

The Roundup

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Wednesday, January 8, 2020

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Community Comes Together for Barnhart Benefit

Sidney residents came together to raise money for Jeana Barnhart on New Year's Eve at the Sidney Elks Lodge. Barnhart is currently renting a small apartment with her family in Aurora, CO as she awaits a heart transplant. The event included a formal dinner and live & silent auctions. A benefit fund has been set up at the Richland Federal Credit Union in Sidney for those that could not attend. Pictured above is Judy Wyman showing off the cake she donated to the live auction.

Red Cross Blood Drive, Sidney, Jan. 21

A Red Cross Blood Drive will be held on Tuesday, Jan. 21, from 12 - 6 p.m. at St. Matthew's Parish Center, 310 7th St SE, Sidney. Walk-ins are welcome, but appointments are recommended. To make an appointment, call the American Red Cross at 406-868-0911 or visit redcrossblood.org. Give blood, help save lives!

Watford City Hosts Badlands Roundup 4-H Archery Match, Jan. 25

Badlands Bulleyes 4-H Shooting Sports Club is proud to announce the Third Annual Badlands Roundup 4-H Archery Match to be held on Saturday, Jan. 25 at the Rough Rider Center Fieldhouse, Watford City.

Doors will open at 8:30 a.m. and flights will be held from 9:30 a.m. - 1:45 p.m. Beginner, Junior and Senior Barebow participants will shoot 30 arrows at 15 yards. Senior Freestyle shoots 60 arrows at 20 yards.

About 150 4-H'ers, ranging in age from 8 - 18 years, will participate in this match.

The public is invited to attend this free contest. Food will be served all day.

For more information, please contact NDSU Extension/McKenzie County at 701-444-3451 or email marcia.helland-saas@ndsu.edu.

Sidney Chamber Award Banquet, Jan. 20

The Sidney Area Chamber of Commerce and Agriculture's annual awards banquet, presented by B&B Rental, Sales and Service, begins at 6 p.m. on Jan. 20 at the Richland County Fair Event Center. Enjoy bistro flat iron steak dinner catered by Meadowlark Public House, an assortment of beverages and entertainment throughout the evening. Tickets are \$40.

"The night should be a great one to celebrate the community and the Chamber," Bill Vander Weele, Sidney Chamber executive director said. "The awards are always a highlight of the year in Sidney. We have many well-deserved winners this year."

The event will also feature an informative presentation from Dr. Scott R. Mickelsen, Dawson Community College president.

Six awards are given out to deserving businesses and individuals in the following categories:

Agriculture - Given each year to an individual or business that has made an impact on Agriculture either through its promotion or development of farming and ranching. This award is chosen by the Chamber Agriculture Committee. Past winners have been responsible for decisions and programs that have moved our area forward to a leadership position in the national agriculture scene.

Educator of the Year - Selected by a joint school and Chamber committee from the nominees submitted at each school. The selection criterion includes not only the nominee's ability as an educator, but also their written responses to a questionnaire, their involvement in extra-curricular activities, and the community.

Entrepreneur - One of two awards chosen by the Chamber membership to recognize an individual or business who has been successful at least one year in their new venture, going beyond the ordinary to capture the public's attention.

Horizon - Given to a business that has been in existence for more than five years, that keeps on breaking new ground and moving forward. This is the second of the membership nominated awards, and one that has so many deserving to be honored.

Sunrise Spirit - Meant to honor an individual or group that has given outstanding service to the Sidney community.

Partner in Progress - For special recognition of people who have given just a little more of themselves to the community.

Past President - Given to the outgoing Chamber board president to signify the end of their term by the oncoming president.

GET YOUR TICKETS NOW! Tickets are available now for \$40 and may be purchased online by going to <http://sidneymt.chambermaster.com/events/details/sidney-chamber-annual-banquet-17198>, by phone 406-433-1916 or in person at the Chamber office, 909 S. Central Ave.

The Danger Of Distance: Here's How A Lack Of EMS Is Hurting Rural Montana Residents

With more than 70,000 miles of roads, a person could get lost in Montana. Unfortunately, that also means it could be hours to the nearest hospital.

By Traci Rosebaum, Great Falls Tribune
December 17, 2019

In Montana, we're a fiercely independent folk who love our wide-open spaces. We love having four seasons, even if we get them all in one day. We love hunting, fishing and other outdoor pursuits. We love those miles of empty highway stretching toward a horizon that never seems to end. But all the things we love about our state can turn against us in an emergency.

At 4:15 a.m. on January 15, 2018, Eljay Young Running Crane was struck by a vehicle in Heart Butte. During the trial of the woman who hit him, witnesses testified that he lay injured in the snow for 30 minutes before the first ambulance arrived.

It took another half-hour for him to be transported from Heart Butte to Browning. He arrived between 5:20 and 5:30 a.m.

When the testifying physician arrived at 6 a.m., he called Benefis Health System to request transport to Great Falls via Mercy Flight helicopter.

But the weather meant Mercy Flight couldn't fly that day. Eljay was bleeding internally. He had a shattered pelvis, a fractured leg and a head injury.

Doctors gave Eljay 10 units of blood—the entire supply on hand at Blackfeet Community Hospital— followed by 10-12 liters of saline to try to keep him stable until an advanced life support ambulance could transport him to Great Falls.

When Eljay passed away at 10:30 a.m., that ambulance still had not arrived.

In December 2019, Glacier County Commissioners announced that a lack of reimbursement from the Indian Health Service for payments dating back to 2014 was forcing the suspension of ambulance services to Blackfeet Community Hospital.

"This completely avoidable situation caused by Indian Health Service negligence will without question threaten the lives of the Blackfeet living in Glacier County," said Glacier County Commissioner Michael DesRosier. "We are shocked that a federal agency would so blatantly show such disregard for human life."

BCH is the only hospital on the Blackfeet Reservation, and it serves residents of Browning and the surrounding area, including Heart Butte and East Glacier Park, all of which will be affected by the lack of ambulance services.

A System In Crisis

Jim DeTienne is the supervisor of Emergency Medical Service and Trauma System Section for the Department of Public Health and Human Services.

He calls Montana's ambulance services "a system in crisis."

First of all, the state has about 140 ambulance services, and three-quarters of those are volunteer or mostly volunteer. "As with everything else, volunteerism has been declining over the years," said DeTienne. "So, the biggest issue in our state is not having enough people to respond anymore, especially in the small communities."

