can get local help in a number of ways, including through Navigators.

Health and Human Services Secretary Sylvia M. Burwell today announced up to an anticipated \$609,265 in Navigator grant awards to Montana Navigators. These awards support preparation and outreach activities in year two of Marketplace enrollment and build on lessons learned from last year. In total, HHS announced \$60 million in Navigator grant awards to 90 organizations in federally facilitated and state partnership Marketplaces.

“In-person assisters have an impact on the lives of so many Montanans, helping individuals and families access quality, affordable health coverage,” said Secretary Burwell. “We are committed to helping Montanans get covered and stay covered with in-person assistance in their own communities.”

Montana Navigators that received awards today include: Intermountain Planned Parenthood, Inc. DBA Planned Parenthood

Montana Wyoming Tribal Leaders Council
Rural Health Development DBA Montana Health Network

According to a recent outside survey, a variety of assisters, including Navigators, in both state-based and federally-facilitated Marketplaces were responsible for helping an estimated 10.6 million consumers apply for coverage in Marketplace plans, Medicaid, or the Children’s Health Insurance Program (CHIP) during the first Open Enrollment period. Assisters tend to help those consumers in communities with the most challenging or complicated enrollments, and according to another poll, Latinos in particular valued the assistance of in-person help. Navigators provide unbiased information to consumers about the Marketplace and other public programs in a way that recognizes the cultures of the communities they serve. Navigators were selected to receive these awards through a competitive grant process based on their ties with the communities they will be serving and other standards such as effectiveness and program integrity.

In addition to helping eligible individuals and their families enroll in coverage, Navigators help consumers compare their health coverage options including helping them determine whether they are eligible for public programs such as Medicaid and CHIP. They also guide consumers—many of whom have never had insurance before—on accessing and using their new coverage, among other important functions.

These awards build on lessons learned from the first year of Marketplace operations.

Navigator grantees must maintain a physical presence in the Marketplace service-area, so that consumers can easily access face-to-face assistance.

Navigator grantees are required to be trained on and comply with strict security and privacy standards to ensure that consumers’ personally identifiable information (PII) is protected, as was the case last year. In no case will Navigators obtain a consumer’s PII without the consumer’s consent.

In addition to quarterly and annual reporting, Navigators will also be required to submit to HHS weekly progress reports detailing their progress and activities in the communities they serve.

Based on feedback from the assister community, HHS is incorporating new elements into this year’s required training, such as a course on advanced Marketplace issues with detailed information on topics such as how to help college-age students enroll in coverage and re-enrollment. HHS is committed to providing Navigators with on-going technical assistance and training opportunities throughout the year.

In addition to Navigators, Marketplaces make other resources available to consumers to help them access Marketplace coverage, such as certified application counselors, non-navigator assister personnel (also known as in-person assisters), and agents and brokers. Consumers in federally-facilitated and state partnership Marketplaces can visit Find Local Help to find assistance in their area.

For a list of HHS Navigator awardees or more information about Navigators and other Marketplace resources, please visit: <http://ccio.cms.gov/programs/exchanges/assistance.html>



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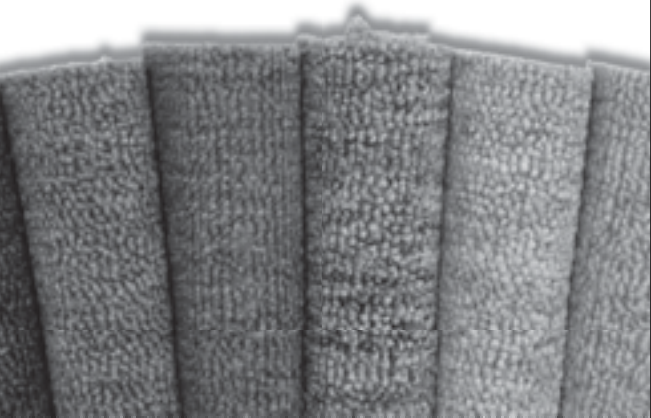


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Teddy Roosevelt Family Day

Families looking for a fun afternoon filled with outdoor activities are invited to attend Teddy Roosevelt Family Day on Sunday, Sept. 28 at McDowell Dam just east of Bismarck.

The free event runs from 1-4 p.m. and families can come and go at any time. It features many hands-on ac-

tivities including archery, BB gun shooting, fishing, animal identification, prizes and more.

The first 750 kids who attend also receive a free Teddy Roosevelt patch.

Organized by area Boy Scout, Girl Scout and 4-H organizations, Teddy Roosevelt Family Day is sponsored by the North Dakota Game and

Fish Department, North Dakota Chapter of the Wildlife Society, Ducks Unlimited, Delta Waterfowl and Rocky Mountain Elk Foundation.

McDowell Dam is 3.5 miles east of Bismarck on ND Highway 10, then one mile north.

Attorney General Fox Urges FCC to Allow Use of Call-Blocking Technologies by Phone Companies

Submitted by Anastasia Burton

Attorney General Fox announced today he has urged the Federal Communications Commission (FCC) to allow phone companies to utilize call-blocking technologies that would better protect consumers from unwanted calls and scams.

Call-blocking technologies, such as NoMoRobo, Call Control, and Telemarketing Guard, have been developed to enable phone carriers to identify and block unwelcome sales calls at their customers' request. However, some phone carriers have not implemented this technology, in part because of the belief that federal law prevents carriers from blocking calls on their consumers' behalf.

In a letter signed by 38 other state and territorial attorneys general, Attorney General Fox filed official comments yesterday with the FCC. The letter urges the commission to recognize call-blocking filters as legally appropriate, if requested by customers.

Attorney General Fox said, "Most recorded telemarketing messages are illegal in Montana. Let's clear up

any misinterpretations phone companies may have about using available technologies to stop unwanted calls to our consumers. This letter is a step in the right direction to get the FCC to clarify the use of these technologies to better protect consumers from calls that scam or harass them."

Phone carriers have expressed concern that the FCC's legal framework prohibits phone companies from determining which calls should be allowed to go through to a customer and which should be blocked. Last year, in explaining the obstacles that phone carriers face in implementing call-blocking technologies, US Telecom wrote to the U.S. Senate Subcommittee on Consumer Protection, Product Safety, and Insurance that "the FCC has concluded that call blocking is an unjust and unreasonable practice under section 201(b) of the Communications Act of 1934."

