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Wednesday, August 17, 2016

Volume 42 • Number 27



Lone Tree Gun Show in Sidney This Weekend

One of the most popular events in the MonDak, The Lone Tree Gun Show, will take place this weekend August 19-21, 2016 at the Richland County Event Center in Sidney. Hours for the show are 5-8 pm Friday; 9am – 6pm Saturday and 10am – 3pm Sunday. Admission is only \$5 per day with children 12 and under free when accompanied by an adult.

Co chairs Jim and Leann Pelvit and Tim and Brenda Larson offer a quality experience for vendors and attendees alike. The show is operated under the rules and regulations of the Weapons Collectors Society of Montana. All federal, state and local gun laws are obeyed.

The popular show features 160 tables with guns, ammo,

coins, knives and sharpeners, antiques and collectibles, fishing gear and more. The grand prize raffle ticket will win a 25-06 Mossberg Patriot with 3 X 9 scope. Second place will win Le-upold binoculars.

Proceeds from the event are distributed to local non-profit entities. Past recipients include 4-H Shooting Sports, Boys and Girls Club of Richland County, Sidney Trap Club, Salvation Army, Sidney Chamber of Commerce, Hunter Safety and the Richland County Christmas Coalition.

For more information about the Lone Tree Gun show, please visit www.lonetreegunshow.com or call 406-480-5594.

Radio Stars to Perform in Watford City



Area residents will be treated to two special performances of the Radio Stars trio when they perform in Watford City, Saturday, August 20th. At 3 p.m. that afternoon they will play for the residents and guests at the Good Shepherd Home. Later that evening at 6 p.m. the band will perform a concert at the Watford City Tourist Park.

The Radio Stars consist of Merrill Piepkorn, vocals, guitar and harmonica; Greg “Smokey” Temple, vocals, electric and steel guitars; and R.P. Sell, bass guitar and vocals. Their music, which has been described as country music “with a twist” features tight three part harmonies on traditional western music, and exciting instrumental solos on Temple’s steel guitar and Piepkorn’s harmonica. Piepkorn says, “It’s fun to hear the audience “ooh and ah” when those notes roll off Smokey’s steel guitar, and they often seem amazed at how much music I can get out of that little harmonica”.

The group is familiar to many local folks, having performed several shows in the area, including the Watford City Centennial. They have also appeared regularly at the Norsk Hostfest in Minot and on the national broadcast of “A Prairie Home Companion”.

There is no charge for the concert although free-will donations will be accepted and the Radio Stars will have their CDs for sale. Also, Johnson Corners Christian Academy will be selling Tacos in a Bag as a Fundraiser. Folks are encouraged to bring lawn chairs and/or blankets for seating. The Radio Stars appearances in Watford City are hosted by the Long X Arts Foundation (www.longxarts.com) and sponsored by Teddy’s Lounge and Teddy’s Residential Suites.

“Church in the Park” Aug. 21

Sidney Assembly of God and Sidney First Church of the Nazarene are sponsoring a “Church in the Park” back-to-school celebration on Sunday, August 21, at 10:30 AM at Veteran’s Memorial Park in Sidney. It’s the final Sunday before school starts and the two congregations are excited to join together in worship and fellowship. The event features not only a joint worship service but also a BBQ Picnic afterwards.

Singer/songwriter Drex Archer from Manhattan, MT, will minister in music and share a message. Drex has been ministering in Christian concerts for over 30 years and has recorded 7 albums. He has a unique contemporary/country style that will entertain and inspire listeners. Everywhere he goes, he shares a message of faith and hope that encourages people to put their trust in God.

Following the service, there will be a BBQ/Picnic and everyone is welcome to enjoy the food and the fellowship. Burgers, hot dogs and drinks will be provided. People can bring a salad or dessert to share. The event is FREE, but an offering will be received during the service.

MNAXLP

2016 Ribfest Winners



The Watford City Chamber held their annual Best of the West Ribfest, Street Fair and Classic Car show on August 12. Rice Lake Construction took first place winning \$1000. Pictured back row (L-R) Briar Vogel, Matt Duren, Kris Vogel, Steve Vogel, Chris Miller and James Sorenson.

Front row (L-R) Joran Johnson holding Grayson Miller, Chelsea Miller and Kim Sorensen holding Eastin Miller.



Above: Taking second place for \$500 was the Smoking Guns team sponsored by Delta Construction of Grassy Butte. Pictured are (L-R) Wyatt Roberts, Scott Roberts, Chad Crist, Corinna Crist and Colton Crist.

Above left: The \$250 Showmanship winner was AE2S. Pictured are (L-R) Todd Norton, Stephanie Gray, Melinda Rasmussen, Dusty Schultz and Andrea Boe.

Left: The big winner of the car show was David Ceynar of Arnegard with his 1965 Chevy 1/2 ton. Ceynar won two awards from the show including People’s Choice.





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AREA RECOVERY GROUPS

MONDAYS:
12 p.m. — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
1 p.m. - 3 p.m. — Grief Reovery Support group at First Lutheran Church, Watford City.
6 p.m. — Al-Anon, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
7 p.m. — Fairview Alive and Kicking at Faith Alliance Church, 704 S. Western Ave.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

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

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

THURSDAYS:
7 p.m. — NA meeting, MonDak Trucking office Bldg., 725 W. Holly, Sidney.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

FRIDAYS:
12 p.m. — AA, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
12 p.m. - 1 p.m. - AA meeting, basement of Wilmington Lutheran Church, Arnegard.
6:30 - 7:30 p.m.- 5 Stones faith based recovery meeting, Sidney Nazarene, 606 9th St. SW, Back door is open.
7 p.m. — Path to recovery at Faith Alliance Church, 704 S. Western Ave.
8 p.m. — AA meetings, Trinity Lutheran Church Ed. Bldg, Sidney.

SATURDAYS:
9 a.m. & 7 p.m. — AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.
3 p.m. - NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.
7 p.m. — AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

SUNDAYS:
3 p.m. - NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.
7 p.m. — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

STATISTICS

LAKE WATER LEVEL REPORT
Sakakawea

Current Elevation.....1840.6
Last Week's Elev.1844.0
One Year Ago1843.6
Release For Day (C.F.S.)20,000

SIDNEY WEATHER DATA
Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Aug. 8	84	60	0.00
Aug. 9	84	53	0.03
Aug. 10	82	60	0.04
Aug. 11	80	53	0.00
Aug. 12	78	53	0.13
Aug. 13	81	53	0.00
Aug. 14	89	49	0.00
Total YTD Precipitation			11.06

OBITUARIES

Jerald “Jerry” Choate, 64 Sidney, MT

Funeral services for Jerald “Jerry” Choate, 64, of Sidney were at 10 a.m., Saturday, August 13 at the Fulkerson-Stevenson Memorial Chapel in Sidney.

Interment will be in the Burns Cemetery, Burns, OR under the direction of Fulkerson-Stevenson Funeral Home of Sidney and LaFollette’s Chapel of Burns, OR.

Visitation was on Friday, August 12 from 10 a.m. to 6 p.m. at the funeral home.

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

Jerald “Jerry” died on Tuesday, August 9 at the Billings, Clinic, Billings, MT.

Women’s Conference Focuses on Montana’s Leading Economy

Conference encourages and embraces agriculture through education, collaboration and networking

The 2016 Women Stepping Forward for Agriculture Conference will be held September 7 through 9 at the Big Horn Resort in Billings, Montana. The event, held annually since 2001, is one of the largest women’s agricultural conferences in the region.