Once the EMS system is activated, volunteers are notified that their ambulance has a call. But they're not always immediately available.

"EMTs (Emergency Medical Technicians) are not sitting at the station waiting. They're at work or at home in bed or wherever," said DeTienne, adding that inter-facility transfers like Eljay's take time to arrange and get the right crew for the patient's needs.

For example, a first responder to a scene — such as volunteer fire fighter or Montana Highway Patrol trooper - might have minimal first aid and no way to transport a patient.

A basic EMT has additional training, more equipment and the ability to transport patients and is the minimum level of training an ambulance service needs to respond.

Advanced EMTs have all of the above, plus even more training in starting an IV, airway care, some medications and more advanced life support.

Paramedics have full advanced life support training and are available mostly in more populated areas.

Once an ambulance crew is ready to respond, they often face additional barriers in getting to their patients, including poor road conditions, adverse weather and long distances.

All of this depends on the area even having an ambulance, a prospect that's getting less and less certain. Rural ambulances are paid for by city or county tax funds, donations and other fundraising that keeps them maintained and stocked. That means it's not uncommon for an ambulance in a small town to be kept alive by raffles, bake sales and the kindness of the locals.

Patients may get a bill for an ambulance ride, but according to DeTienne, "Reimbursement is not great. Medicare and Medicaid reimbursement is not enough to keep that service going 24/7 without supplemental funding."

And even a fully stocked ambulance is useless if there's no one to staff it.

Volunteerism is on the decline for rural emergency services. Those with the right skills already have full-time jobs, and an ambulance call can take up to six hours or more depending on where it



With more than 70,000 miles of public roads, a person could get lost in Montana. Unfortunately, that also means it could be hours to the nearest hospital. (Photo: Tribune File Photo/Rion Sanders)

has to go.

"(Citizens) think they have a paramedic service ready to come at a moment's notice," said DeTienne. "They're starting to understand that not only is that not true, but the community needs to come together to learn what level of service they have now and their challenges — to learn what EMS they want and what that costs and how they can pay for it."

Beyond the time it takes to maintain certifications and volunteer as an EMT, DeTienne added that the job is very tough on a person's mental health.

If rural ambulance services are to continue, the area they serve will need to step up and help find solutions.

"Communities are starting to learn that EMS costs and somebody's going to have to pay for it, and it's a challenge," DeTienne said. "We need to fundamentally change the way we deliver EMS in this state or any rural state for that matter."

Montana's Hospitals

Brittany Mayfield, Benefis Health System emergency physician, Great Falls, and medical director of Teton County EMS, knows what it's like to be on the receiving end of facility transfers from rural Montana.

"I read their reports all the time," she said. "It's winter, and they get to a driveway that's a quarter of a mile long, and it hasn't been plowed all winter and they have to get somebody out to plow the driveway before they can even get to a patient."

Once they reach a patient, EMS has to determine the level of care they need.

A level-1 trauma center is the highest designation a hospital can have, providing a 24-hour in-house trauma surgeon, anesthesia and radiology.

If patients with severe trauma or a major health event such as a heart attack or stroke need care, they must be transported to one of seven hospitals in the state with at least a level-three designation.

Unfortunately, those hospitals aren't always within easy reach.

According to Alyssa Johnson, the state's trauma system manager, Montana has more level-5 trauma receiving facilities than any other state. Of 65 trauma-designated facilities, nearly 90% are level-4 or less.

(Continued on page 3A)

Sidney Health Center Welcomes Nurse Practitioner To OB/GYN Practice

Sidney, MT — Sidney Health Center is pleased to announce the addition of Krista Frank, Family Nurse Practitioner to the obstetrics and gynecology clinic office. Krista will be joining Dr. Malua Tambi, Dr. Lisa Ross and Wendy Wiltzen, FNP, the first full week in Jan. 2020.

Krista recently graduated with a Doctorate of Nursing Practice from Nebraska Methodist College, Omaha, NE, and did an OB/GYN internship at Alomere Health in Alexandria, MN. She is certified through the American Academy of Nurse Practitioners and has years of nursing experience working in various hospital and public health settings in western North Dakota.

Krista is looking forward to practicing in rural Montana and the opportunity to work collaboratively with physi-

cians, staff and patients. Early in her career, she quickly moved through the ranks with a strong interest in learning from other professionals and more importantly, providing safe patient care through competency and essential communication skills.

Krista has a special interest in women's health including annual exams and screenings, prenatal visits, lactation counseling, and gynecological health education. She will be working closely with Dr. Tambi and Dr. Ross to meet the ever-growing needs of women living in the MonDak region.

"We are so excited to welcome Krista to the medical staff," stated Becky Cassidy, Physician Services Senior Executive. "The community need for additional women's health services is evident as the number of births continue



Krista Frank

to grow as well as gynecological procedures."

To schedule an appointment with Krista Frank, FNP, please call the OB/GYN suite at 406-488-2577.



Pickup And Delivery Dates:
Sidney: Wednesday Only
Watford City: Tues, Thurs & Sat

Serving Watford City At Meyer's Department Store
200 N Main • 701-444-2906 | Mon-Fri: 10am - 6pm • Sat: 10am - 5pm
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108 E Main • 406-433-7679 | Mon-Fri: 10am - 5pm

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ZANDER DEAN: 113#

Zander is 20-1 on the year. He beat the 2-time State Champion, Mick Chagnon of Havre, during the Havre/Sidney dual on Saturday, January 4th.

Congratulations, Zander.


You are the Sidney Eagle Wrestler of the week!

This week sponsored by Blue Rock Products


**All Are Welcome
To Come Help Make
Richland County
A Second
Amendment
Sanctuary**

**Monday,
Jan 20 • 7pm**

**At The Richland County
Extension Office**
1499 N Central Ave • Sidney, MT



Sponsored by the Richland County
Republican Central Committee



LAKE WATER LEVEL REPORT

Current Elevation.....	1839.1
Last Week's Elev.	1839.2
One Year Ago	1839.5
Release For Day (C.F.S.)	23,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
December 30.....	27	9	0.000
December 31.....	35	7	0.000
January 1.....	39	31	0.013
January 2.....	37	27	0.008
January 3.....	37	13	0.000
January 4.....	45	23	0.045
January 5.....	37	24	0.000
Total 2019 YTD Precipitation.....	21.638		
Total 2020 YTD Precipitation.....	0.066		

STATISTICS

OBITUARIES

Dale Karpyak, 67

Menoken, ND formerly of Watford City, ND

Funeral services for Dale Karpyak, 67, Menoken, ND formerly of Watford City, ND were held 11 a.m., Tuesday, Jan. 7, 2020 at First Lutheran Church in Watford City, ND with Pastor Rob Favorite and Pastor Mark Honstein officiating.