In his letter to the FCC, Attorney General Fox asks for a formal opinion on whether an exception can be made to allow companies to block illegal telemarketing calls at the request of a consumer.

Last year, the Office of

Consumer Protection at the Montana Department of Justice received more than 1,670 calls about unwanted calls; 82 of those consumers filed actual complaints.


Attorney General Fox reminded Montanans to sign up for Montana's Do Not Call list, which helps to deter unwanted and fraudulent calls by visiting <https://dojmt.gov/consumer/telemarketing> or calling 1-888-382-1222. Consumers who are registered on the Do Not Call list and receive an unwanted call can file a complaint by visiting <https://dojmt.gov/consumer>.

States and territories that signed the letter to the FCC are: Alaska, Arizona, Arkansas, Colorado, Connecticut, Guam, Hawaii, Idaho, Illinois, Indiana, Iowa, Kentucky, Maine, Maryland, Michigan, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, North Dakota, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Dakota, Tennessee, Utah, Washington, West Virginia and Wyoming.

A copy of the letter can be found here: <https://media.dojmt.gov/wp-content/uploads/RobocallingFCCLetter.pdf>.

Grower Meeting With Rain & Hail Agricultural Insurance

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Tues, Sept 23rd at 6pm

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- 2008 Honda Rubicon TRX500FA, red
- 2008 Honda Foreman TRX500FPE, white
- 2009 Honda Rancher TRX430FPE, white
- 2009 Honda Foreman TRX500FPE, red
- 2009 Honda Rancher TRX500FA, red
- 2011 Honda Rancher TRX430FPA, green
- 2011 Honda Rancher TRX430FPA, green
- 2012 Honda Rancher TRX430FPA, green
- 2012 Honda Foreman TRX500FE, green
- 2012 Honda Foreman TRX500FPE, green
- 2012 Honda Foreman TRX500FPE, red
- 2013 CF Moto CF800-2 800 X, Orange, 2-up
- 2005 Polaris Sportsman 700, gray
- 2006 Polaris Sportsman 800 H.O., red
- 2006 Polaris Sportsman 400, camo
- 2009 Polaris Sportsman 500 EFI, red
- 2008 Polaris Sportsman 550, camo
- 2010 Polaris Sportsman 550 XP, camo
- 2011 Polaris Sportsman 550, red
- 2011 Polaris Sportsman 600, green
- 2011 Polaris Sportsman 800 XP, green, power steering
- 2013 Polaris Sportsman 550, red
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AUCTIONEER'S NOTE:

Matthew at Riverside Marine & Cycle will be holding his semi-annual ATV and Motorcycle Inventory Reduction Auction on October 11th, 2014. These machines have been ran through the shop and are ready to be used. This sale will be held inside at the Richland County Fairgrounds in Sidney, MT. Purchase your ATV or Side-by-Side now! Hope to see you there!

Rick

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- 2006 Polaris Ranger 500, green
- 2008 Polaris Ranger 700 XP, green
- 2009 Polaris Ranger 700 XP, red
- 2009 Polaris Ranger 700 XP, green
- 2009 Polaris Ranger 700 XP, red
- 2010 Polaris Ranger 800 XP, red, steel cab & heat
- 2010 Polaris Ranger 800 XP, green
- 2010 Polaris Ranger 800 XP, blue
- 2010 Polaris Ranger 800 LE XP, blue
- 2010 Polaris Ranger 800 LE XP, orange
- 2010 Polaris Ranger 800 LE XP, ss red, power steering, steel cab & heat
- 2010 Polaris Ranger Crew 800, red, steel cab & heat
- 2011 Polaris Ranger 800 XP, red
- 2011 Polaris Ranger 800 LE XP, black & red
- 2011 Polaris Ranger 800 LE XP, black & white
- 2011 Polaris Ranger 800 LE XP, blue
- 2011 Polaris Ranger 800 HD, green, power steering
- 2012 Polaris Ranger Crew 800, red
- 2012 Polaris Ranger Mid 800, red, hard cab & heat
- 2012 Polaris Ranger 800 XP, red
- 2012 Polaris Ranger 800 XP, red, pro steel cab & heat
- 2012 Polaris Ranger 800 XP, green, steel cab & heat
- 2012 Polaris Ranger 800 XP, green
- 2012 Polaris Ranger 800 XP, red
- 2012 Polaris Ranger 800 XP, red
- 2012 Polaris Ranger 800 XP, green, power steering, steel cab & heat
- 2012 Polaris Ranger 800 XP, green, power steering
- 2012 Polaris Ranger 800 XP, red, power steering
- 2012 Polaris Ranger 800 HD, gray, power steering
- 2012 Polaris Ranger 800 HD, green, power steering
- 2013 Polaris Ranger 800 XP, green
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Whole-Food Nutrition Born from UM Research Now Available Across Northwest

Submitted by Brent Ruby

UM Health and Human Performance Research Professor

A whole-food bar born from University of Montana research, ultra-racing trial and error, and Montana-raised beef, has hit the shelves of Fred Meyer stores across the Northwest.

Omnibar, a nutritionally balanced whole-food bar that uses beef for protein as opposed to soy or whey, was conceptualized and prototyped in Montana and refined using technology in Oregon's Food Innovation Center.

The idea for Omnibar was developed after a conversation between Cooper Burchenal, Montana beef rancher and Brent Ruby, a UM research professor and director of the Montana Center for Work Physiology and Exercise Metabolism. Together, they realized that there was no whole-food nutrition bar on the market that uses animal protein.

Two hours later, the duo became business partners with a sketch of a business plan and a vision to bring a beef-based bar to market. Burchenal was looking for a unique use for the beef from his family's ranch, and Ruby, an endurance athlete fatigued by his own nutritional options, was interested in finding a more functional food bar.

"It's basically a dinner plate in a bar," Ruby said. "It combines Montana beef with nut butters, sweet potatoes, grains and dried fruits that's shelf stable, nutritionally balanced and free of preservatives and artificial color and flavors."

Along with providing a new, better, real-food option to groups like military personnel, wildland firefighters and even the Seattle Seahawks, Ruby sees Omnibars competing well with big-brand energy snack options.

"Omnibar meets the nutritional requirements of extreme athletes," Ruby said. "But it also can provide really good solutions to avid recreationalists or even an on-the-go family."