The conference provides women the opportunity to learn about current events and agricultural issues, network with other women involved in agriculture, and focus on leadership development. The mission of the Women Stepping Forward for Agriculture symposium is to, “empower women involved in all sectors of agriculture through education, collaboration, and networking, to ensure the success of farming and ranching across the region.” Although the conference has an agriculture theme, women from all walks of life can learn something and enjoy the content of this year’s conference.

The conference will be headlined by #1 New York Times bestselling author, celebrated transformational leader and one of the nation’s leading experts on happiness, success and unconditional love, Marci Shimoff. Additional conference topics include estate planning and charitable giving, social media, photography, cover crops, soil health, translating research to conversation, GMOs and a women in business panel discussion. Mixed in with the education will be an interactive canvas bag painting with Salvage Design Studio as well as a western couture fashion show featuring local clothing stores.

Early registration is \$70 (must be postmarked by August 20), and late or on-site registration is \$80. A block of rooms is reserved until August 24 under “Women Stepping Forward for Agriculture” at the Big Horn Resort, (406) 839-9300 and the group rate starts at \$89 plus tax.

For more information, a full conference agenda, or to register online, visit our website at www.WomenSteppingForward.org. You can also find us on Facebook at www.facebook.com/womensteppingforward. Contact Tara Becken at (406) 930-4205 or Whitney Klasna at (406) 951-0538, or send an email to womensteppingforwardMT@gmail.com.

Falling River Levels May Affect Boat Launching; Be Aware of Fire Restrictions

With falling water levels in the Yellowstone River due to hot and dry conditions, boaters should use caution when launching.

According to Fish, Wildlife & Parks Region 7 Fishing Access Site Manager Jamie Hould, Amelia Island (near Hysham) boat ramp is fully exposed, and Stipek (seven miles northeast of Glendive) boat ramp is very close to being out of the water.

With the ever-changing river bottom structure, some of the boat ramps in the region may have steep drop-offs, Hould cautioned. This can cause damage to boat axles and make it a challenge to load and unload. It is always a good idea for folks to inspect the ramp before they try and launch.

There may be some isolated incidents of fish dying due to low flows or high water temperatures, but at present there is no plan to place fishing restrictions on rivers or water bodies in Region 7.

People visiting FWP Fishing Access Sites, Wildlife Management Areas or state parks in Region 7 should be aware of fire restrictions currently in place, and they should check periodically for additional restrictions. At present, Stage 1 fire restrictions are in place at FWP sites in Treasure, Powder River and Carter counties. FWP sites in these areas include Broadus Bridge FAS (Powder River), Myers Bridge FAS and Amelia Island FAS (Treasure), Amelia Island WMA and Isaac Homestead WMA (Treasure) and Medicine Rocks State Park (Carter). Tongue River Reservoir State Park in Bighorn County is also under Stage 1 restrictions.

Stage 1 restrictions mean that people cannot build or maintain a campfire at these sites, with the exception of Tongue River Reservoir State Park, which is staffed and allows fires within established rings. People also may not smoke except within an enclosed vehicle or building or in an area at least three feet in diameter that is cleared of flammable materials. Recreationists may cook on a liquid petroleum gas or propane stove that can be turned on and off.

With hot, dry weather bearing down on Montana, FWP reminds everyone who plans to be outdoors to be cautious of fire danger on public and private lands.

MNAXLP

EVENTS
SEND US YOUR EVENTS!
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RICHLAND COUNTY
Events in Sidney unless otherwise listed. MT Zone.

Wed., Aug. 17
5 - 10 p.m. - Community Pint Night- Meadowlark Public House. \$1 for every pint sold will go to support a community organization.

Thurs., Aug. 18
4-5 p.m. - Teen Craft & Book Club - Sidney-Richland County Library, 406-433-1917.

Fri., Aug. 19
Lone Tree Gun Show - This event continues through Aug. 21. Open to the public, admission \$5 per day, children under 12 free. Richland County Event Center, Sidney, MT.
2-3 p.m. - Foundation Friday Lemonade Stand - All money raised goes to the Endowment Fund. Outside the offices of the Foundation for Community Care.
6:30 p.m. - Five Stones Meetings - All are welcome to these confidential meetings to find victory over hurts, habits and hang-ups. First Church of the Nazarene, 606 9th St. SW.

Sat., Aug. 20
10 a.m. - Family Friendly Fellowship Get Together. Fun bible discussions, songs, crafts, a hot pitch-in meal and yummy homemade donuts. Central Park. Free to the public and everyone is invited. Weather permitting. Please call Julia at 406-774-3309 or 406-480-5648 with any questions.
11 a.m. - Ridin’ 4 A Reason Poker Run - Riding to raise awareness for congenital sucrose isomaltase deficiency. Kick stand up at 12 p.m. 4 wheeled vehicles welcome! Dinner and street dance to follow. Live music provided by: “Mile Marker 406”. Burns Creek Inn Bar & Grill, Savage, MT.
5-9 p.m. - Demolition Derby - Richland County Fairgrounds. 406-480-3069, send an email.

Sun., Aug. 21
10:30 a.m. - “Church In The Park” - Back-to-school celebration with a joint worship service and BBQ picnic afterwards. This event is free, but an offering will be received during the service. Veteran’s Memorial Church. Sidney Assembly of God and Sidney First Church of the Nazarene.
2-5 p.m. - Bingo - Sidney Moose Lodge.

Tues., Aug. 23
6-7 p.m. - Mondak Writers Group - All skill levels accepted. MonDak Heritage Center.

Wed., Aug. 24
2-6 p.m. - Fairview Red Cross Blood Drive - FHS Gym. To schedule an appointment. For more info contact Marsha Buckley, 742-3342 or call The American Red Cross or 403-0956 or visit redcrossblood.org and enter sponsor code: fairview.

Fri., Aug. 26
9 a.m.-12 p.m. - Senior Commodity Distribution - Back door of the Nutter Building, 123 W. Main. 406-433-4353.
11:30 a.m. - Richland Red Hatters Lunch Meeting - Dairy Queen. RSVP by Aug. 24, call Sylvia, 798-3882 or Margaret, 488-4613.

Sat., Aug. 27
8 a.m. - 2nd Annual Bakken Boom Run - Include the whole family with a 5k loop for the runners/walkers and a 10k loop for those up to the challenge. Part of the proceeds will go to the MonDak Heritage Center. Sign up on-line at Runsignup.com, <https://runsignup.com/Race/MT/Sidney/BakkenBoomRun>. Healthworks, 216 14th Ave SW, Sidney.
9 a.m. - 23rd Annual Golf Scramble - Foundation for Community Care. \$150 player registration. Sidney Country Club.
5-9 p.m. - Mule Deer Foundation Banquet - Silent auction, live auction, raffle items. The Fringe Restaurant, 406-489-0915.

Thurs., Sept. 1
Night Life - Photography exhibit by Monica Tininenko will be on display at the MonDak Heritage Center through Oct. 1. The Graveyard Speaks: The Pathos of Ghost Town Cemeteries by artist Lee Silliman on display at the MonDak Heritage Center through Dec. 1.

McKENZIE COUNTY
Events in Watford City unless otherwise listed. CT Zone

Thurs., Aug. 18
7 p.m. - History Book Club - “So Much To Be Done” Missouri-Yellowstone Confluence Interpretive Center.