Interment was in the Schafer Cemetery, Watford City, ND under the care of Fulkerson-Stevenson Funeral Home, Watford City.

Visitation was Monday, Jan. 6, 2020 from 8 a.m.-3 p.m. Family and friends service was held at 5 p.m., Monday, Jan. 6, 2020 at First Lutheran Church in Watford City, ND.

Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Dale passed away on Thursday, Jan. 2, 2020 in Bismarck, ND.

Keith Shafer, 81

Sidney, MT

Funeral services for Keith Shafer, 81, Sidney, MT, are at 11 a.m., Wednesday, Jan. 8, 2020 at the Bible Baptist Church Sidney with Reverend Michael Backhaus officiating.

Visitation was held Tuesday, Jan. 7, 2020 from 10 a.m. to 5 p.m. at Fulkerson-Stevenson Memorial Chapel, with a family and friends service beginning at 6 p.m. under the care of the Fulkerson-Stevenson Funeral Home, Sidney.

Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Keith passed away on Dec. 30, 2019 at his home in Sidney, MT.

Pat Kwasney, 74

Sidney, MT

Pat Kwasney, 74, Sidney, MT, passed away peacefully on Dec. 17, 2019 at St. Vincent Hospital, Billings, MT. Pat was born on May 30, 1945 to Joseph and Tillie Mock, Sidney, MT. In 1966, Pat married David Kwasney at St. Matthews Catholic Church in Sidney. Together they had 3 children, Scott, Shannon and Stacie.

A memorial service will be held on Feb. 1, 2020 at 3 p.m. at 1106 9th Ave., SW, Sidney, MT.

For a longer obituary and to leave memories with the family please visit www.dahl-funeralchapel.com.



Pat Kwasney

G'Nell Sundheim, 64

Colstrip, MT formerly of Sidney, MT

G'Nell Sundheim passed away at home surrounded by her husband and daughters in the early morning on Sunday, Dec. 29, 2019. G'Nell fought a long and courageous battle with cancer. She will be greatly missed by all of those who knew and loved her.

G'Nell was born in Sidney, MT on Oct. 10, 1955. She was the second of four children born to Harry and Helen Schmitt. G'Nell worked various jobs throughout her young life. Her very first job being at the Centre Theater, which fit well with her vivacious personality and where no person was a stranger to her. G'Nell graduated from Sidney High School in 1975. She then attended Beauty School in Havre, MT to obtain her cosmetology license. G'Nell was able to balance her work life and family life as a hairdresser. She was a dedicated mother first and foremost. She treasured her daughters; they were her pride and joy. G'Nell especially loved her role as GeGe. To say she spoiled her grandson is an understatement. One of the first words she taught Jonathan was "shoppin". On one visit to Bismarck G'Nell had him chanting, "Dollar Store, Dollar Store!" G'Nell's mothering was not limited to her daughters. She included the girls' friends to the point they nicknamed her "Big Nell".

In the spring of 1984, her knight in shining armor came driving up in his '68 Corvette and swept her off her feet. Favorite dates for Jerry, G'Nell and the girls were riding in the Corvette. The love of her life and best friend eloped to Havre where they were married on July 5, 1984. Gerald and G'Nell resided on the family farm in Fairview for 21 years until his job relocated him to Colstrip in 2004.



G'Nell Sundheim

G'Nell was an active member of the Catholic Daughters at St. Matthew's Church. The church was a very special place that was near and dear to her heart. She participated in the Cum Christo for a number of years. G'Nell also enjoyed being a member of the Women of the Moose, holding various offices and achieving different honors.

G'Nell was meticulous in all aspects of her life. She kept an immaculate house. It was not uncommon to hear her whistling while vacuuming at 1 a.m. Her attention to detail was obvious in her hardanger and crafting. She enjoyed gifting her beautiful works of art to family and friends. G'Nell was especially proud of the Christening gown she made for her grandson which received top honors at the Richland County Fair.

G'Nell is survived by her husband, Gerald "Jerry" Sundheim, Colstrip; daughters, Michell "Chellie" (Kirt) Gordon, Yuma, AZ; Jeri "Toadie" (Paul) Matthews, Bismarck, ND; grandson Jonathan Matthews also of Bismarck; brother Karlon (Helen) Schmitt of Sidney MT. She is also survived by numerous nieces and nephews who called her Uncle Nell.

G'Nell is preceded in death by her loving parents Harry and Helen Schmitt, her beloved brothers Kennard & Kerwin Schmitt, and her grandparents Kenneth & Sylvia (Sheehan) Schow, Felep & Amelia (Kaufman) Schmitt.

A celebration of G'Nell's life was held for the family at Fulkerson-Stevenson Funeral Home, 315 2nd St. NW, Sidney, MT on Thursday, Jan. 2, 2020 beginning at 6 p.m. The funeral was held at St. Matthews Catholic Church, 219 7th St. SE, Sidney, MT, on Friday Jan. 3, 2020. Cremation took place after the funeral with interment to follow at a later date.

In lieu of flowers, donations are welcome in memory of G'Nell to the American Cancer Society, Billings Clinic Cancer Center, or Bismarck Cancer Center. Online condolences may be expressed through www.fulkersons.com



SEND US YOUR EVENTS!
THE ROUNDUP: PO Box 1207
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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Wed., Jan. 8

St. Matthew's Youth Group Pizzas & Brat Fundraiser Ends - Last day for pizzas and brat orders with payment at St. Matthew's Parish office Center Office . **Pick up orders** on Feb. 2 between 10:30 a.m. to 12 noon at St. Matthew's Parish Center, Sidney. Place an order by calling Mary Quiroz at 433-2510.

Sat., Jan. 11

5-6:30 p.m. - **Richland Opportunities Inc. Chili Dinner Fundraiser** - Free will donation, public welcome. Sidney Moose Lodge, 301 3rd St. SE, Sidney, MT.

Sun., Jan. 12

12-3:30 p.m. - **First Lutheran Church of Savage Annual Lutfisk & Meatball Dinner** - \$15 for adults, \$5 for children 12 and under.

Wed., Jan. 15

10 a.m.-4 p.m. - **Continuum: Contemporary American Indian Art** - This art will be exhibited through April 11. Viewing is free and open to the public. MonDak Heritage Center, Sidney. For more information call 406-433-3500 or email mdhc@richland.org. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.