Omnibars can be found in Fred Meyer locations in Alaska, Idaho, Oregon and Washington. They also are available in stores throughout Montana. To learn about where Omnibars are sold, visit <http://omnibars.com/find-omnibar/>.

For more information on Omnibar, call Ruby at 406-396-4382 or email brent.ruby@umontana.edu or brent@omnibars.com. For more information on Fred Meyer carrying Omnibars in their stores, call Omnibar Sales and Marketing Director Anthony Krolchyz at 406-531-5258.

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Struggling for Breath

Why people with COPD may be putting themselves at unnecessary risk

(BPT) - Imagine experiencing shortness of breath, wheezing, and a cough so severe it requires you to visit the emergency room. This is a frightening potential reality for an estimated 24 million Americans with chronic obstructive pulmonary disease (COPD), a progressive and debilitating lung disease that makes it difficult to breathe. Many COPD patients will experience an event like this called an exacerbation (or flare-up), a time when symptoms suddenly get worse and breathing becomes more difficult.

COPD exacerbations can be triggered by infections, changes in the weather, air pollution, or second-hand smoke, and they're a leading cause of hospitalization in the US. Therefore, it's critical for COPD patients and their doctors to have a productive dialogue on how to manage, treat, and prepare for these potential flare-ups.

However, findings from the new, groundbreaking, two-part national COPE (Chronic Obstructive Pulmonary Experience) Survey released by The COPD Foundation show that people with COPD may need more education and better communication with their doctors to effectively manage the condition. In fact, despite the serious risks posed by exacerbations, the COPE Survey revealed that nearly two-thirds (62 percent) of COPD patients admitted to not knowing a lot about them - and an additional 16 percent were unaware of what a flare-up even was.

Moreover, 60 percent of COPD patients reported that they do not have an action plan in place to deal with a flare-up. By contrast, in the part of the COPE Survey targeting physicians who treat COPD, almost all said they discuss exacerbations and establish action plans with their patients, suggesting there is an opportunity to improve patient care through more productive, meaningful communication between patients and their physicians about COPD to improve patient care.

Early detection and proper diagnosis of COPD are also critical to managing the disease and slowing its progression, yet surveyed COPD patients indicated that they experienced symptoms of the disease for an average of 2 years and 9 months prior to being diagnosed. Furthermore, surveyed physicians reported that 39 percent of their patients had reached a "severe" or "very severe" disease state by the time of diagnosis - results which indicate there may be an opportunity for earlier detection and intervention. Despite the importance of proper diagnosis of COPD severity, less than half (49 percent) of physicians surveyed reported that they always perform spirometry - a diagnostic tool that measures lung function - to confirm a diagnosis.

The survey also revealed that only 12 percent of COPD patients consider their condition to be "completely controlled" and indicated that COPD disrupts their patients' ability to complete normal daily activities such as exercising (87 percent), climbing stairs (86 percent), and walking (77 percent). Yet surprisingly, 82 percent of



patients who have a COPD treatment regimen said they are satisfied with it.

"COPD can be treated - but it's crucial for doctors to diagnose it early and help patients follow the appropriate therapeutic strategies to improve symptoms, increase activity, and reduce the chance of exacerbations," says Dr. MeiLan Han, associate professor of medicine in the Division of Pulmonary and Critical Care at the University of Michigan. "It's important that physicians develop an individualized approach that works best for each patient."

The surveys were conducted by The COPD Foundation with support from Forest Laboratories, Inc., as part of Forest's MORE Matters education campaign. The initiative aims to provide people living with COPD and their caregivers what they want more of: education about the condition, helpful resources, and the support needed to help them manage the disease. Additional information can be found at morematterswithcopd.com.

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Project Honors Vets and Helps Those in Need



Greta Mannen (left) and Karen O'Dell (right) display donated Christmas Stockings

By Meagan Dotson
A new project is underway to provide Veterans with much needed toiletry items over the holiday season. Richland and McCone County RSVP, Dawson County RSVP and Action for Eastern Montana are partnering together to give away 100 handmade Christmas stockings filled with select items to approximately 70 residents at the Veteran's Nursing Home in Glendive and the remainder to vets in Richland and Dawson Counties who are living at home.
"A ladies group from Billings wanted to make stockings for veterans in Eastern Montana, but didn't have the means to fill all of them," said Karen O'Dell with Action for Eastern Montana.
This was the beginning of the Stockings for Veterans Project. After the donation of the stockings, fundraising began over the summer with a Poker Run and Honor Ride put together by RSVP and Action for Eastern Montana. The Sidney Elks Club and VFW along with other organizations generously partnered alongside as a way to pay tribute to local heroes and raise money. Part of these proceeds will be used to buy essential items to fill the stockings.
Businesses including Reynolds Market, Hurley Enterprises, Action Auto, Seitz Insurance, Fink Dental and Johnson Hardware & Furniture have all donated to the cause. Private donors from all over the state have also made contributions. In addition to donated toiletries, the project has currently received approximately \$1600 in cash donations and a \$200 gift card to help purchase needed items.
Between 2008 and 2012 there were 700 veterans living in Richland County and with the purpose of this project being to help as many veterans as possible, excess donations will mean extra stockings going out to more people.
"One of the main goals is to make the holiday season financially easier and honor those people that have served our country," said Greta Mannen with RSVP.
"Many people don't realize that personal care items aren't furnished through nursing homes," adds O'Dell. "We thought this would be a great way to let them know that they haven't been forgotten."
Volunteers including Senator Tester's and Senator Walsh's field staffs will assemble the stockings December 6. They will then distribute them to the Veteran's Home in Glendive. 4H members will deliver the rest door-to-door.
Items needed include:
Toothpaste and toothbrushes
Dental floss
Chap stick
Hand sanitizer
Kleenex
Hand Wipes
Foot Powder
Socks
Booties
Shampoo
Combs
Body Spray
Gum
Fly Swatters
Shower Gel
Shaving Cream
Nuts
Puzzles
Word Search Books
Brushes
Soap
Deodorant
Hand Lotion
Stamps
Stationary
Pens or Pencils
Paper
Non-perishable snacks
Hard Candy
Aftershave

Everyone is encouraged to get involved. For further information about the Stockings for Veterans Project contact Karen O'Dell at 406-433-4967 or Greta Manning or Rita Jacobson at 406-433-2207. Richland County donations can be made at the Richland County Health Department at 1201 West Holly St. Suite #1 or Suite #6 .KGCX Eagle 93 is also taking donations at 213 2nd Ave SW Sidney, MT 59270.
Dawson County donations can be made at Action for Eastern Montana at 2030 N Merrill Ave Glendive, MT 59330, KXGN at 210 S Douglas St. Glendive, MT 59330, or at the RSVP office at the Senior Center at 604 E Grant St. Glendive, MT 59330.
Action for Eastern Montana will be holding a donation drive at the K-Mart parking lot on October 15th from 10am-1pm.