Fri., Aug. 19
9 a.m.-6 p.m. - Confluence Quilters - This event continues on Aug. 20. Missouri-Yellowstone Confluence Interpretive Center.

Sat., Aug. 20
4 p.m. - Art In Alexander: Make your own painted canvas! \$25 per person, space is limited. Alexander Settlers Museum, 102 Indiana Ave. East. Call the museum at 701-828-3595 or stop in to register.
6 p.m. - Merrill Piepkorn And The Radio Stars Trio - Picnic & concert in Tourist Park, Watford City, ND. Free will offering, concert & food served. Bring the family, a lawn chair & enjoy.

Sun., Aug. 21
11 a.m.-5 p.m. - Cowboy Poets At The Confluence - Bill Lowman, D.W. Groethe, Yarl Kvale, Terry & Linda Schwartz, Bob Peterman and Dale Nystrom. Fort Buford State Historical Site.

Sat. Aug. 27
2 p.m. & 4 p.m. - History Alive - “Yellowstone Vic Smith” by Arch Ellwein. This event continues on Aug. 28. Meeting room of the Missouri-Yellowstone Confluence Interpretive Center.

Sat., Sept. 3
Old Settlers Day - This event continues through Sept. 5 with a beef barbecue, bonfire, parade, a program, dances, school athletics, children’s activities, bingo and horseshoes. Alexander, ND.

WILLIAMS COUNTY
Events in Williston unless otherwise listed. CT Zone.

Thurs., Aug. 18
5-9 p.m. - Summer Nights on Main: Outer Space Real Estate - Live music, food vendors, kids’ activities, beer gardens and a great time. Downtown Williston, ND.

Sat., Aug. 20
12 p.m. - Summer Jam 2016 - Aerial motocross show, a car and bike show, poker run and four concerts. Montgomery Gentry will headline with co-headliners, Lexi Wyman, Kayla Lapica and Whiskey Rebellion. Tickets are \$25 and can be purchased online at www.bombtix.com/summerjam. Poker run benefiting bras for a cause. Black Magic Harley Davidson, Williston, ND.

Sat., Aug. 27
10 a.m. - Fire & Iron MC - ST-116 Dakota Smoke Hogs Fun Run - All welcome (bikes and cars). Ride is dedicated to Tyreece Vondall for medical purposes. Registration: 10-11:45 a.m.; Leave Black Magic Harley Davidson at 12 noon sharp. Feed and party after ride at Black Magic Harley Davidson. Music by Smoking Joe. For more information call Mike, 701-580-0235 or Darwin, 701-570-6340.

DAWSON COUNTY
Events in Glendive unless otherwise listed. MT Zone

Fri., Sept. 2
Badlands Super-Con - This event continues through Sept. 4 and is three fun days of music, film, comics, gaming, cos play and more! Glendive, MT. For more information visit www.badlandssupercon.com.

ROOSEVELT COUNTY
Events in Culbertson unless otherwise listed. MT Zone.

Sat., Sept. 3
Culbertson Labor Day Wagon Train - Bring your covered wagons or saddle horses to ride through beautiful eastern Montana. Great food and entertainment. For more information call Kenneth at 406-790-0600 or 406-798-3712 or Tana at 406-480-5924.

Amber Renee Photography Is Now Serving All Of Montana & Western North Dakota



Amber Breuker will continue to work out of Billings as well as Sidney. She specializes in wedding photography and senior pictures.

By Meagan Dotson
Amber Renee Photography held their grand opening on Friday, Aug. 12. Photographer Amber Breuker began photographing her kids just for fun in Billings, MT, and eventually branched out doing family shoots; her specialty is wedding photography and graduation pictures.
Breuker, who has a BA in education and worked as a first grade teacher, decided to pursue her passion for photography, as the career was more conducive to staying home with her three young girls, Alyssa, Madelyn and Eleanor.
“I’m from Billings, and my husband, Curtis, works here in Sidney, so I decided to open up a shop here so that I could spend more time in Sidney,” Breuker said.
Breuker does shoot posed photography, however

she really enjoys fun, in-the-moment shots. She travels to do on-site photography rather than having a studio and has worked in Billings at Oscar’s Dream Park, the Billings Saddle Club, in Bozeman, and Chico Hot Springs, serving all of Montana and Western North Dakota.
Amber Renee Photography offers three different wedding packages which all include an engagement shoot, and books weddings 6-9 months out so that she can meet with the bride and groom a few times.
“The clients and I can get to know each other. It gives me an idea of their personalities so that I can meet their individual needs,” she commented.
She books Senior pictures at least 30 days in advance, and also photographs other events such as bridal

showers, family portraits, and boudoir shoots.
Breuker is in the gallery every other weekend, Friday through Sunday from 10 a.m. until 6 p.m., and encourages anyone interested to schedule an appointment so that she can meet with them beforehand.
Amber Renee Photography is located in the Yellowstone Marketplace at 102 N Central Ave in Sidney and the public is invited to stop in and take a peek at the gallery anytime the Yellowstone Marketplace is open. To contact Breuker for more information or to schedule an appointment, call 406-670-1899, visit her online at amberreeneephoto.com, or find Amber Renee Photographer on Facebook.

Letter to the Editor

My brother, Billy Bolken, passed away last month from Alzheimers disease.
I am challenging all clients that Billy did work for to make a tax-free donation to the 2016 Walk to End Alzheimers-Fargo, ND on behalf of Darin Bolken at <http://act.alz.org/goto/BillyBolken>. Billy spent 8 years as the mayor of Watford City and served on the McKenzie County Fair Board. Most of this service went unnoticed to the public because he would work into the night.
Every year this walk is made by his son, Darin, his wife, Lisa, and their two children, Carter and Hailey, Fargo. They did everything for Billy. It has been a hard year for them.
The walk is scheduled for Sept. 10.
Be aware this could be you or someone you love or care for. Let’s attack this heart-breaking disease.
Sincerely,
Linda Bolken Wells & his brothers, Bob, Kurt & Lowell

We Want Your Hunting Photos

If you have bow or rifle hunting photos or bird hunting photos and would like to have them published in The Roundup Hunting Editions please send them to info@roundupweb.com



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Sales from “*Clean Your Plate & Kiss the Cook*” Help Fund 2 Water Wells in Tanzania



Harriet Hillesland has donated the profits from her cookbook sales to “Clean Water for the World”; these profits, along with donations to the cause have funded two \$5,000 wells in Tanzania.

By Meagan Dotson

In 2013 Harriet Hillesland published *Clean Your Plate and Kiss the Cook*, a cookbook comprised of years of recipes that her four children had all been eager for her to write down. Three years later, with 420 copies sold, the proceeds, along with donations for her cause, have funded two water wells in Tanzania Africa.

Harriet became involved with “Clean Water for the World” through the Pella Lutheran Church. She explained that all of the profits went towards the project along with donations that she received from people who found out about the cause. In fact, from June through September, a local business matches all funds raised.

Each of the \$5,000 wells serve a community of people who wouldn't otherwise have access to clean water, and living with a limited water supply is something that Harriet can empathize with. She explained that during the drought of the 1930s, some of their neighbors' wells had dried up and that they would come to her childhood home every day during the height of summer so that she could pump water from her family's well to send with them.