11:30 a.m. - **Richland Red Hatters Lunch Meeting** - The Depot. RSVP by Jan. 13. Call Sylvia, 798-3882 or Margaret, 488-4613.

Thurs., Jan. 16

8-9 a.m. - **Chamber Board of Directors Meeting** - The meeting is open to the public. Sidney Chamber Office, 909 S. Central Ave.

Sat., Jan. 18

10 a.m.-4 p.m. - **Open Studio Saturdays** - Do your own project with wet clay, paint with acrylics, or create something special together with your little one. Pricing is based on the medium and the size of your project, and ranges from \$10 to \$65 with all supplies included. For more information visit <http://mondakheritagecenter.org/events/open-studio-saturdays/>. MonDak Heritage Center, 120 3rd St. SE, Sidney, 406-433-3500.

Mon., Jan. 20

6:00 p.m. - **Sidney Chamber Annual Awards Banquet** - A no-host social begins at 6, dinner and program starts at 6:30. Dinner is being catered by Meadowlark. The event will take place at the Richland County Fair and Rodeo event center. Tickets are \$40 and can be purchased at the Chamber, or online by viewing the event on the community calendar at sidneymt.com.

6:30 p.m. - **Debt Is a Thief! Take Back Your life** - Dave Ramsey and his team of financial experts will teach you how to beat debt and build wealth with the most powerful tool there is...your income. This is a 9 week course that goes every Monday through March 16. Sidney Assembly of God Church, 414 E Main St., Sidney. For more information text 406-478-2338 or email SaleekJay@hotmail.com.

7 p.m. - **Come Help Make Richland County A Sanctuary For The Unborn and A Second Amendment Sanctuary** - Everyone welcome, Richland County Extension Office, 1499 N. Central Ave., Sidney. Sponsored by the Richland County Central Committee.

7:30 p.m. - **Anxiety & Depression Peer To Peer Support Group** - A discussion-based group facilitated by peers. All are welcome to join. Pella Lutheran Church, 418 W. Main St., enter through the eastern door.

Tues., Jan. 21

12-6 p.m. - **Red Cross Blood Drive** - St. Matthew's Parish Center, 310 7th St. SE, Sidney. Walk-ins welcome, appointments recommended. To make an appointment call American Red Cross, 406-868-0911 or visit redcrossblood.org.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone

Wed., Jan. 8

10 a.m.-12 p.m. - **Art and Play by Long X Arts Foundation** - Make art while your kids play on the playground. Drop-ins welcome. \$5 recommended donation to Long X Arts Foundation. Second Wednesday of each month through April 8. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND. For more information contact Jessie, 701-770-8659 or longxart@gmail.com.

4-5 p.m. - **After School Art: K-2 - Winter Session by Long X Arts Foundation** - Help your student grow in creativity in this fun class that covers a variety of mediums. \$50 for full session, must preregister, 8 week session every Wed. through Feb. 26. Drop-ins welcome at \$10 per class. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND.

Fri., Jan 10

4-5 p.m. - **Art Journal Class 6th-12th grade by Long X Arts Foundation** - Students will record memories and dreams using a variety of tools and techniques. \$40 for full session, 2nd Friday of each month through April 17. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND. For more information contact Jessie, 701-770-8659 or email longxart@gmail.com.

Sat., Jan. 11

11 a.m.-12 p.m. - **Cookie Decorating For National Youth Day** - Children ages 3 and up have a fun morning of cookie decorating at Jack & Jill, 104 3rd Ave. NE, Watford City, ND. Limited space to first 12 registered, call 701-842-2369 to register your child, \$20 per child.

Mon., Jan. 13

4-5 p.m. - **After School Art: 3rd-6th - Winter Session by Long X Arts Foundation** - Help your student grow in creativity in this fun class that covers a variety of mediums. Every Mon. through Feb. 24. Drop-ins welcome at \$10 per class. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND.

Tues., Jan. 14

6 p.m. - **Young Professionals of Watford City January Social & YP Election Info** - Meet the new Young Professionals of Watford City and socialize with some you already know. Outlaws Bar & Grill, Watford City, ND.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.

Sat., Jan. 11

5-12 p.m. - **Game Night At The James** - Role playing games, card games and more. Coffee provided, bring your own snacks. Free and open to the public, donations welcome. James Memorial Art Center, Williston, ND.

Fri., Jan. 17

8-10 p.m. - **Out Loud At The James** - Acoustic musicians, storytellers, comedians and poets bring your poems, songs, and jokes to share with your friends and neighbors. No entry fee, donations welcome. James Memorial Art Center, upstairs Gallery 1, use the front door entrance, Williston, ND. For more information contact The James, 701-774-3601.

Sat., Jan. 18

8 a.m.-3 p.m. - **Annual Cub Scout Winter Water Carnival** - Cost is \$15 in advance or pay at the door \$20 for youth only. Adults invited and needed to participate with their scouts in the pool. Non Cub Scout siblings can attend for \$10 in advance and \$15 at the door. The Williston ARC, 822 8th St. E, Williston, ND.

5:30 p.m.-12:30 a.m. - **2020 CWC Boots And Brews Banquet** - Live and silent auction, coaches pie auction, BBQ dinner, various games, dancing, raffle and more. Raymond Family Community Center, Williston, ND. Benefiting the Coyote Wrestling Club. Must be 21+ to attend.

Sun., Jan. 19

9:30 a.m. - 1 p.m. - **Community Appreciation Breakfast** - Free breakfast, everyone welcome. Moose Lodge #239, 101 2nd St. West, Williston, ND.

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone

Thurs., Jan. 23

11 a.m.-3 p.m. - **Dawson County Extension Winter Series Program** - Topics: Combating Herbicide Resistance; Forage Quality and Ration Balancing; Range Recovery after the Lodgepole Complex Fire. Dawson County Courthouse Community Room, Glendive. For more information contact the Dawson County Extension Office, 406-377-4277.

The Danger Of Distance...

(Continued from page 1A)

“Most states don’t even designate the equivalent of level-5 center,” she said, “and that’s primarily what our entire system is.”

There are no level-1 trauma centers in Montana.

In order to receive the care he needed, Eljay would have had to get to at least a level-3 trauma center. The nearest was Benefis Health System, Great Falls, a level-2 center two hours away by road.

