Benefit For Tess Hurley
Saturday, June 3

By Jaymi Mozeak

On June 10 from 5:30-6:30 p.m., the Sidney-Richland County Library will be hosting its Kickoff Concert for the Summer Reading Program. The library will continue to use the REAdeQuipped app which can be downloaded on www.arcreading.org. The Summer Reading Program starts June 10 as well. It is for all ages. Logging of points can begin that day and the last log point will be the July 20. The library will continue to use the REAdeQuipped app which can be downloaded on www.arcreading.org. The theme for this year’s kickoff party is “Together Now” and the library’s goal for Richland County as a group is to read 200,000 minutes. According to the program summary, during last year’s program, library patrons read nearly 400 miles. This year, they are expected to read a total of 100,000 miles. The library will provide a mini dance workshop, wellness expo, craft vendors, and afternoon hors d’oeuvres available for purchase.

The Sidney Chamber of Commerce and Agri-'

The Wellness Collective & Healthy Kids Expo
June 1, Sidney
Explore the faucets of your health.

The Sidney Chamber of Commerce and Agriculture is holding its 1st Wellness Collective, June 1, at the Richland County Event Center. The Wellness Collective features a vendor trade show showcasing the regions wellness industry businesses and afternoon education seminars.

The Wellness Collective is a sister event to the Sidney Assembly of God youth group activities and downtown Sidney businesses. Cutting Edge Dance Studio will provide a mini dance workshop. Healthy food options and activities for all ages will be offered for sale.

Healthy Expo reception and social starts at 6:30 p.m. including a cash bar with hors d’oeuvres available for purchase.

Event Schedule:
5:15 pm: Sunny’s Wann-er’s Center Services - Stacy Milledge, Sunny’s Women’s Clinic
3:35 pm: Advanced Aesthetic Services - Dr. Sherry Ting, Sidney Health Center
4 pm: “Growth Health” - Tanya L. Cundey, Avonite Wellness
4:35 pm: Don’t Fall into the Trap of Being Too Busy for Your Health” - Corie Wil- lis, Kanola Lifestyle
5:30 pm: “I Need A Lunch Break” - Joseph Evenson, MSU Rich- land County Extension Sales
5:15 pm: Chatter Pediat- ics Therapy Services - Dr. Carson McShane, Sidney Health Center
6:00 pm: My Patient’s Facts” - Michelle Moomaw, Thy Neighbor & Martha’s Place
6 pm: Health Goals” - Chrisy Williams, Danielle Dede, Danielle Rae
6:30 pm: “Make Yourself A Priority” - Kaye A. Thompson, District Health
For more information visit the Sidney Area Chamber of Commerce and Culture or call 406-435-1916.

Sidney-Richland County Library Summer Reading Program Kickoff June 10

Pictured (L-R) Librarians Kathryn Murphy, Kelly Reisig, and Miranda Evenson are ready and excited to start the summer reading program this year. (Photo by Jaymi Mozeak)

Mark Your Calendars For The “Best Of The ‘Best’” Ribfest & Street Fair Aug. 11

Country music act Blackhawk opening for this year’s headliner, Hairball.

By Megan Olson

Get your grills ready for the 19th Annual “Best of the ‘Best’” Ribfest & Street Fair on Main Street. The Ribfest will be held the weekend of August 11.

Ribfest teams must be set up and ready to cook by 10 A.M. Judging will start at 4 P.M. There is no limit to the number of teams that can register, but there is a minimum of 200 lbs. of food that each team must cook during the day. First place will be awarded $1,000 and bragging rights of course. Second place will get $500 and third place will receive $250. Teams can set up the right up before as well at the morning of.

The 12th Annual Classic Car & Truck Show, sponsored by Showcase Window Rock, will happen in downtown Watford City from 10 A.M. to 4 P.M. There will be multiple classes to enter your Classic Car & Truck and ribbon winners will be announced at 4 P.M.