“We were fortunate because our well hadn’t dried up and my family’s land was near a lake, so our livestock could drink from that water, but our neighbors had to haul water for themselves and their animals,” she explained. “Some of the people in Africa walk for five miles to get to a well and it could be dried up; I just couldn’t imagine how disappointing that would be. Other families in Africa have to get their water from polluted rivers and get very sick, and even die from it.”


It's a worthy cause that many of Harriet's friends and family have gotten behind, including CBS News Correspondent and family friend Barry Petersen. When visiting her and her husband one afternoon, Petersen picked up a cook book and listened as Harriet explained how the money was used. At that time, she was about \$800 short of funding her second well, and hoping to make \$400 of that before summer's end so it could be matched. Thereupon, Peterson handed her \$400 dollars to meet the goal.

"I couldn't believe it," she said, "but that's how we got the last of what we needed for the second well."

Most of Harriet's recipes have come from her own ingenuity. While there weren't many things that didn't go over well around the family dinner table, there were a few here and there including tomato bread.

"My husband and the kids didn't like it, but the birds sure did!" she recalls.


Harriet is thankful to her family for helping her put the cookbook together, as well as those who have contributed to “Clean Water for the World” through their donations and purchases of *Clean Your Plate* and *Kiss the Cook*.

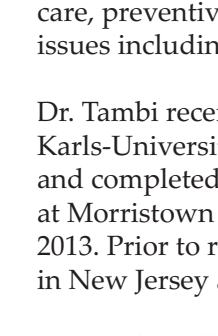


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Welcome Dr. Malua Tambi





Obstetrics & Gynecology


Sidney Health Center is pleased to welcome Malua Tambi, M.D. to the medical staff. Dr. Tambi is a surgical specialist in obstetrics and gynecology.

Dr. Tambi provides a wide range of obstetrical and gynecological services. She welcomes the opportunity to provide comprehensive care to the women of the Mon-Dak region. Her scope of practice includes obstetrics, low to high risk, office and surgical gynecology, well woman care, preventive care, and management of gynecological issues including menopause and infertility.

Dr. Tambi received her medical degree from Ruprecht-Karls-University Heidelberg in Mannheim, Germany and completed her obstetrics and gynecology residency at Morristown Medical Center in Morristown, NJ in June 2013. Prior to relocating to Montana, Dr. Tambi worked in New Jersey at a private practice.



Lisa Ross, MD



Wendy Wiltzen, FNP

Clinic Suite 106 • Phone: (406) 488-2577

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www.sidneyhealth.org

5 Tips to Keep Your Cellphone Running Smoothly



(BPT) - We all love the convenience of modern cell-phones. They're so much more than just phones - they've become our cameras, calendars, mailboxes, entertainment consoles and internet browsers.

But all those apps, photos, videos and games compete for a limited amount of room in which to operate. If you're not careful, your phone's memory will quickly become the digital equivalent of a traffic jam. Suddenly, space is hard to come by, so everything slows down - and when it does, we no longer love our cellphone quite so much.

According to experts at Consumer Cellular, a wireless provider specializing in working with clients 50 and older, this doesn't mean it's time to scrap your phone. Instead, they recommend trying a few simple housecleaning steps, outlined below, before giving up on a sluggish device. These will help clear out most of the unwanted clutter and might just restore your phone's performance back to nearly new.

Do you really use all those apps?

Take a long look at the apps you've downloaded, and decide which ones you use regularly and therefore need to keep. Delete the rest. Unused apps not only hog precious storage space, they also impact your battery life, as they are constantly restarting and running in the background without you even realizing it. You can always download an app again later if you discover you can't live without it. But for now, get rid of the extras.

Learn to manage photos and videos.

Nothing beats the convenience of taking digital photos and videos on your cellphone. Unlike using film, there's no set limit to how many you can take. But there definitely is a limit to how many you'll want to keep stored on your device. Photos, and especially videos, chew up memory with each one you save. You also run the risk of losing the entire collection if something happens to your phone to wipe out its memory, or if it is lost or stolen.

Review your saved items frequently to make sure you're not keeping too many duplicates. Perhaps most importantly, regularly back up your files to a computer, external hard drive, or cloud-based storage - then delete all (or most) of them from your phone. This will take a few extra minutes, but it's time well spent: it not only frees up space on your device, it also safeguards against your precious memories getting wiped away.

Clean up after browsing.

When you surf the internet on your phone, each website stores a unique collection of images, videos, or text files required to display things like web pages and

advertisements. These files makeup what's called the phone's cache memory, or cached data.

Cached data is saved within your browser so that next time you access the site you already have the information necessary for it to load quickly. It's a wonderful tool for web pages you visit frequently. But for sites you'll rarely visit again, these files simply take up valuable digital real estate. As they accumulate, you'll start to notice web pages taking a lot longer to load, making your browsing experience much less enjoyable.

To avoid this, make it a habit to periodically clear your cache memory. While each Android phone or iPhone is slightly different, the general process will include going to the "Settings" menu on your phone, then locating your Storage, Apps, or Applications Manager menu. Cached data is usually stored here, clearly labeled. Follow the prompts to delete unwanted files.

Make your contacts count.

Without careful attention, your "Electronic Phone Book" can overflow with duplicate entries or just-plain unimportant contacts. The cost of all that extra data is not only time wasted scrolling through extraneous information; it's also eating up memory you could use for more valuable things.

Review and organize your contacts regularly to make sure you have a well-organized and up-to-date list. Group a person's work, cellphone, and home phone number together under a single entry. Delete entries you won't likely need again. And sync your contact list with your Apple or Google contacts to create a backup, just in case anything happens to your phone or its stored data.

Keep it as good as new.

Just keep in mind that while cellphones are wondrous, state-of-the-art technology, that doesn't mean they won't require some good old-fashioned human intervention from time-to-time.

Your phone, and your enjoyment of it, will benefit tremendously from regular monitoring and simple maintenance. Whether you're using an entry-level flip phone or the most advanced smartphone, a little TLC will go a long way toward keeping things operating efficiently and extending the useful life of your device.

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New grandbaby?

Learn how to help baby and mom thrive

(BPT) - Grandparents play a unique, important role in caring for family members of all ages. Here are some ways that you can help keep babies and moms safe and healthy.

Helping babies sleep safely

Grandparents can help reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. To help your grandbaby sleep safely, make sure you:

- * Always place your grandbaby on his or her back to sleep, for naps and at night.
- * Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- * Keep loose bedding, blankets, quilts, crib bumpers, soft objects and toys out of your grandbaby’s sleep area.
- * Do not smoke or allow anyone to smoke around your grandbaby.

“Researchers have learned a lot in the past 20 years about how to keep infants safe while they sleep,” said Dr. Catherine Y. Spong, Acting Director of the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), which leads the Safe to Sleep(R) campaign to educate caregivers about ways to reduce the risk of SIDS and other sleep-related causes of infant death.

“Grandparents often help parents take care of infants, including during sleep times, but they may not know that the recommendations for safe infant sleep have changed since they had young children,” said Dr. Spong. “It is important for grandparents and all caregivers to know how to create a safe sleep environment for baby.”

For more information about safe infant sleep, visit <http://safetosleep.nichd.nih.gov>.

Supporting moms and moms-to-be

In all the excitement over a new baby, sometimes a mother’s health, including her mental health, can be overlooked. Research shows that as many as 1 in 10 women experience postpartum depression. However, mood changes and other symptoms of depression can take place anytime during pregnancy, not just after the baby is born. Because of their unique role in the family, grandparents may be among the first to notice that something is wrong.