A Public Health Service facility, Blackfeet Community Hospital does not have a trauma center designation level. It does provide emergency services and has at least one surgeon on staff, although no surgeon was available the day Eljay was killed.

“The main limitation from the rural hospitals is just their access to resources. They’re easily overwhelmed if they get even one critical patient,” Mayfield said. “And Browning is comparatively a decently equipped hospital compared to some of the other rural hospitals.”

Some towns don’t have much more than a simple clinic with little ability to handle severe trauma. If a patient does

end up there, the staff’s job is to stabilize the person as much as they can and arrange for a transfer to another facility.

To help rural hospitals and ambulance services do a better job of preparing patients for transfer, Benefis professionals participate in advisory boards, committees and training seminars such as the Rocky Mountain Rural Trauma Symposium.

The event brings together more than 300 rural medical personnel to address the obstacles and unique challenges they face.

The Montana Department of Public Health and Human Services also publishes a trauma system plan that encourages hospitals in rural areas to be part of a statewide system of trauma care coordination to help improve patient outcomes.

“The rural clinics do a good job of trying to make that initial lifesaving step,” Mayfield said. “It’s hard on the staff that’s transferring patients because a lot of them know what the next step is, but they don’t have access to the next step.”

The first few hours with a critically ill patient are vital, and the doctors sometimes have to play catch-up when receiving

a patient from a rural hospital.

“You feel helpless, and I can imagine they feel that way a lot, too,” said Mayfield.

Out On The Roads
On April 15, Jake McMahon’s grandmother had just passed away, so he’d taken a few days of bereavement leave to take his dad fishing in the Dearborn area.

They were driving the frontage road, stopping every now and then to drop a line in the water, when they rounded a corner and came upon a crashed car.

As a transport officer for the Cascade County Sheriff’s Office and an avid outdoorsman, McMahon puts on a lot of miles around Montana. It wasn’t the first time he’d stopped for a motorist in trouble.

He recalled once helping a woman out of her car after a rollover.

“She needed someone to sit with,” he said. “She was scared. It’s as simple as that. She just needed that kind of help.”

After prying open the vehicle’s door, McMahon discovered the driver in the Dearborn crash needed a lot more than hand-holding. The man’s left

(Continued on page 4A)

Let’s Shed Some Light On New Tobacco Rules

By Stephanie Ler, RS, MPH; Public Information Officer

The end of 2019 brought several new rules regarding the sale of tobacco and electronic cigarettes. Unfortunately, it leaves all of us—health departments, retailers, tobacco users and non-tobacco users—ringing in the New Year with confusion. Though all of the details on these regulations are not clear at this time, we’re doing our best to clarify what we do know, and how that affects Richland County.

First, we’ll clarify what we know about the statewide temporary ban on the sale of flavored vaping liquids. In response to an alarming number of e-cigarette or vape-related use associated lung injury cases (called EVALI), Governor Bullock directed the state Department of Health (DPHHS) to temporarily ban the sale of flavored vaping liquid across the state. After a short wait due to a legal challenge, the ban went into effect on Dec. 18. The ban prohibits the sale of all flavored vaping products, including flavored nicotine, THC, CBD, and other flavored liquids, as well as do-it-yourself kits, both in stores and online. The ban is temporary and doesn’t require that retailers destroy their inventory. Retailers were notified by DPHHS of the effective date of the ban. The ban will be enforced through April 15, 2020.

What don’t we know? Local health departments have not been notified of what the next steps are in either establishing a more permanent prohibition on the sale of flavored vaping liquids, or re-establishing the sale of these products. We expect that DPHHS will issue additional guidance in the coming weeks, which will reach both retailers and the public.

Second, we’ll clarify the change in the Federal minimum tobacco age of purchase. President Trump signed a package of spending bills last week that surprisingly included an increase in the legal purchase age of tobacco products from 18 to 21 years of age. The age limit applies to all tobacco-related products, including cigarettes and cigars as well as e-cigarettes and vaping products. According to the Montana Tobacco Use Prevention Program most Montanans support the increase in purchase age, which is aimed at reducing tobacco use initiation, keeping tobacco out of schools, reducing underage sales and simplifying age checks. Nineteen states and Washington, D.C. have independently raised the minimum purchase age to 21 as well as more than 500 localities.

Because of the unexpected nature of its passage neither the states nor the local health departments have received guidance on imple-

menting the new law though we expect to have answers shortly. Montana DPHHS will be meeting internally to determine the next steps.

Though Montana state laws make reference to 18 as the legal smoking age DPHHS has issued a statement indicating that retailers should comply with federal law and discontinue sales to those under the age of 21.

The Richland County

Health Department expects to have more answers in the coming days and week regarding both of these new rules. Follow us on Facebook for updates at facebook.com/richlandcountyhealthdepartment, or contact Stephanie Ler, Public Information Officer, or Jacklyn Damm, Montana Tobacco Use Prevention Specialist at 406-433-2207.

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- Track your refund on IRS.gov or the IRS mobile app, IRS2Go.
- All IRS Taxpayer Assistance Centers (TACs) are by appointment only. Don’t wait until it’s too late to ask questions! However, Most questions can be resolved on the IRS.gov website without visiting a TAC.
- There are tools, filing options and other services and resources available on www.irs.gov.

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The Danger Of Distance...

(Continued from page 3A)

arm was bleeding profusely. McMahon had spent five years in the Air Force and had first aid and CPR training through CCSO, so he didn't

hesitate. He took off his belt, created a makeshift tourniquet around the man's arm, applied pressure and waited. It took about 30 minutes

for Mercy Flight to arrive from Great Falls. "It seemed to take a long time, and he did not like it," McMahon said. "He knows 'I'm

hurt' But he's under so much shock that he can't feel it. All he knows is that I'm holding him on the ground and won't let him up. He can't move his arm, but he doesn't know why." Aside from a nurse who stopped and provided a real tourniquet, the helicopter crew was the first medical professionals to respond. It took them 15 minutes to load up the patient and take off.

Volunteer Fire and Rescue out of Craig arrived after 15 to 20 minutes and blocked the road near the scene. Montana Highway Patrol showed up not long after and also helped with traffic.

"The cool thing about (volunteer fire and MHP) is that everybody works as one team that gets the job done," said McMahon. "So, if those guys hadn't showed up, Mercy Flight wouldn't have known where to land. If Highway Patrol hadn't closed the highway, Mercy Flight wouldn't have had a safe place to land. So, even though it might not seem like anybody was doing anything right then, everybody's doing that perfect part to make the whole machine work."