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Fairview Memories

THE FAIRVIEW NEWS**THURSDAY OCTOBER 26, 1950****AN INDEPENDENT NEWSPAPER**

The Fairview News
Thurs, Oct 26, 1950
Potato Harvest Is Completed; 10 Days More Needed In Beets

Harvest of sugar beets in the Lower Yellowstone is said to be past the half way mark and most observers believe that about ten days of good weather will see this crop all delivered to beet dumps of the Holly Sugar Corporation.

Numerous growers are completing their acreage this week and the limited amount of hand labor will go into unfinished fields and speed up the beet harvest. A large share of the beets have been pulled, topped and loaded by machinery this year although the process was slowed because of poor field conditions. Tare is running at a terrific figure according to reports.

This week the potato harvest was reported to be completed in the larger sense and only an occasional grower had spuds that were yet in the ground. The larger acreages grown by Walter Reidel, Henry Paschke and Benoit Hardy were all reported in the bin. Ben Sedlacek and Tom Gable were likewise among those

finished and generally the yields were reported to be very good. Numerous of the growers have had fields that crowded the 500 bushel per acre mark. This was said to be one of the best years in many for potatoes and the stock is well ripened.

In the upland there is still an occasional field of grain to be harvested although the greatest difficulty has been the storage of grain. A good share of grain has been placed in temporary bins or dumped on the ground. Local elevators have been glutted because grain cars were not available for shipping. However, this situation is easing and elevator men are getting out a few more cars each week.

Grain that was not harvested before the rains this month was said to have dropped in grade and weight. However, on an average the grain yields were good, running from 20 to 40 bushels per acre.

The Fairview News
Thurs, Sept 7, 1950
New Attractive Sign Was Installed West of Fairview Last Week

Last Wednesday and Thursday the Fairview Commercial club sign

committee installed one of the finest road signs that has been seen in this area at the Four Corners west of Fairview.

L.L. Maxson, chairman, has had the project underway for several months and for the installation work called in numerous members of the club who dug and tamped the holes, built the supports and hung the large 14 x 20 sign.

The sign is done in three colors and has Scotch-lite tape for night reading. It points an arrow to Fairview, 11 miles, and shows connecting links with Dakota and Montana highways.

For an evening drive it is well worth going out to the corners and viewing this attractive display.

The Fairview News
Thurs, Sept 14, 1950
Local Boys Represent Montana at National Stock Judging Contest

Montana will be represented at the National Stock Judging contest in Kansas City the second week in October by the Fairview Vo-Ag team, state winners at Bozeman last winter who outdistanced their nearest rivals by over

200 points.


The invitation to enter the meet was extended sometime ago by the state department and last week the Fairview Bank became the financial sponsors of the trip.

"The Fairview Bank has been in operation about ten years in this agricultural community," stated Cashier A. J. Huber, "and the success of agriculture has a direct bearing on the success of this institution. We are happy to show your faith in the community and the young folks by assisting their program. This is not only a duty but a decided pleasure."

The Fairview judging team is composed of three boys: Lee Bawden, Bill Noteboom, Dale Helm, and Bill Lassey as alternate. They were coached and won their high rating last year by Bill West, now vo-ag instructor at Baker. The four local boys will be accompanied to Kansas City by Luther Lallum, New Fairview vo-ag instructor this fall.

The Montana stock judging team will leave here on Saturday, October 7 and will return about October 15. They will also attend the National FFA convention while in Kansas City.


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Making Health Insurance Make Sense

Answers to some of the most commonly asked questions

Submitted by Mike Fierberg
CMS Public Affairs

Q: When is the next Open Enrollment Period for Medicare beneficiaries and also for consumers interested in getting health insurance through the new health insurance Marketplace?

A: Each year. Medicare beneficiaries have a chance to make changes to the way they get their Medicare and to their Medicare prescriptions drug coverage for the following year. Medicare open enrollment is every year from October 15th-December 7th and any changes made will take effect on January 1st. During this time, Medicare beneficiaries can change from Original Medicare to a Medicare Advantage Plan, change from a Medicare Advantage Plan to Original Medicare, switch from one Medicare Advantage Plan to another Medicare Advantage Plan, and join for the first time or switch from one Medicare Prescription Drug Plan to another Prescription Drug Plan. Medicare beneficiaries can either call 1-800-633-4227, Medicare's national toll-free help line, which is available 24 hours a day, seven days a week, or visit www.medicare.gov during Open Enrollment to make these changes.

Besides Open Enrollment for Medicare beneficiaries, other consumers can apply for health insurance through the new Health Insurance Marketplace during the next open enrollment period. The next open enrollment period for the Marketplace is November 15th, 2014 through February 15th, 2015. The Health Insurance Marketplace, which is part of the Affordable Care Act, ACA, is a new way for those health insurance to find health coverage from private health insurance companies that fits their budgets and their needs. The ACA says that individuals of all ages, including children, have to have minimum essential health insurance coverage, as those without health insurance cause insurance premiums to rise for those who do have health insurance, when those without health insurance utilize the health care system. The only exceptions for not having health insurance after 2014 are for those who qualify for an exemption, such as making too little to file income taxes. Consumers who do not have minimum essential health insurance or who do not qualify for an exemption from it, will have to pay their taxes for the, which will start with the 2015 tax season. The fee for the first year is 1% of a person's income for the year or \$95 per person whichever is higher. It is half the amount for children and the fee will increase every years up to 2.5% of a person's income or \$695 per person, whichever is higher. And the bottom line is paying the fee does not give you health insurance coverage, so one still won't have peace at mind coverage if and when they need health care if they don't enroll in health insurance. The good news is that the majority of consumers who signed up for health insurance the first year through the Marketplace qualified for help with paying their monthly premium. The Health insurance Marketplace can potentially save consumers thousands of dollars in hospital and/or doctor bills. More than 8 million consumers enrolled in the Health Insurance Marketplace during the initial enrollment period that ended march 31st.