Moms’ Mental Health Matters, another NICHD initiative, describes the signs of depression and anxiety related to pregnancy and birth and offers ways to cope and seek help.

“New mothers may be hesitant to admit they’re feeling depressed or anxious, but supportive family members can make all the difference in helping to identify symptoms and encouraging moms to reach out for help when they need it,” said Dr. Spong.

For example, during pregnancy and after birth, a mother may:

- * Seem to get extremely anxious, sad or angry without warning.
- * Seem foggy and have trouble completing tasks.
- * Show little interest in things she used to enjoy.
- * Seem “robotic,” like she is just going through the motions.
- * Have trouble sleeping.
- * Check things and performs tasks repeatedly.
- * Have difficulty caring for herself or the baby.

If you notice any of these signs in a new mom, encourage her to talk with a health care provider - or offer to make an appointment for her. If you need to find a health care provider in her area, call the Substance Abuse and Mental Health Services Administration Treatment Locator at 1-800-662-HELP (4357).



For support and resources in her area, contact Postpartum Support International at 1-800-944-4PPD (4773).

To learn more about maternal mental health and find resources, visit <https://www.nichd.nih.gov/MaternalMentalHealth>.

Ah Yes, Technology

By Lois Stephens

Normally as I work through a typical day, the differences in age and the inevitable clash of outlook on the working life doesn’t exist as far as job production goes. The dedicated people perform their jobs to the best of their abilities, while the slackers, regardless of age, seek to get through a day doing as little as possible. For the most part, age makes very little difference in productivity during an average day on the job.

Every once in a blue moon, however, something happens that completely separates the oldsters from the youngsters. I’m thinking of a day on the job a few weeks ago. It began as a normal day, but suddenly about two in the afternoon, we completely and simultaneously lost land line phones, cell phone

communications, and the internet service. I mean we lost them, totally and completely, all at the same time. We had no communication devices whatsoever that worked.

This occurrence didn’t faze me in the least, I actually felt a little gleeful that I had an excuse not to keep pounding away at the computer. The one other older person in the office felt the same way. Hey, this was a bit of a break for us. No one could call us, whining about anything at all, or contact us asking for something. What a great event! We reveled in the freedom.

However, the younger generation at the office had no idea how to behave or what to do. I could almost feel the rising tide of panic as one of the youngsters realized she had no link whatsoever to the outside world with any of her technological paraphernalia. She said to me with great anxiety, ‘We are isolated! We are cut off! We have no way of contacting anybody!’

I thought the poor child would break down in tears. When she voiced her concerns to me, I started to laugh. I didn’t mean to belittle her consternation but at the same time it highlighted today’s total dependence on technology. I gently told this frightened colleague that she need not panic. We were NOT isolated, we were not out of communication with the rest of the world, and that we could easily walk or drive to Virginia City where we would find a lot of people, if in fact we needed to find them, which we did not.

I attempted to explain to this young lady that I grew up without relying on technology; that no cell phone, texting, or internet even existed when I was a child, youth, and young adult. We also routinely lost land line service for whatever reason, and no one ever panicked. As well, if we were not within earshot of the land line phone when it rang, we never knew anyone had called, as answering machines were still in our future. And you know what? We survived. We never felt isolated, lonely, or cut off from civilization. We enjoyed our solitude. We made it without technology, we had friends and family, we were not in constant communication with someone or another, and we were just fine. Instant and constant communications would have driven me mad.

This brings up another point. The virtues of solitude, the idea that we

can actually like and trust ourselves enough to spend precious time alone, out of contact if you will, and have only ourselves for company.

Personally, I love solitude. I require it if I am not to go absolutely crazy. I need time by myself, with no one around to jabber and disrupt me, and this includes interruptions by text and by phone conversations. Without solitude, how else can I rejuvenate, think through problems or troubling situations, reflect on my life, or decide what course of action to pursue? I can only center myself and calm myself down by inner reflection that comes with solitude, not by chattering on the phone or endless texting.

Youngsters don’t understand the concept of solitude. Solitude differs greatly from loneliness. Solitude means reveling in time alone, taking stock, communing with your inner self. A person can feel acute loneliness in the midst of a crowd, but solitude never feels lonely. It feels right with the world, right with nature and our surroundings, and right with our souls.

Technology has its good points. We have a wealth of easily accessible knowledge at our fingertips. Want to know the answer to a question? Google it, and within a minute we have an answer of some sort. I used to have to use an encyclopedia to find answers. A person can’t very well carry an encyclopedia in her pocket, like we can carry our technological devices, so instead of waiting to look up some information, we have instant answers to many questions.

Technology allows us to work faster and smarter in some ways, but people also tend to grow dependent on this easy access, rapid information gathering, and instant communications. People forget what solitude means, they forget how to listen to themselves, they forget how to handle situations by using only their own good sense. Technological gadgets contribute to individuals who cannot function without some sort of electronic instrument in their hands or within easy reach at all times.

Technology is a great tool. However, it ought to be just that, a tool. It truly cannot replace face-to-face conversations, and people do NOT need technology in order to survive and to successfully navigate through a day.

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Fairview Memories

THE FAIRVIEW NEWS THURSDAY AUGUST 23, 1979 AN INDEPENDENT NEWSPAPER

The Fairview News Thurs, Aug 23, 1979 Proposed Addition is Outlined For School

Information relative to the proposed addition to East Fairview Elementary School and to the issuance of school building bonds for Yellowstone School District No. 14 was heard and discussed during an August 15 informational meeting conducted at the East Fairview School.

Dale Danielson, chairman of the Board of Trustees for the school district, conducted the meeting which was attended by school trustees Dennis Erickson, Jim Ketterling, and Lyle Sponheim and district clerk Jeannette Cayko. Also attending were Principal Richard Nordberg, attorney H. F. “Sparky” Gierke III, and Don Jiran, architect for the proposed addition.

Jiran, who manages his own architectural firm in Bismarck, described the proposed addition as a 9773 square foot addition to the west wing of the existing building. The addition would house a 5808 square foot Junior High size gymnasium (to seat 150) with men and women’s locker rooms and showers taking in an additional 1120 square feet. Space for a P.E. instructor, storage and toilet facilities are also included.

In addition, two classrooms totaling 161 square feet plus toilet facilities and a mechanical area totaling 1233 square feet are part of the proposed addition.

Jiran also outlined approximate costs for each section of the proposed addition. According to Gierke, the total project is estimated at \$485,120.

The Fairview News Thurs, Aug 9, 1979 Local Team Competes In Softball Tourney

Members of Mon-Kota Fertilizer — Stockman Bar team; on of two men’s softball teams in Fairview; will hit the road today, Thursday, for the State Class “A” Slow-Pitch Softball Tournament in Bozeman. The locals will see their first tournament action Friday evening at 7:30 p.m. as they take to the field in action against the second place team from District #1 which includes the Great Falls — Helena area.

Team members who will see tournament action this weekend include Terry Cayko, Kevin Sullivan, Rollie Sullivan, Bob Nyby, Jeff Jebsock, Randy Selvig, Danny Smith, Curt Christiansen, Gary Miller, Bill Madison, Fred Barkley, Rod Torgerson, Rob Veltkamp and Ed Agre.