The crash happened right on the border of Lewis and Clark and Cascade counties. If Mercy Flight hadn't been able to fly, an ambulance from Helena or Great Falls would've been an hour in travel time there and an hour back.

The EMTs told McMahon the man could have easily bled to death if he hadn't been there to apply a tourniquet. Instead, he was transported to Great Falls and then to Seattle for treatment and has since fully recovered.

McMahon's situation is one the Montana Highway Patrol sees all the time.

Montana has more than 73,000 miles of public roads, and around three-quarters of the highway miles driven each year are outside the state's urban areas, according to the Montana Department of Transportation.

If a driver crashes on one of those roads there can be a lot of miles between them and the nearest hospital.

"There's certain highways in Montana that you can travel miles and never see a set of headlights," said 16-year MHP veteran Captain Kurt Sager, "and if you happen to go off the road, no one has any idea what happened."

If a trooper is in the area, MHP is likely to be the first to the scene of a crash. It is the troopers' job to make the scene safe, warn passersby, assess the extent of injuries and communicate with dispatch, which coordinates other responders.

But troopers only have basic first-aid training.

"We are by no means paramedics or anything to that level, so we do rely very heavily on quick response units," said Sager.

The challenges of rural



Cascade County Sheriff's Office employee Jake McMahon pulled a man from a crashed car near Dearborn in April. He held a tourniquet on the man's arm for the 30 minutes it took Mercy Flight to arrive. (Photo: Jason McMahon/Courtesy)

crashes don't end with the distance from medical care.

Areas of poor radio coverage and cell service blanket the state, and troopers out of their cars dealing with a crash can't always stop to update dispatch on what's happening.

Add bad weather on top of everything and you've got... well, just a regular day in Big Sky Country. Sager has seen the weather lock down entire communities, further delaying access to care and adding danger to travel.

Being first on the scene to a crash with a long medical response time happens several times in most troopers' careers, Sager said.

"Those times are very stressful situations because we know the limitations of our training," he continued. "Oftentimes it's one of the more stressful parts of our job is dealing with that." He recalled being dispatched to a serious crash near Circle and waiting an hour for medical to show up. During that time, he said, troopers have to fall back on their training to keep themselves task-focused, directing resources and protecting the scene.

"It does seem longer than normal," Sager said, "But keeping busy means there's no time to think and focus on how bad the situation is."

The Montana Way Of Life Montanans are tough, but sometimes we're our own worst enemies when it comes to our health.

Dr. Mayfield has seen folks who are sick or injured put off medical care until their issues become life-threatening.

"They tough it out at home for days and then they come in and they're very sick," she said. "That's a very Montana thing."

The stark truth is that our state has one of the highest rates of trauma death in the nation, and when trauma services are already held up by geographic isolation, distance and the availability of a hospital that can handle the injury, we can't always afford a wait-and-see attitude.

Fortunately, another part of being a Montanan works in our favor.

"People that are traveling the roadways in Montana are very helpful, and they stop and render aid where they can," Sager said. "It is unique here compared to a lot of places because of the nature of who we are as Montanans and the willingness of people to help out."

For victims of trauma, that willingness to help can make a big difference.

Several people stopped at McMahon's crash scene, and he remembered a "very nice lady" who brought water.

"You'd think, not a big deal, but something as simple as water, he needed it," he said.

Citizens can best help by keeping a first-aid kit handy and educating themselves on basic first aid and even CPR.

"Unfortunately, unless you can get people to learn basic first aid on a volunteer level, all you get is what your mom told you," said McMahon.

He was quick to add that you can't let the scary possibilities stop you from living how you want to live in Montana. No matter how many crashes he sees, he still loves to hunt, fish and drive the back roads.

"If you're worried, you'll never live," he said.

That doesn't stop him from being Boy Scout-level prepared. In all his vehicles, he's got everything he can think of that he might possibly need when traveling, including a real tourniquet.

He'll never quit stopping to help or encouraging others to do so.

"If you think you need to do something, you probably do," he said. "The only wrong thing to do is nothing. So, if you see somebody, it doesn't hurt you to stop and see if they're OK."

Sager encourages everyone who drives rural roads to carry an emergency kit, never drive impaired and always wear a seatbelt.

"All the safety equipment in a car is dependent on a seatbelt," he said. "All the airbags in the world won't help if you're not in the car. If you don't stay in the protective cage of that vehicle, nothing is going to help you."

On a larger scale, two of the best ways to improve the state's EMS response system are stepping up and volunteering or helping out with resources and equipment. Donating your time or your money to these causes helps ambulance services stay operational.

"I think that's kind of the nature of small community Montana is that everybody has to work together to protect its people, and I think everybody plays a role," Sager said. "When communities get together and decide that they want to do something, great things can happen."

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SHS Wrestlers Win Duals vs. Havre & Lewistown

The Sidney High School wrestling team bested both Havre and Lewistown at a home dual held Jan. 4. The Eagles will take on Watford City at home at 5:30 pm on Jan. 7. On Jan. 9, Sidney will have another home dual against Dickinson beginning at 4:30 pm followed by a college dual between MSU-Northern and Minot State University. The team will end the week with the Rotary Tournament in Bismarck on Jan. 10-11.



Sidney Wrestling Results, Havre
103: Owen Lonski over Joey Bender, pin
113: Zander Dean over Mick Chagnon, 7-2
120: Kaiden Cline over Riley Pleninger, 8-0
126: Jordan Darby over Hunter Velk, pin
138: Kolton Reid over Kale VanCampen, pin
145: Aden Graves over Connor Harris, 7-5 overtime
152: Kade Graves over Randy Tommerup, pin
160: Dylan Lutz over Orion Thivierge, 5-1
170: Nathan Romo lost to Wyatt Hansen, pin
285: Brodey Skogen over Cole Adams, pin
Sidney: 55 - Havre: 6

Sidney Wrestling Results, Lewistown
103: Owen Lonski over Damen Cord, 13-1
120: Kaiden Cline over Kason Olson, 14-0
126: Jordan Darby over Cody Fry, pin
132: Everett Jensen lost to Cooper Birdwell, pin
138: Kolton Reid over Colton Picco, pin
145: Aden Graves over Ashton Grover, pin
160: Dylan Lutz over Duane Otto II, 5-4
170: Nathan Romo lost to Keaton Potter, pin
182: Riley Waters over Treyvn Nave, pin
Hwt: Brodey Skogen over Dylan Morris, pin
Sidney: 53 - Lewistown: 12

Left: Brodey Skogen turns Dylan Morris, Lewistown, to his back at 285 lbs. Skogen won by pin.