Q: Can consumers apply for health insurance through the Health Insurance Marketplace outside of the open enrollment period every year?

A: Yes, in limited instances. Even though open enrollment is over, consumers may still have options to get health coverage this year and every year outside of open enrollment through the Health Insurance Marketplace. After Open Enrollment, each year, you can enroll in a private health plan through the Marketplace only if you qualify for a special enrollment period. To help consumers understand their option, the Center for Medicare & Medicaid Services, CMS launched a new screening tool which can be found at: www.healthcare.gov/screensaver or consumers can call the health insurance period include: Losing health coverage in the last 60 days OR expecting to lose it in the next 60 days. Below are most examples of coverage loss that qualify consumers for a special enrollment period (voluntarily giving up coverage does not qualify someone for a special enrollment period): Lost coverage due to divorce, Policy or plan year ended for policy you bought yourself, COBRA coverage expired which is a continuation of employer insurance once you

leave a job, Turned 26 and aged off a parents health plan, Lost eligibility for Medicaid or CHIP

Experiencing any of the following in the past 60 days: changes in household sizes: Got married, Had a baby, Got divorced, Adopted a child or had a child placed with you for foster care, Death

Changes in circumstances: Moved to a new address, Had a change in income

Change in status: Gained citizenship or lawful presence in the U.S, Released from incarceration (prison or detention)

Or, if one is a member of federally recognized tribe, or an Alaskan Native corporation shareholder.

If these changes qualify someone for a special enrollment period, in most cases you have 60 days from the life event to enroll in a new coverage. If the changes qualify someone for more or less savings, such as more or less of the advanced premium tax credit it's more important to make adjustments to your application as soon as possible.

Reporting these changes will help you get the proper type and amount of financial assistance so you can avoid getting too much or too little in advance.

If you get too much of the premium tax credit in advance, than you might get a smaller ta refund starting in 2015 than you expected, or even owe money you did not expect to owe.


It is important that you do not report these changes by mail. You can report these two ways: Online. Log into your account (or create an account if you don't have one). Select your application, then select "Report a life change" from the menu on the left. By phone, contact the Marketplace Call Canter at 1-800-318-2596 (TTY: 1-855-889-4325).

The only way to know for sure if someone qualifies for a special enrollment period in the Health Insurance Marketplace is to fill out an application. Finally, insurance companies, agents, brokers, and online health insurance sellers may sell private health plans outside of the Marketplace and outside Open Enrollment that count as minimum essential coverage. However, it is important to note that if someone purchases a plan outside of the Marketplace, they can't find out about and get the premium tax credits or lower out-of-pocket costs that are only available through the Marketplace.

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Golden Roundup INFORMATION

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

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

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

The Golden Roundup is distributed the Wednesday closest to the middle of each month. The October news and ad deadline is October 8.

Jody Wells, Publisher
Dianne Swanson, Marketing Director
Erin Wells, Business Manager
Laurie Nentwig, Marketing Representative

(BPT) - As adults age, they often face different health challenges than those experienced during their youth; however, there are several key steps that can be taken to improve their chances of maintaining good health.

A key part of healthier aging is preventing serious illnesses. Regular medical check-ups and maintaining a healthy diet and active lifestyle can go a long way toward that goal. Even if you are healthy, an adult's immune response can begin to diminish with age, leaving older adults more vulnerable to infectious diseases such as shingles, influenza or pneumococcal pneumonia. Influenza and pneumococcal pneumonia in particular can be further complicated by certain chronic conditions like COPD, asthma or diabetes, which can increase your risk of getting these diseases.

Pneumococcal pneumonia is a common form of pneumonia that affects roughly 900,000 Americans every year, according to the Centers for Disease Control and Prevention. It is a life-threatening infection of the lungs, which is caused by bacteria that live in the upper respiratory system. The bacteria can be spread via respiratory droplets through coughing or sneezing. Once infected, the disease can cause symptoms such as cough, fever, chills, fatigue, and/or difficulty in breathing. In some cases the symptoms

of pneumonia can last weeks or even months.

Pneumococcal pneumonia can lead to hospitalization and may also be fatal in some patients. Older adults are more prone to getting sick from pneumococcal infection, and are also at higher risk to experience more severe and prolonged symptoms.

There are steps that can be taken to help prevent pneumococcal pneumonia, including good hygiene, regular hand washing, and immunization. Many adults think vaccines are only for children, but it's critical for adults to keep current on their immunizations as part of their strategy for healthy living.

If you are over the age of 65, talk to your doctor about getting up to date on all appropriate immunizations and other steps that you can take to help support healthier aging.

To learn more about pneumococcal pneumonia, visit www.KnowPneumonia.com.



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Last Mile Fueling Solution — An Opportunity

By Tie Shank

GE Oil & Gas has teamed up with Ferus Natural Gas Fuels in a 50/50 joint venture to provide the ‘Last Mile Fueling solution,’ a solution to an ongoing problem in the Bakken.

The Last Mile Fueling solution is a technology & logistics system to make natural gas fueling available for exploration & production operations. It takes previously uneconomic natural gas from a flare stack, oilfield production site, or from a remote pipeline, then compresses the gas and delivers it the final distance, or the “Last Mile,” to make cleaner, cheaper fueling economical in the most remote energy and petroleum (E&P) areas while reducing environmental impact.

• Challenges of Flaring:

With advances in drilling and well stimulation technology, the number of oil wells grow and so too does the amount of gas being flared. Many new wells are located far from existing pipeline infrastructure needed to capture and use the gas economically. In the North Dakota and Montana Bakken region, the Last Mile Fueling system addresses this issue and allows companies to use this flared or wasted gas for production operations and exploration in a cleaner, cheaper and more economical way.

North Dakota has recently passed new flaring standards, with the goal of having drilling companies capture 90 percent of all the gas by 2020. Currently, drillers are capturing approximately 72 percent. That number must rise to 74 percent when the new

standards go in to effect in October, and raise subsequently thereafter until the year 2020. The partnership of GE Oil & Gas and Ferus is helping to meet this new standard.