The Rapp & Sons Cornhole tournament is being sponsored by HRT Networks and will start at 11 A.M.

Legendary Singer Kids Zone will be open from noon to 8 p.m. with jump & fun inflatable games. This is a free, however, kids under 17 must accompanied by an adult. June 10 is the last day, as well as craft vendors for anyone who would like to do a little shopping.

Rilla will be served to the public at 12 p.m. and “The Best of the ‘Best’” Ribfest entertainment will kick off at 7:00 p.m. with country music act Blackhawk opening for this year’s headliner. Rockin’ Rooster’s, Bombseliccata’s, and Arena Rock will take the stage at 9:30 p.m.

To register as a team or vendor, a complete list of team rules, or for more information in general, visit www.watford- cityribfest.com. Additionally, you can check out the Facebook page at www.facebook.com/BestoftheBestRibfest. Contact the Watford City Chamber of Commerce at 701-723-0611 or email them at wcchamber@icloud.com.

If this is your first year or, if this is a tone and true in- dustry, we won’t want to miss this awesome event which invites you to come for the Ribs, Stay for the Music!”

Seymour Hudley

By Diane Swanson

Friends and family are hostting a benefit concert for Waterhole #3, Fairview. The benefit donation begins at 6 p.m. featuring BBG band playing their favorite rock & roll timings. A silent auction runs from 1-4 p.m. followed by a live auction. Anyone wishing to donate items for the live auction may drop them off with Kim at The Waterhole #3.

Hairly is a single mom of four, well known in the community, from either Sa- da-Cove, Richland Na- tional Credit Union or The Oasis Casino. She suffered a brain aneurysm on April 27, 2020 and was born to St. Vincent’s for treatment. The surgery went well but doctors discovered another aneurysm that needs to be closely monitored. The means multiple trips to meet with the neurosurgeon in Billings. Hairly is preganant, well, using physical ther- apy to reduce pain, but she has a long road ahead of her. But quite honestly at this time, the one she would go a long way to helping her family.

An account has also been set up at Richland Na- tional Credit Union in Sidney, NE for anyone wanting to make a donation.


Right: Blackhawk photo courtesy of blackhawklive.com.

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For more information visit the Sidney Area Chamber of Commerce and Culture or call 406-435-1916.
Montana Cares Cellphone App For Mental Health & Resources Is Live

By Joyce Manoukian

Montana Cares, an app developed to provide quick access to mental health and behavioral health services, is now available to the public. The app provides easy access to mental health resources and supports.

The app is available for Android and iOS devices. To download the app, visit the Google Play Store or the App Store.

The app includes features such as:
- 24/7 Crisis Line: Connects users to a crisis counselor.
- Mental Health Resources: Provides a list of mental health resources and services.
- Suicide Prevention Resources: Connects users to resources for suicide prevention.
- Other Resources: Includes information and resources for a variety of other topics.

The Montana Cares Cellphone App is an initiative of the Montana Department of Public Health and Human Services. It is supported by a grant from the United States Department of Health and Human Services.

The app is available for download for free. It can be found in the Google Play Store for Android devices and the App Store for iOS devices.

For more information, visit the official website at montanacares.app.

Wataford City’s Food Truck Rodeo Rides Into Town For Second Go-Round, June 9-11

Wataford City, ND - Last year’s inaugural Food Truck Rodeo was a big hit, with many people attending and enjoying the food truck offerings. The event was so popular that it’s now returning for a second year.

The Food Truck Rodeo will take place on June 9 and 10, with food trucks from all over the region. The event will feature food trucks from all over the region, offering a wide variety of food options.

The event will also feature live music, a kids zone, and a variety of other activities. The event will run from 11 a.m. to 10 p.m. both days.

For more information, contact the Wataford City Chamber of Commerce at 605-589-7289.

Montana State University Eastern Agricultural Research Center

The Montana State University Eastern Agricultural Research Center is part of the Montana University System and is located in Glendive, MT. The center conducts research in a variety of areas, including plant diseases, insects, weeds, and herbicides.