138 pounder Kolton Reid stacks up Kale VanCampen, Havre, to get the pin.

Sidney Eagle Basketball Action



The boys and girls Eagle basketball teams were in Lewistown last Friday. The girls won 47-40 and the boys lost 44-58. Above: Zoe Morrill goes up for a basket in Lewistown last Friday. Left: Dillon Scheetz shoots for a basket in Lewistown last Friday. (Photos by Pam McGlothlin)



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Krista will be working closely with Dr. Tambi, Dr. Ross and Wendy Wiltzen, FNP to help women achieve their highest level of health and well-being.

Call now to schedule your appointment in the new year!



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Sidney Speech & Drama Home Meet, Jan. 3-4

By Christy Pierce

Sidney Home Meet took place over Friday and Saturday, Jan. 3 and 4. The Drama Team dominated with 121 points (closest team had 52) bringing home the 1st place trophy. Speech and Debate placed 3rd. Thank you to the community of judges (250 of them) that volunteered their time to make the meet successful. The team had a 2-day meet to gear up for hosting state in 2021.

Here is how everyone placed!

Drama Results

Dramatic Solo: Autumn Davidson 2nd; Madi Brost 6th; Daniel Schneider 7th

3rd

Humorous Solo: Kodi Schult 2nd
Humorous Duo: Josie Yockim & Kaileigh LaRoche 2nd
Classic Theatre: Noah Kyhl & Isaac Quiroz 1st, Emma Cundiff & Wyatt Reid 4th
Speech & Debate Results
Humorous Oral Interp: Abby Kyhl 3rd, Santos Riggs 7th
Memorized Public Address: Christine Turek 1st, Shea Roberts 4th
Impromptu: Sam Stephenson 6th; Colten Dahl 7th; Garrett Dodds competed
Informative: Chloe Go 4th.
Lincoln Douglas: Lorraine Coronato 2nd, Alexa Iversen 4th
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The team travels to Billings Central next weekend.

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Sidney Health Center Welcomes First Baby Of 2020

Sidney, MT – Willow Leigh-Nikkole Raad was the first baby born at Sidney Health Center in 2020. Kasey Day and Casey Raad of Sidney welcomed their baby girl on Jan. 2 at 2:27 p.m. She weighed 8 pounds 3.6 ounces and measured 20.5 inches long. Willow joins big sister PaizLee.

As the first baby born at Sidney Health Center in 2020, Willow and her parents received a gift basket full of baby items valued at \$300 from the Sidney Health Center Caring Corner Gift Shop and Good Cents Store Volunteers.



Willow Leigh-Nikkole Raad was the first baby born at Sidney Health Center in 2020. Willow pictured with her family, Kasey Day, Casey Raad and sister, PaizLee. (Submitted photo)

Although Willow was the first baby born in 2020, 2019 was a busy year for the obstetric department. In the past year, 206 babies were delivered at Sidney Health Center. One hundred thirteen of the babies were girls while ninety-three were boys. Although the average number of babies born per month was 17, January, May, September and November were busy months with 23, 21, 23 and 26 births respectively.

Sidney Health Center's female Obstetrician Gynecologists provide essential obstetrical services to women living in the MonDak region including preconception counseling, genetic screening and diagnosis as well as management of both low and high risk pregnancies through delivery

and follow-up care. Dr. Lisa Ross and Dr. Maula Tambi have been practicing in Sidney since summer 2016.

The Sidney Health Center obstetric and newborn units feature Labor, Delivery, Recovery, Postpartum (LDRP) rooms. These rooms are equipped with Jacuzzi tubs and Hill-Rom birthing beds. During labor, options for pain medication are offered. A trained and experienced OB and Nursery Staff is available 24 hours a day.

The obstetric department also offers a One-Day Childbirth Class four times per year with the first one in 2020 scheduled for February. Registered nurse instructors will review the following topics: relaxation, anatomy and physiology of childbirth, types of delivery, anesthesia, breastfeeding and child care. The session is free of charge; however, donations up to \$25 are gladly accepted to cover expenses.

If you would like more information about the Sidney Health Center obstetric department, please call 406-488-2146 or visit us online at www.sidneyhealth.org. To make an appointment with Dr. Ross or Dr. Tambi, please call their office at 406-488-2577.

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 CAUSE NO. DP-19-68
 IN THE MATTER OF THE ESTATE OF
 KATHERINE M. USSELMAN, Deceased.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four (4) months after the date of the first publication of this notice or said claims will be forever barred.

Claims must either be mailed to Floyd Usselman, the Personal Representative, return receipt requested at The Savage Law Firm, PO Box 1105, Sidney, Montana 59270 or filed with the Clerk of the above-entitled Court.

DATED this 17 day of December, 2019.
 FLOYD USSELMAN
 Personal Representative.

(Publish December 25, 2019, January 1 and January 8, 2020.)

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Healthy Smiles Dental is looking for an energetic and motivated hygienist to join our team. Please drop off resume at 203 2nd Ave. SW, Sidney or email drthiessen@midrivers.com.

CARRIERS NEEDED

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

FOR RENT

SINGLE LEVEL HOUSE 2 MILES FROM SIDNEY

2,000 square foot single level house on 3/4 acre, 3 bedrooms, 2 bathrooms, central air, large 2 car garage, 2 miles from Sidney, \$1,250 per month plus utilities. 406-488-1515.

HOME FOR RENT

3,000 square foot home for rent in nice neighborhood. 3 bedroom, 2 1/2 bath, 1 car garage. No pets, no smoking, rental history required, \$1,800 a month, 1 year lease. Call Barry 406-480-2024.

HANGERS FOR RENT

HANGERS FOR SALE
 Hangers available at the Sidney Airport. Call 1-406-480-2024 Text for faster response.

APARTMENT

2 bedroom, 1 bath, pet friendly, \$625. 406-489-5195.

SERVICES

AIRCRAFT BUYING, SELLING AND APPRAISALS

Aircraft buying, selling and appraisals! Call Sidney Air Service, Inc for sales and acquisitions! Call 406-480-2024, ask for Barry.

ROUND OR RECTANGULAR TABLES & CHAIRS FOR RENT

Parties, weddings, get-togethers. Ultimate Showdown Assoc. Located at Hefty Seed Co. South of Sidney, has tables & chairs for rent. Will deliver. Call 406-488-4338.