GE’s ‘Last Mile Fueling Program Manager, Philip Fusacchia, advises that with the system and technology that they’re using, one-fifth to one-third of the daily flaring rates would be accounted for. “This means that of the 300,000 million that’s flared today, we could see one-fifth to one-third of that being accounted for with the ‘Last Mile Fueling System.’ It’s not a silver bullet, but it will make a significant contribution.”

• How does GE Oil & Gas and Ferus make this process work: (per GE Oil & Gas website)

“The first step is to remove high-value liquids such as butane and pentane from the natural gas. These liquids can be sold in a secondary open market to increase oil company profitability. The gas is then compressed on site using GE’s modular, re-de-

ployable CNG in a Box system. The compressed natural gas (CNG) is loaded into Ferus Natural Gas Fuels’ specialized trailers for transportation the final distance, or the “Last Mile,” to the point of end-use.”

The temperatures in the Bakken region, combined with the terrain and well locations make transportation of the high value liquids and newly-formed CNG no easy task. However, Ferus Natural Gas Fuels has the expertise and equipment needed to make this happen and because of this, the end product is a cleaner, cheaper fueling alternative to diesel and puts flare gas to work in the oilfield by fueling drilling rigs, hydraulic fracturing crews and other oilfield power applications.

• Statoil – First to pilot GE’s “CNG in a Box” technology at a Statoil rig just east of Watford City, ND.

“Statoil was the first one deployed and has just left the piloting phase,” states Fusacchia. “We’ll have at least four more installations before the end

of the year that I can speak of at a high level.”

Russell Rankin, Williston Regional Manager of Statoil, states in a video “The incentives for Statoil to capture that gas, obviously the revenue, and we want to be able to lessen the impact on the environment, but we don’t have the infrastructure with the pipelines in place to be able to capture all of that gas. So, we have to look for alternatives and GE and Ferus have been able to do that.”

• Fleet fueling cost savings using CNG:

“North Dakota has some of the highest diesel pricing that I’ve seen in the country, especially in the winter time when there are required additives for a Type I diesel versus a Type II. Because of the cold the fuel will gel up. We don’t have those issues with CNG so your price for CNG stays stable throughout the year. Also in the winter time, diesel can increase in price significantly. There are tremendous savings that can be realized with CNG,” states Fusacchia. “This is installation number one of what should be forty

to sixty installations at a conservative estimate. I think what we’ll see in the next couple of years is a significant build out of infrastructure. It’ll snowball, creating a much cheaper and cleaner fueling supply for the entire basin and not just for high horsepower applications but for light duty fleet vehicle use as well.”

• Future:

Fusacchia states, “We’ll have a significant footprint that covers the entire basin by first quarter of next year. We’re really planning to roll this out in a big way and to service the entire basin with not just gas capture service, but also with CNG supply... We’re taking flaring, which is looked at right now as a problem - a constraint and rather looking at it as an opportunity and putting together an offering for CNG that takes that problem and turns it into an opportunity to provide fuel and replacement fuel which is cheaper and cleaner burning than diesel fuel.”

Stewart Wilson, VP, Commercial Development, Ferus Natural Gas Fuels states in a video on GE’s

website “Looking to the future, we see opportunity for this solution to be everywhere. There is no reason why all of those drilling rigs can’t be running off gas.”

Fusacchia wraps up the interview by saying, “It’s important to know that CNG is an incredibly viable product for North Dakota. It’s a cheap, clean fuel that’s here to stay. It’ll have a broad coverage for North Dakota as a fuel source. It’s a great opportunity that’ll be created out of the challenges that operators are seeing.”

Numbers to look at – per GE Oil & Gas website

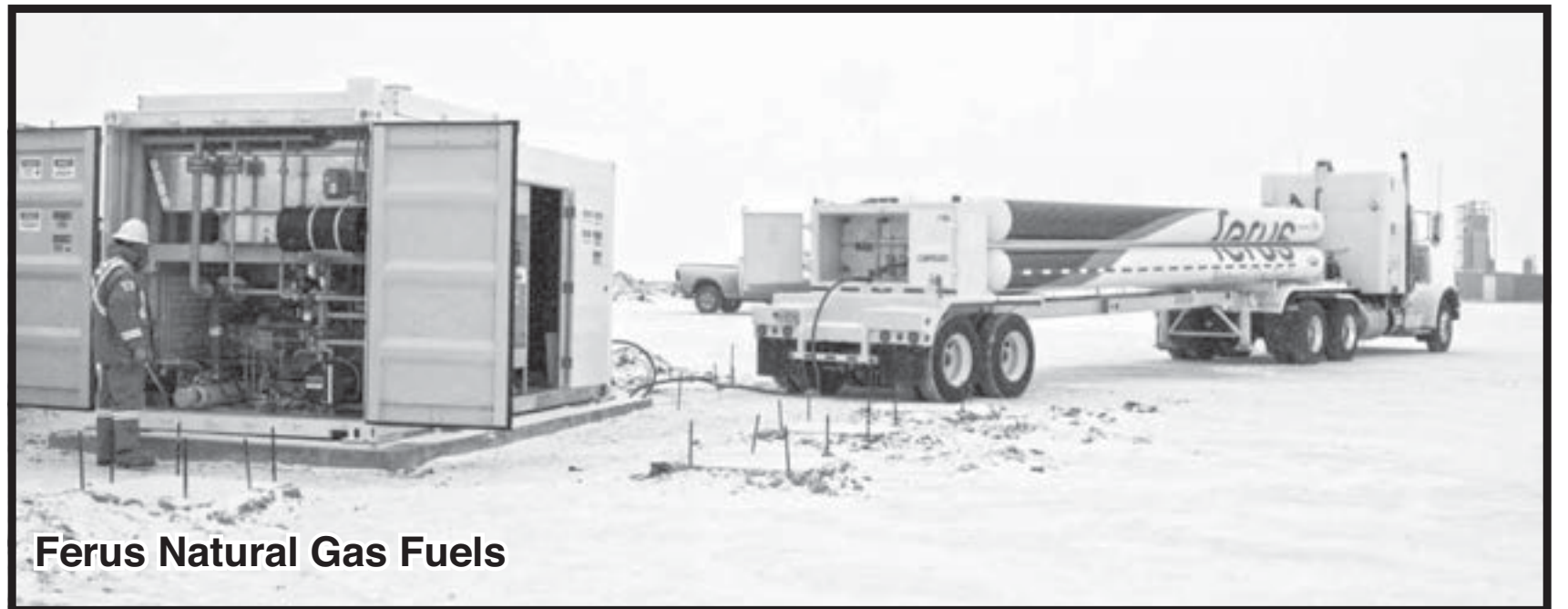
140 Billion Cubic meters of gas, or 5% of the world’s gas production, is flared annually

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The Last Mile micro-site:

www.ge.com/stories/last-mile-fueling-solution



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Review of Book “The Meat Racket”

By Kevin Dowling
WORC Communications Director

Although at first glance, a book about the development of a fully vertically and horizontally integrated cartel controlling the raising, slaughter, and marketing of poultry, pork, and beef may seem dry, The Meat Racket author Chris Leonard tells a compelling story. He follows the rise of the Tyson family in the creation of the meat cartel in a balanced and non-inflammatory manner. Leonard concludes that the handful of companies which now control the production and marketing of all meats can set prices at will.