The center is supported by the Montana Agricultural Experiment Station, which is funded by the Montana State University System. The center is also supported by the Montana State University Foundation.

The center conducts research in a variety of areas, including:
- Plant diseases:
- Insects:
- Weeds:
- Herbicides:

The center is also home to the Montana State University Eastern Agricultural Research Center Cellphone App, which provides quick access to information and resources for plant diseases, insects, weeds, and herbicides.

The app is available for Android and iOS devices. To download the app, visit the Google Play Store or the App Store.

The app includes features such as:
- Plant Disease Information: Provides information on a variety of plant diseases.
- Insect Information: Provides information on a variety of insects.
- Weed Information: Provides information on a variety of weeds.
- Herbicide Information: Provides information on a variety of herbicides.
- Other Resources: Includes information and resources for a variety of other topics.

The app is available for download for free. It can be found in the Google Play Store for Android devices and the App Store for iOS devices.

For more information, visit the official website at msu-easternag.com.
Kids Fishing Day Held May 23

By Dianne Swanson

All kids, kindergarten-12th grade, are welcome to enjoy a safe space paired with a nutritious meal this summer, hosted by Zion Lutheran and Community Presbyterian Churches in cooperation with Fairview Schools. Lunches will be provided from 11:30 a.m.-12:45 p.m., Mondays and Wednesdays, alternating between the two churches. A red flag saying EAT will fly between the two churches.

On Tuesday, May 23, the area sixth graders were invited to participate in Kids Fishing Day at Cardinals Reserve.

Miles City and Glendive members of the Montana Fish, Wildlife & Parks, MonDak Walleyes Unlimited and Blue Rock Products Company assisted in instructing the kids. (Photo by Robbyn Heck)

TheZone Summer Lunch Program Starts June 12 In Fairview

By Dianne Swanson

TheZone Summer Lunch Program will run every week until school starts. Be sure to sign your child up for great food and fellowship this summer!

We Sell All Flooring Styles, Stacked Stone, Window Treatments & Provide A Certified Installation Team

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$35 documentation fee applies to all titled vehicles. Titles will be mailed. Canadian buyers need a bank letter of credit to facilitate border transfer.

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10 MOBILE FOOD VENDORS, NON-FOOD VENDORS, FREE INFLATABLES, JOHNSRUD BASEBALL TOURNEY (THRU-ROUGH RIDER CENTER JUNE 9TH-11TH, 2023)

Out Of The Darkness Walk Fundraiser Set For June 3

By Robbyn Heck

You won’t want to miss Jazz Age Jeopardy: A Murder Mystery Dinner Theatre & Scavenger Hunt in Two Acts taking place on Saturday, June 3 at the Richland County Event Center from 7-10 p.m.

Guests at the murder mystery party will be at a private party held at a jazz club in 1920s New York City. It is the height of the Jazz Age, and the social revolution is about. Furthermore, this is the time of Prohibition - of bootleggers and gangsters.

Club owner, Felix Fontano, the son of a successful bootlegger and crime boss – and a successful businessman himself – is throwing this private party for a group of select friends.

It’s a night of revelry like many other nights of revelry enjoyed by this group of sophisticated, artists, and hoodlums, until things go horribly wrong.

Reserve your tickets today, $30 for 1, $50 for 2, or $225 for a table of 8.


“Join us, for an evening of fun while we raise funds to fight suicide,” said Chemick Haislam.
13th Annual Fairview Alliance Church Blessing Sale June 17

Allcheck Medical Clinic owner, Janette McCollum said, “We are positive health care providers in the community” and “It’s such a great cause to support through Allcheck Clinic services.” Due to the cold in each test being in line, health insurance will not cover the tests.

For more information, contact the Fairview Alliance Church facility opened in June 2021. They are located at 2000 Central Ave. Saloon, and can be contacted by phone at 406-488-5242 or by email for regular announcements.