FARM & RANCH

BALES FOR SALE

Oat hay bales, net wrapped, put up green before rain, \$40-\$45/bale; Sorghum/Sudan grass bales, \$30 bale, trucking available. 406-480-9654 or 406-480-9653.

BANJO FITTINGS, HOSE & SPRAYER PARTS

Hefty Seed Company located south of Sidney has Banjo Fittings, hose and sprayer parts for area farmers & ranchers. Call 406-488-4338, store or 406-973-4338, Phil.

The Roundup

Help Wanted

Freelance position for reporter to take photos & write stories at a weekly regional publication. Must have computer skills, valid driver's license & reliable automobile. Short distance travel may be necessary. Required testing for: spelling & grammar (basic), reading comprehension & Microsoft Word 2010 at Job Service. To apply, complete a generic application at the Sidney Job Service.

Lunch Menus

Sidney Schools
Thurs., Jan. 9: Corn dogs, oven wedges, banana.
Fri., Jan. 10: Chicken noodle soup, chef salad, bread pudding, grape juice.
Mon., Jan. 13: Hamburger gravy over potatoes, green beans, pears, dinner roll.
Tues., Jan. 14: Chicken taco salad, grapes.
Wed., Jan. 15: French toast, sausage patty, orange juice, hash brown.
Savage School
Thurs., Jan. 9: Tacos.
Fri., Jan. 10: No school.
Mon., Jan. 13: Grilled cheese.
Tues., Jan. 14: Lasagna.
Wed., Jan. 15: Chicken wings.
Rau School
Thurs., Jan. 9: Pizza, fresh veggies, oranges.
Fri., Jan. 10: White chicken chili, grapes, corn muffin.
Mon., Jan. 13: Fish sticks, hash brown, cantaloupe.
Tues., Jan. 14: Ham and scalloped potatoes, peas, tropical fruit.
Wed., Jan. 15: Cheeseburgers, baked beans, pears.
Froid School
Thurs., Jan. 9: Chicken supreme, buns, fruit.
Fri., Jan. 10: Taco burgers with cheese, veggies, fruit.
Mon., Jan. 13: Pizza pasta, bosco stick, veggies, fruit.
Tues., Jan. 14: Soft tacos, taco bar, refried beans, lettuce mix, fruit.
Wed., Jan. 15: Chicken legs, mashed potatoes and gravy, veggies, fruit, buns, dessert.
Bainville School
Thurs., Jan. 9: Turkey and cheese hoagie, chips, veggie sticks, apple.
Fri., Jan. 10: Pizza, caesar salad, pineapple.
Mon., Jan. 13: Enchilada hot dish, breadstick, taco bar, applesauce.
Tues., Jan. 14: Pot stickers, rice, stir fry veggies, pineapple.
Wed., Jan. 15: Roasted chicken, mini bakers, roasted okra, cherries.
Richey School
Thurs., Jan. 9: Fish sticks, fries, peas, peaches.

Fri., Jan. 10: Meatloaf, baked potato bar, pears, cookie.
Mon., Jan. 13: Macaroni and cheese, green beans, fruit cocktail.
Tues., Jan. 14: Hamburgers, fries, corn, apricots.
Wed., Jan. 15: Egg rolls, stir fry veggies, mandarin oranges.
Culbertson School
Thurs., Jan. 9: Chicken strips, spiral macaroni salad, celery and carrot sticks.
Fri., Jan. 10: Cheeseburgers, fries, pears.
Mon., Jan. 13: Chicken drummies, mashed potatoes, corn.
Tues., Jan. 14: Pizza, salad, peaches.
Wed., Jan. 15: Turkey sandwiches, soup, pears.
Lambert School
Thurs., Jan. 9: Spaghetti, garlic bread, corn, fruit.
Fri., Jan. 10: Slush burgers, chips, fruit.
Mon., Jan. 13: Egg rolls, rice, stir fry veggies, fruit.
Tues., Jan. 14: Super nachos, fresh veggies, fruit.
Wed., Jan. 15: No school.
Fairview School
Thurs., Jan. 9: Sloppy joes, chips, veggies, fruit.
Fri., Jan. 10: No school.
Mon., Jan. 13: Hot dogs, baked beans, pasta salad, fruit.
Tues., Jan. 14: Spaghetti, veggies, fruit, garlic toast.
Wed., Jan. 15: Chicken cordon blue casserole, veggies, fruit.
Watford City School
Thurs., Jan. 9: Tater tot casserole.
Fri., Jan. 10: Pepperoni pizza.
Mon., Jan. 13: Orange chicken, rice.
Tues., Jan. 14: Crisпитos.
Wed., Jan. 15: Chili, cinnamon roll.
Alexander School
Thurs., Jan. 9: Wings and rings.
Fri., Jan. 10: No school.
Mon., Jan. 13: Fajita or taco, rice.
Tues., Jan. 14: Tater tot hot-dish, green beans, bun.
Wed., Jan. 15: Build your own pizza.

SALT AND HORSE SUPPLEMENTS, EQUILIX, EQUIPRIDE
 Redmond Natural Salt in 50 lb. bags or 44 lb. blocks. **Ask about the benefits of feeding garlic salt all winter long.** Equilix, Equipride, for the best in horse products, Equilix in tubs and Equipride in bags and pails. Sidney Feeds. 406-480-2024 Barry; 406-973-4338 Phil. Stoney Butte Feeds, Brockway; 406-485-2537 or 406-853-3551 Paul.

FOR SALE

HANGERS FOR SALE

Hangers available at the Sidney Airport. Call 1-406-480-2024 text for faster response.

REAL ESTATE

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HELP WANTED

Full-Time Executive Director

Richland Opportunities, Inc. is a non-profit organization serving individuals with developmental disabilities in Sidney, MT. The executive director provides leadership and oversight for the daily operations of the organization. Minimum qualifications include 2 years of experience in a management position. Previous experience with DD programs or a BA/BS in human services or related fields are preferred, but not required. The position offers a competitive salary and benefit package. Position is open until filled. For a full job description and application information, please contact Sidney Job Service at 211 N Central Ave, Sidney, MT, 406-433-1204, fax 406-433-7453 or sidneyjs@mt.gov.



1100 Silurian Lane • Sidney, MT
 406-488-3341 • Fax: 406-488-3347
www.richland-opportunities.org

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Dining Services Cook Food Service Worker II Dishwasher/Utility Worker	Patient Accounts Patient Account Representative
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