Out of seven teams from District #4 (Glendive Area) which earned the right to participate in the Divisional Tournament in Miles City, Fairview was the only team earning the right to advance to the state tourney. The local team took a fourth place at Divisional. Six teams from each of the eight districts advance to state competition which is also a double elimination tournament.

Fairview played a total of seven games in the divisional tourney, five of them of Sunday with the result following: Game #1 Fairview won by forfeit from Sam’s of Glasgow; #2 Fairview 6—Kinney Aviation of Glendive 3; #3 Fairview 3—Miles City Trails Inn 17; #4 Fairview 8—Rolandson’s Implement of Circle 6; #3 Fairview 9—Medicine Lake Hydrotex 5; #6 Fairview 17—Baker Cue & Brew 5 and #7 Fairview 8—Miles City First Security Bank 9.

The Fairview News Thurs, Sept 6, 1979 Selected to All-State Choir

The 1979 Montana All-State Choir will be held at the University of Montana in Missoula, October 17-19.

Three members of Fairview High School Concert Choir were selected to the All-

State Choir including Craig Finsaas—Tenor I, DeLon Murschel—Bass II and Marlin Beyer—Tenor II. This is the second time Marlin has been selected to the All-State Choir.

The students are selected on the basis of a taped try-out. There are about 150 students selected from about 1000 taped auditions.

The Fairview News Thurs, Sept 27, 1979 Neighbors Lend Hand

Neighbors of Lyle Sponheim proved to be his ‘helping hands’ as they gathered recently to do the fall work and get the hay in for the winter. Sponheim suffered a back injury in a recent tractor accident and will be unable to undertake the usual ‘chores’ on his farm north of Dore for some time in the future.

Making short work of the fall work were farming neighbors Dick Johnson, Gary Sedlacek, Dale Danielson, Rex Niles, Nickie Cayko, Eddie Oah, Robbe Stepan, Floyd Sullivan, Lloyd Lester, Montie Martin and Tom Ochs. Ladies in the neighborhood brought in food for the Sponheims and their volunteer crew of workers.

These acts of neighborly concern show that Good Neighbor Week can ‘happen’ in any of the fifty two.

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What Do We Need To Know About GMOs?

By Katie Heger

For some time now, there has been steady chatter about labeling GMOs. Chatter is one thing, but uninformed chatter is quite another.

With the recent GMO disclosure bill signed into law, a national QR code for foods produced with GM crops will be in the works. Personally, I dislike the idea that we, as Americans, have come to a point where the demands of a few outweigh science and common sense. But if a consumer really wants to know more about GMOs, information will soon be just a scan away. A QR code is perfect for streamlining this kind of information. The Agriculture Department will take the lead in developing a national standard with a uniform symbol and consistent information—rather than the patchwork of misleading labels we see now.

As a farmer and a mother of five kids, I have no concerns over serving foods grown or produced with GM crops. A GMO isn't some mystery ingredient: it's a process for growing food more sustainably, something we should all be able to get behind. A label is unnecessary, but unfortunately, many consumers have

developed a fear of the unknown rather than learning about the process. People see the term “non-GMO” so much now that they think GMOs must be “bad.” The reality is, those labels are just another marketing ploy.

Now, before you scream “What?!” let me explain. Food labels are meant to point to nutritional values or warn against health risks (like allergens). Decades of research and approval processes by USDA, the Food and Drug Administration and the Environmental Protection Agency, all affirm the safety of GMOs. Did you know there is more research and approval required for the seeds that farms have available to choose from, than many of the over-the-counter medicines, dietary supplements and vitamins you have in your cupboards? Just look at the labels and see which ones say “approval by FDA or USDA pending” or “statements have not been evaluated by the FDA.” Yet, we buy them without a second thought. Why? Because someone told us they would do something for us, solve an ailment, or maybe even make us skinny!

As a farmer, I am thankful for the availability of biotechnol-

ogy and the research that goes into each seed we choose. The process used in breeding plants for specific traits is complex and time-consuming, but simply boils down to replicating a process of resistance or tolerance that occurs naturally over time. Several companies use this technology, not just one. Are we forced to plant a genetically modified seed? No. Do we choose to plant them? Yes. If a particular seed helps me reduce soil erosion and cut back on pesticide and herbicide use, it is worth my consideration.

So, I ask, why label a process that has no risks, but rather many proven benefits? Identifying genetic traits and breeding plants, thus seeds, is science, it's nature, and it is something that precision technology makes possible in a controlled setting, reducing variables and drastically cutting down on time to market – decades to be exact. We demand genetic identification in people for disease traits, deformities and cures for ailments, yet want to deny it when it comes to development in sustainability, preserving resources and fiscal responsibility. This makes no sense, and further highlights the lack of understanding around GMOs.

I encourage you to promote the new QR code as a tool for consumer education. Let it not simply be a symbol of identification, but a resource where information can be funneled about farming, crops, farmers and agriculture in general. Perhaps the new code can also become a tool for cleaning up packaging and sharing additional nutritional and product information. If we all do a better job of learning and being “in the know” by sharing on a uniform platform for all, maybe we can recruit more “ag-vocates” along the way.

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!

R-CALF USA believes that USDA's action to allow raw Brazilian beef imports is purely political and terribly reckless.

R-CALF USA CEO Bill Bullard said Agriculture Secretary Tom Vilsack's announcement for the nearly simultaneous market reopening (the U.S. market to raw Brazilian beef and Brazil is reopening its market to U.S. beef) reads like talking points created by high-paid, multinational meatpacker lobbyists.

Vilsack stated in his announcement: 'The Brazilian market offers excellent long-term potential for U.S. beef exporters. The United States looks forward to providing Brazil's 200-million-plus consumers, and growing middle class, with high-quality American beef and beef products.'

R-CALF USA thinks this is absurd. Brazil produces far more beef than it can consume. This is why, with the world's second largest cattle herd, which far and away dwarfs the size of the U.S. herd, Brazil is the world's third largest beef exporter, behind only India and Australia. And like India and Australia, Brazil's imports of U.S. beef for longer than a decade before it closed its borders to U.S. beef in 2003 were miniscule.

Additionally, Brazil lacks the resources and infrastructure to maintain health and safety standards that are at least equal to that of the United States. That is why the USDA lowered the U.S. standard to that of mere equivalency – which essentially means “close enough.”

This reckless action by the Secretary, which helps multinational meatpackers leverage down U.S. cattle prices with increased imports that do not meet identical U.S. safety standards is yet another in a long line of failures by the USDA to do anything to strengthen the economic condition of the U.S. cattle industry.

Even the Secretary's depiction of exports over the past seven years as they relate to this particular announcement is deceitful at best. While the Secretary boasts that 'the past seven years have represented the strongest period in history for American agricultural exports,' this irresponsible statement purposely omits the fact that while the dollar value of beef and cattle exports did increase over the past seven years, they were decisively overwhelmed by record imports, which caused the trade deficit for our industry to grow from less than \$1 billion in 2009 to more than \$2.5 billion in 2015.

We at R-CALF USA could not be more disappointed in the Secretary's actions, which clearly demonstrate that he is advocating the interests of multinational meatpackers at the expense of independent U.S. farmers and ranchers and consumers.

The R-CALF USA Convention is Aug. 26-27 in Cheyenne, Wyoming.