The disappearance of free markets in agriculture mirrors the disappearance of free and open markets in much of the rest of our economic lives. What Leonard chronicles in the rise of the Tyson family is the banality of evil when it aligns itself to our own petty self-interests. Meat is now produced in a system based on exploitation of everything it touches – the animals, the environment, the contract growers, the plant workers, and ultimately the consumers themselves.

My awakening to the growing threat to the competitive markets for beef came in 1987 when Benny Bunting, a disaffected contract poultry grower from North Carolina, addressed the annual meeting of the Northern Plains Resource Council. He concluded with this warning: “Do not allow yourself to become a serf on your own land.”

The Meat Racket is a kind of requiem for the three decades of work and passion that I and many other staff and leaders of WORC have devoted to prevent the “chickenization” of the hog and cattle industries. We organized, we studied the complexity of the issues, and we came to the simple, elegant conclusion — rule — to save the integrity of the hog and cattle markets from what happened to the chicken market: forward delivery contracts for slaughter-ready beef and hogs must be publicly bid.

The rule

It received serious consideration by a number of academics and from U.S. Department of Agriculture leadership. In the end, it was not that the giants were too large and powerful for us to confront but rather that their minions, the “orcs” you might say, were so numerous and pernicious. After a long battle on many fronts, the rule has never been implemented. Instead, the vertically integrated contract meat production system has become even more entrenched.

Leonard ends his book with the dismal assessment that now that the vertical and horizontal integration of the poultry, hog, and cattle feeding industries is complete, it is not possible to restore the ideal of independent farmers selling their livestock in open competitive markets. For us ranchers and farmers this suggests we accept the fact that we will be nothing but the serfs of our corporate overlords. For consumers, it means higher prices, lower quality, and more safety issues will be our new normal.

However, even though meat, as a commodity, is firmly in the hands of the meatpacking “racket,” they still do not control the market for local, natural, or organic meat. The opportunity for niche producers and for consumers interested in local consumption is viable and growing. The local market network may remain a fraction of the size of the commodity market, but it offers an opportunity for farmers and consumers to collaborate in quality food. That is scant reassurance, however, for most western ranchers because we simply do not have enough local consumers for all of the beef and lamb that we can raise.

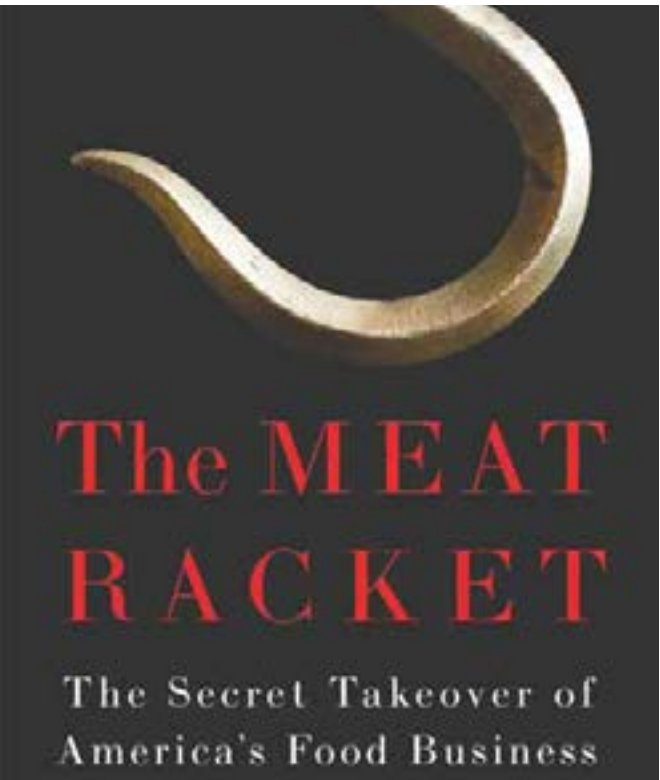
But is it all over for us ranchers? It will be if we give up trying to restore free, public, and competitive markets for cattle and sheep. I am not ready to give up and I know many who feel the same as I. If you are interested in food, and concerned about how your food is raised and where it is sourced, you should read The Meat Rack-

et. Then you should join us in the fight to restore free, public, and competitive markets for all agricultural commodities.

Gilles Stockton is a rancher from Grass Range, Mont., and member of the Western Organization of Resource Councils, a regional network of conservationists and family farmers and ranchers based in Billings, Mont.



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Celebrate Family Day

Submitted by Missy Smies for the Family Resource Center

Engaging in frequent conversations with your children is a proven defense in preventing substance abuse among youth. And when it comes to finding the perfect setting for these important talks, there is no need to go any further than the kitchen table.

Teen surveys conducted by The National Center on Addiction and Substance Abuse (CASA) consistently show that the more often kids eat dinner with their families, the less likely they are to drink, smoke or use other drugs. In 2011, the CASA Teen Survey specifically revealed that 12 to 17-year-olds who averaged fewer than three family dinners per week were four times more likely to use tobacco, more than two and a half times more likely to smoke marijuana, and twice as likely to drink alcohol.

The good news is, the positive impact of family meals has nothing to do with what

food is served and everything to do with parents engaging in their child's daily life, to nurture family bonding and feelings of belonging, and to nourish both the body and the soul. This ritual of gathering at the dinner table is shown to strengthen family ties and create a feeling of "warmth" between child and parent, which in turn, increases a youth's likelihood of making healthy, substance-free lifestyle choices. (KNOW!, 2011)

With the start of school and busy schedules, this is a good time to sit down together and plan your week. Designate a time every night for dinner, and if you can't always find time for dinner, breakfast works, too! It is not about dinner, it is about getting together at least once a day to talk and be together. This will improve and continue the trusting relationship you have or need to build on.