Richland County Fair & Rodeo

“Stars, Stripes & Summer Nights”

August 2-5, 2023

Presale Tickets Available
(Email Available at the Box Office & Online)

Beginning May 30 • 8:30 AM

Package Deal $35: Concert Ticket, Double Room, Breakfast, and Double Room Ticket

Adv. Ticket $40, $10 discount in advance, $20 for seniors (65+)

During Fair Week: (Agriculture) General: $50 • Reserved: $65

406 FMX Show, Wednesday, Aug 2nd $5

PRCA Rodeo & Brookman Rodeo LLC

Thursday & Friday, August 3rd & 4th 7:30pm each night

For complete listings and info: www.weishaaructions.com

All checkered mark of sale will take precedence over ALL PRINTED & ONLINE MATERIAL!
PLEASE TAKE NOTICE that in the amount of $1,716,219, requested interim rate relief change would increase the Service (“Application”). In the for Authority to Establish Montana-Dakota Utilities Co. On November 4, 2022, in-person, by telephone, or by videoconference. Commenters participating by telephone or videoconference must sign videoconference must sign

1-406-489-3837.

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1-406-489-3837.
The number of people hospitalized for stroke between the ages of 15 and 44 rose as much as 37% between 1995 and 2008, according to researchers at the Centers for Disease Control and Prevention (CDC).

Thirty-five patients have been treated for strokes at Sidney Health Center over the last two years with ages ranging from 41-96 years of age.

- 41-44: 2 patients
- 49-57: 5 patients
- 62-64: 5 patients
- 65-70: 6 patients
- 71-96: 17 patients

Those numbers point to the need for younger people to control stroke risk factors such as obesity, diabetes and high blood pressure, the CDC says. But they also highlight the importance of knowing the symptoms of a stroke and seeking prompt care.

Stroke treatment is most effective when administered within 4.5 hours. Rapid treatment improves your chances of survival, and it reduces the possibility of permanent disability regardless of the severity of a stroke.

The Signs of Stroke
A stroke is when the blood supply is blocked to part of the brain or when a blood vessel in the brain bursts. Brain cells begin to die from a lack of oxygen. Stroke symptoms come on quickly and, according to the American Stroke Association, often include:

- Vision problems
- numbness or weakness, particularly on one side of the body
- Disorientation, loss of balance or loss of coordination
- A sudden, severe headache with no known cause

Call 911 if you observe any of these signs. Don’t dismiss them. Even patients suffering from a transient ischemic attack (TIA), a so-called mini stroke, can reduce their chances of disability with immediate treatment, according to a recently published study in the American Heart Association Journal Stroke.

Stroke Treatment
The most effective treatment for stroke is a clot-busting drug known as tPA, which must be given intravenously within 4.5 hours. After that window of time, treatment focuses on preventing a secondary stroke with medications that limit the blood’s ability to clot and procedures such as stenting to keep blood vessels open.

Early supportive care, such as physical therapy, can also make a difference in recovery.

You can reduce your chances of having a stroke by making the same healthy diet and lifestyle choices that help prevent all cardiovascular disease: manage your blood pressure and cholesterol; lose weight; eat plenty of fruits and vegetables and foods low in sodium and saturated fat; participate in regular physical activity; and stop smoking.

If you or a loved one experiences a life-threatening emergency, dial 9-1-1. The Sidney Health Center Emergency Department is staffed by medical personnel trained in emergency care including a team of board-certified physicians, nurses, hospital personnel and EMTs, who provide emergency services 24/7. The Emergency Department is available to treat major and minor illnesses and injuries. To access emergency care, use the emergency entrance located on 12th Ave. SW, Sidney.
Upper row (L-R) Sidney EMCMHC staff Jana Pugh, Amy Harling, Brenda Alonzo, Shelly Schepens, Dorene McDonald, and lower row, office manager Mary Gaughan, recognized May as Mental Health Awareness Month by wearing Mental Health Awareness shirts once a week throughout the month. (Photo by Jaymi Mozeak)