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

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

County Agent Update

By Danielle Steinhoff

Harvest Safety

With harvest upon us, whether you farm or not, please remember to be careful. Whether it is a semitruck, tractor, combine or any other piece of farm equipment, it is slower to stop than a car. Please take your time when passing and driving on roads, whether you are on a rural road or in town.

Flea Beetles Causing Injury to Canola Pods

The new generation of adult flea beetles emerges after mid-July and feeds on the green foliage and developing green pods of canola. Usually the upper or younger pods and later seeded crops are most impacted. This feeding injury results in poor seed fill, premature pod drying, shriveled seeds, or pod shattering, and provides an entry

point for fungal growth within pods in damp weather. High populations of flea beetles are being observed feeding on pod stage canola in SW ND, near Dickinson (source: J. Honeyman). There is no economic threshold that has been developed for flea beetles in the pod stage; however, control may be necessary when large and increasing numbers of adults congregate and feed on green pods. Remember to check the PHI of insecticides before spraying. Flea beetles will continue to feed until fall on any green tissue to fatten up for overwintering. This information was gathered from the NDSU Crop and Pest Report, author was Janet J. Knodel, Extension Entomologist.

Grasshoppers Increasing out West

Adult grasshoppers are starting to move into row crops, such as flax, field corn and sunflowers, as the cereal grains are starting to dry down and be harvested, and ditches

are hayed. Field reports of high grasshopper populations have come in mainly from the southwest area of ND. Grasshoppers are primarily still feeding in the field edges and have not moved far into fields. Most grasshoppers are in the adult stage with wings, so they are much more mobile and can fly in search of later maturing 'green' crops to infest. Feeding injury from grasshoppers include leaf stripping, beard loss after heading, head clipping, and kernels that have been fed upon or completely destroyed. Hot and dry weather conditions will favor grasshopper population increases. Grasshoppers will be active until the first hard frost, so continue to scout for grasshoppers until the fall. The economic threshold for adult grasshoppers is 8-14 per square yard in field and 21-40 per square yard in field margins. For insecticides recommendation by crop, please consult the 2016 ND Field Crop Insect Management Guide. Remember to observe the Preharvest Intervals (PHI) for insecticides as we get closer to harvest time.

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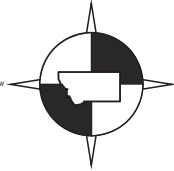
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MPA Stands with BNSF

In response to recent actions taken by the Spokane City Council to place an ordinance to fine the transportation of oil and “uncontained coal” on the ballot in a special election, the Montana Petroleum Association (MPA) voices its opposition.

“Over many years the economy in Washington state grew on the backs of hardworking Montanans supplying them with resources that were not available in Washington, now they are bound and determined to make Montana pay for their social conscience,” said Alan Olson, Executive Director of MPA.

BNSF estimates that based on one to three 90- to 110-car oil trains passing through Spokane daily, the approved ballot measure would result in daily fines which could exceed \$150,000, based on the maximum penalty fine.

The proposed ordinance will have a ripple effect across the BNSF railroad network, directly impacting the ability of Montana to move energy resources affordably to market. This job killing proposal is not only unnecessary, it preempts federal law and bypasses significantly more effective means of improving public safety; including collaboration with federal regulators and Congress and BNSF.

Under the Supremacy Clause of the U.S. Constitution, state laws that conflict with federal law must yield to federal law. Railroads fall under the jurisdiction of the federal Surface Transportation Board. As such, common carriers such as BNSF are legally bound to deliver service upon reasonable request so as not to disrupt interstate commerce; including commodities such as energy and fuel resources.

If enacted, the ordinance would be preempted by the Interstate Commerce Commission Termination Act of 1995 and

the Federal Railroad Safety Act (FRSA) of 1970. The purpose of the FRSA is “to promote safety in every area of railroad operations and reduce railroad-related accidents and incidents.” The FRSA contains a preemption provision which states that, “Laws, regulations, and orders related to railroad safety and laws, regulations, and orders related to railroad security shall be nationally uniform to the extent practicable.” Furthermore, the provision states that laws, regulations, and orders may not be incompatible with a law, regulation, or order of the United States Government, or unreasonably burdensome to interstate commerce.

The proposal also violates the Commerce Clause to the U.S. Constitution, setting the stage for an arduous legal battle at the expense of tax payers, if implemented.

BNSF invests more than \$100 million dollars annually in Washington on maintaining freight capacity by rail. Significant investments are routinely made on maintenance and infrastructure to ensure the best possible condition for the safe and timely transport of commodities. This year alone, BNSF is investing \$4.2 billion across its railroad system.

The ordinance sought by the Spokane City Council is yet another ploy in the keep it in the ground campaign to obstruct the fossil fuel industry.


Should the Council be successful in the special election to implement their proposal, an unlawful precedent will be set for future state regulation which conflicts with federal law and hinders the transportation of our most affordable, abundant, and reliable energy resources.

Light the Park

Supporters of the local Cancer Center turned out for Light the Park on Thursday, Aug. 11th. The evening was filled with live music, food and craft vendors, face painting, kids games, and lanterns hung in honor of those affected by cancer and lost loved ones. A fireworks display was held at Moose Park following the Lighting Ceremony. All proceeds went to the Cancer Center, at Sidney Health Center; these funds stay in the community to help local residents who are affected by cancer.

The Foundation for Community Care sold memorial lanterns as their fundraiser. In the back row are Community Engagement Coordinator Heather Cotter (left) and Executive Director Gina Hecky (right); pictured in the front row are Fundraising Assistant Lori Wilhelm (left) and Planned Giving Officer Melissa Boyer (right). The lanterns were then hung from the lights in the park, and names read during the lighting ceremony.

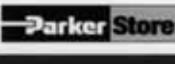
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Watford City Florists Attend an ‘Inspired Design’ Class in Sioux Falls, SD



Petals Floral & More florist Alydia Ferrari (pictured) attended the class Aug. 4th - 11th, with shop owner Erica Douglas (not pictured).

By Meagan Dotson
Petals Floral and More owner Erica Douglas and her Watford City florist Alydia Ferrari recently attended an ‘Inspired Design’ class in Sioux Falls, SD Aug. 4th – 7th. The class was instructed by well-known nationally accredited florists Ace Berry and Patience Pickner and focused on aspects such as focal points, depth, balance, line, customer service and color. The hands-on class consisted of about ten florists in total that were graded according to South Dakota state standards. “I take advantage of any education I can get that is going to be an investment in my employees,” commented Douglas, who herself has taught business classes at floral seminars. “It’s important to learn new techniques and educate my designer as well as myself.” Douglas got her start volunteering her time at flower shops while she was in college, and soon realized it she wanted to make a career out

of it. She has been a florist for three years and owns stores in Watford City, ND and Bismarck, ND. The Watford City shop serves Watford City, Arnegard, Alexander, and supplies flowers to Jason’s Super Foods in Newtown, ND. Their extensive variety of flowers come from wholesalers in Minneapolis, MN and Sioux Falls, SD. “When I go to a floral conference, the florists that regularly attend and continue with their education stand out. I take pride in being involved and when you really care about your career, it shows in everything you do. Customers definitely notice,” said Douglas. Petals Floral and More is located at 512 N Main Street in Watford City, ND; the shop is open 9:00 am – 5:30 pm central time, Monday through Friday, and 9:00 am – 1:00 pm on Saturdays. Stop in and pick up a beautiful and unique ready-made arrangement, request something specific, or contact them in advance for large



Florist Alydia Ferrari demonstrates some of the new techniques she learned at the class.

events. For more information, call them at 701-842-2847 or find them on Facebook. “Floral design classes challenge florists to take a good idea and make it exceptional,” Douglas added.