Monday, September 22, 2014 has been declared our nation's official Family Day

– A Day to Eat Dinner with your Children™. Everyone is encouraged to use this day as an opportunity to either begin sharing frequent meals and conversations as a family or to celebrate the fact that you already do!

While it is vitally important to talk often about the dangers of substance use, it does not need to be the topic of every dinner conversation to make a difference. Sometimes it just needs to be lighthearted and fun, where you are simply getting to know your child better.

For weekly conversation starters, check us out on Facebook! Richland County STAND gives a topic and discussion ideas on Thursdays...Talking Point Thursday. And for a lot of ideas including calendars and activities, go to casafamilyday.org.

For more parenting tips and information on classes and the Family Resource Center, please contact Nicole Hackley or Missy Smies at 433-4097.

HHS Awards More Than \$2,976,422 in Affordable Care Act Funds to Increase Access to Primary Care in MT Health Centers Funding creates an estimated 42 new jobs in Montana; Helps newly insured access care

Submitted by Michael Fierberg

Health and Human Services (HHS) Secretary Sylvia M. Burwell announced today \$2,976,422 in Affordable Care Act funding to 14 health centers in Montana to expand primary care services.

Today's awards enable health centers to increase access to comprehensive primary health care by hiring an estimated 42 new staff including new health care providers, staying open for longer hours, and expanding the care they provide to include new services including oral health, mental and behavioral health, pharmacy, and/or vision services.

These investments will help health centers reach an estimated 7,328 new patients in Montana. Nationally, \$295 million was awarded to 1,195 health centers in every U.S. State, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and the Pacific Basin.

"Health centers are a key part of how the Affordable Care Act is working to improve access to care for millions of Americans," said Secretary Burwell. "These funds will enable health centers to provide high-quality primary health care to more people including the newly insured, many of whom may be accessing primary care for the first time in Montana."

Health centers are helping to implement the Affordable Care Act, not only as providers of care, but also by linking individuals to coverage through outreach and enrollment in the Health Insurance Marketplace. Recent statistics show that health centers provided enrollment assistance to more than 6 million people over the last year.

"Health centers provide comprehensive primary and preventive services in their communities," said HRSA Administrator Mary K. Wakefield, Ph.D., R.N. "Today's awards

will be used to expand access to care to Montanans that need it most."

Today, nearly 1,300 health centers operate more 9,200 service delivery sites that provide care to over 21.7 million patients. In Montana, 17 health centers serve 97,214 patients. Nationally, since the start of this Administration, health centers have increased the number of patients served by more than 4.5 million people.

To see a list of award winners, visit www.hrsa.gov/about/news/2014tables/expandedservices/

To learn more about the Affordable Care Act and Community Health Centers, visit <http://bphc.hrsa.gov/about/healthcenterfactsheet.pdf>.

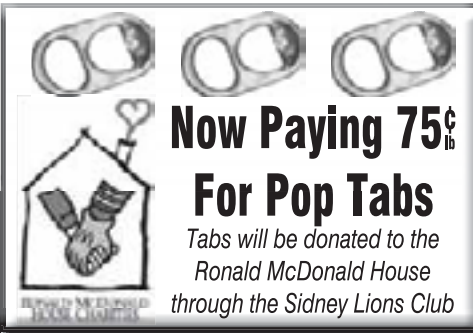
To learn more about HRSA's Community Health Center Program, visit <http://bphc.hrsa.gov/about/index.html>.

To find a health center in your area, visit <http://findahealthcenter.hrsa.gov>.

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**Rates as low as 2.99% for 36 months. Approval, and any rates and terms provided, are based on credit worthiness. Fixed APR of 2.99%, 5.99%, or 7.99% will be assigned based on credit approval criteria. Other financing offers are available. See your local dealer for details. Minimum Amount Financed \$1,500; Maximum Amount Financed \$50,000. Other qualifications and restrictions may apply. Financing promotions void where prohibited. Offer effective on all new and unused 2008-2014 Polaris ATV, RANGER, and RZR models purchased from a participating Polaris dealer between 9/1/2014 and 10/31/2014. Offer subject to change without notice.



Catholic Daughters Welcome New Members

On Sept. 8, five ladies took the formal pledge and joined Catholic Daughters of the Americas Court Mother Cabrini #1766 at St. Matthew's parish in Sidney. Pictured Left to Right: Irma Saenz; Fr. Jim O'Neil; Kelly Resig; Amanda Piatte; Becki Eggum and Trisha Klempel. Also at that meeting the membership decided to once again raffle tickets for local gift cards at the St. Matthew's Fall Dinner Oct. 19 and the Holiday Bazaar Dec. 5-6. Following our motto of unity and charity, our cup of compassion donation for Sept. went to the Sunrise Pregnancy Clinic which assists parents and their babies. (Submitted by Janet Martineau)

Hunters Reminded to Have Horses Inspected

Submitted by Steve Merritt
Montana Department of Livestock

The Montana Department of Livestock is reminding hunters that horses are required to have a brand inspection before crossing county lines.

According to Montana Code 81-3-211 (2), it is "unlawful to remove or cause to be removed...any livestock... unless the livestock have been inspected for brands by a state stock inspector or deputy state stock inspector and a certificate of the inspection has been issued...for the purpose of the transportation."

"It's a pretty common violation during hunting season," said John Grainger, Brands Enforcement Division administrator for the Montana Department of Livestock. "Producers move livestock all the time and are generally familiar with transportation requirements, but sometimes hunters just don't know."

The fine for not having a proper inspection is \$135, he said.

Grainger recommends that hunters get their horses inspected in advance of their planned departure.

"The inspection is good for a year of movement, or you can get a lifetime, so there's no good reason to wait until the last minute," he said. "If you hunt on horses, just add getting a brand inspection to your check list."

An annual inspection costs \$6, and a lifetime is \$25. A map of brand inspectors by county can be found on the department's web site; annual and lifetime inspections can also be issued at livestock markets (marked in blue on the map).

If you need an inspector but don't have access to the web, call 406/444-9431 and we'll track one down for you.

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