Heritage Day Looking for Sponsors

The McKenzie County Heritage Association is hosting its 18th Annual Heritage Day on September 17. Last year, we welcomed 500 people through our gates, and we are looking to make this year even better! It is our goal to help share our county’s heritage with our long-term residents, new residents and visitors in a fun and historic way. Events like this take funds to host so we’d like to give you the opportunity to help get your business or organization’s name in front of attendees this year by being a sponsor. Sponsorship opportunities include:

Sponsors (up to \$200)
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If you are able to be a sponsor, please email us and then mail the check to McKenzie County Heritage Association, PO Box 544, Watford City, ND 58854. Gold sponsors, please email us your logo in jpeg format (300dpi). Sponsorship checks must be received by September 6 to guarantee name is included in event’s printed materials.

Also, please help us spread the word about Heritage Day to your employees, their friends and families. Further, we need event day volunteers, so contact us if that is of interest.

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Monica Tininenko Night Life Photography Exhibit Sept 1 - Oct 1

The MonDak Heritage Center in Sidney, MT will host Night Life, a photography exhibit by Monica Tininenko, from September 1 through October 1, 2016.

Born and raised in North Dakota, Monica says "Through my years of traveling this great state I have grown to love the scenery and people. In 2011, I began to photograph the state I love and continue to do so today."

Following a gift of Digital Single Lens Reflex camera in 2011, she began photographing all the abandoned farms and houses she'd been admiring for decades. Those images came together in her first show titled "Prairie Tales". That gift also allowed her to take part in a Historic Asylum preservation and documentation project, known as Project Kirkbride. She joined a group of 40 photographers and videographers to document the Fergus Falls Regional Treatment Center in Fergus Falls, MN. Monica studied 35mm Black and White film photography and development, and digital photography at Minot State University. The rest of her time behind the camera has been largely experimental and "incredibly fun".

Night photography became a passion for Tininenko recently. During a trip to London, England in March of 2014 she began

to notice just how different cities and buildings became at night. That trip inspired the current show called "Night Life". "The exhibit portrays the places we see during the day but might not recognize or take the time to appreciate after the sun sets. Night is something that affects all parts of the world and can also be so beautifully unique to everybody."

"Night Life" features images created by using long exposure techniques. Several of the images in the series were created with exposures longer than one minute and others were very quick with a high ISO to avoid light trails. These images come from a variety of landscapes in locations including eastern Montana, western North Dakota, California, Washington, Nevada and even London, England.

The MonDak Heritage

Center is located at 120 3rd Avenue SE in Sidney. There is no charge for admission and the MDHC is open to the public Tuesday through Friday, 10am to 4pm, and Saturdays 1pm to 4pm.

If you have any questions, please call the MDHC at 406-433-3500 or email us at mdhc@richland.org.



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MSU Scientist, International Team One Step Closer To Producing Higher Quality Durum Wheat



Hikmet Budak, MSU professor and Montana Plant Sciences Endowed Chair in the Department of Plant Sciences and Plant Pathology, is seen here on Friday, July 8, 2016, at the MSU Post Farm in Bozeman, Montana. Budak recently collaborated with a team of international researchers on sequencing the genome of durum wheat, a staple ingredient in pasta. MSU Photo by Adrian Sanchez-Gonzalez

By Denise Hoepfner, MSU News Service

Hikmet Budak, Montana State University's first Montana Plant Sciences Endowed Chair, is among an international team of scientists that is now one step closer to producing durum wheat that boasts a higher protein content and grain quality.

The 14-member team announced in a July 6 press release that it has successfully sequenced and mapped the genome, or complete genetic code of durum wheat. Durum wheat is a close relative of the widely grown bread wheat and is the source of semolina, the key ingredient in pasta.

Using a sequencing technology developed by genetics company NRGene, the sequencing and mapping of the durum wheat genome took just a few months and has provided researchers with the complete list of genes and their locations for the cereal crop, Budak said.

Budak, who hailed the achievement as "exciting news for MSU and Montana" said the data is the first step to understanding which genes are present in the durum wheat genome and harnessing this knowledge to produce higher quality Montana durum wheat lines and cultivated varieties known as cultivars that will also enjoy increased resistance to pests, environmental stress and disease.

The scientists will now work to refine and assemble the sequence. Because the durum wheat genome is extremely large, about four times the size of the human genome, it can only be sequenced in pieces. Using the genetic map, the team will reassemble the sequence to produce a whole genome assembly, a high quality, ordered and completely assembled sequence for each of the 14 durum wheat chromosomes that will act as a guide, or "reference sequence" for further wheat studies.

Budak said it will likely take two years to create this reference sequence and make the data available to the public. Once available, he said, the data will provide a much-needed boost to durum and bread wheat research.

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"The lack of a high-quality genome sequence was a roadblock to conducting genomics-based wheat improvement studies, even with the availability of advanced genome engineering and editing technologies," he said.

Budak said that the reference sequence will provide MSU researchers with the means to identify and characterize the desirable genes in Montana's existing cultivars and use them to develop high-yielding "elite" cultivars with traits desirable to Montana producers.

And, the reference sequence will be used to develop new Montana durum wheat lines, which Budak estimates will take five or six years. It will also be useful in helping to identify the genes in existing Montana wheat lines so growers will know the genetic traits of the wheat they're currently producing.

Budak, an internationally recognized plant geneticist, contributed to the mapping by identifying and also editing the durum wheat genes using the genome editing system known as CRISPR. Currently, his group is also working on using these newly discovered genes to improve the micronutrient quantity, protein content and stress resistance of the wheat.

Budak is a member of the faculty in the MSU Department of Plant Sciences and Plant Pathology in the College of Agriculture. He joined MSU after a national search for candidates for the Montana Plant Sciences Endowed Chair that attracted top cereal scientists from around the world. The idea for the position began as an idea of the Montana Grains Foundation as a way to help Montana's wheat farmers stay sustainable and remain competitive. More than 60 Montana grain producers and several agribusinesses around the state partnered to support the endowed chair.

"This is why I was brought here and this is a great start to paying back the farmers, growers and stakeholders who funded my position," said Budak, who came to MSU from Sabanci University in Istanbul, Turkey. "What they put in, they will get back eventually by way of wheat lines. That's my longer term goal to have one wheat genotype, or line, that is going to be great for Montana agriculture."

Along with MSU and NRGene, members of the international collaborative research network who contributed to the research are The Council for Agricultural Research and Economics, the National Research of Italy, the Crop Development Centre of the University of Saskatchewan, the University of Tel Aviv, the University of Bologna and the IPK Gatersleben.

The research builds upon the earlier success by the scientists in sequencing the bread wheat genome in 2014 and subsequent production of the bread wheat genome assembly in January 2016.

Durum wheat currently represents 14 percent of wheat grown in Montana. Annually, more than five million acres of wheat is harvested in Montana, representing a market value of nearly \$1 billion, according to 2015 figures provided by the United States Department of Agriculture.

Last year, MSU completed an agreement to license more than 700 developmental lines of durum wheat to Montana-based Northern Seed, LLC. MSU-developed varieties account for more than 43 percent of Montana's winter wheat crop and more than 31 percent of the state's spring wheat.

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