



See pages 18 - 24

(406) 433-3306 or 1-800-749-3306  
Fax (406) 433-4114  
e-mail address:  
info@roundupweb.com  
www.roundupweb.com

Business Office:  
Located at 111 West Main  
Sidney, MT

Mailing Address:  
P.O. Box 1207  
Sidney, MT 59270

Wednesday, March 6, 2013

Volume 39 • Number 3

## Sidney Lady Rangers take 1<sup>st</sup> at State Hockey Tournament

The Sidney Lady Rangers took 1<sup>st</sup> at the state hockey tournament in Devils Lake, ND last weekend. Shown is back (L-R) Ashley Bjork, Jade Brunsvold, Maci Holst, Abby Balcer. 4th row (L-R) Danielle Steinley, Chelsey Metcalf, Malorie Cvancara, Erin Harris, Mary Voll, Aubrey Kessel. 2nd row (L-R) Bryana Christensen, Eliska Cvrkalova, Shawnee Tyler, Jordan Baxter, Jordan Tyler. Front Goalies Nicole Monsen & Micala Morehouse. Coaches Damon McLaughlin & Dustin McLaughlin. Photo by Picture Perfect.



## MonDak Energy Alliance Meeting Held in Sidney

By Ashley Harris

The MonDak Energy Alliance, which is made up of individuals and businesses interested in developing energy within the MonDak region, met Feb. 28<sup>th</sup> in Sidney. The alliance meets quarterly, switching between Sidney and Williston, and hosts speakers covering topics concerning the area.

During the Feb. 28<sup>th</sup> meeting, the alliance heard speakers concerning topics including: highway concerns, rail depot development, oil lease advisement, the oil well drilling in Sidney, and a look into the Governor's office.

Tim Baker, Governor Steve Bullock's Natural Resources Advisor, spoke on the Governor's views concerning oil country. Baker stated that Governor Bullock, "made clear he supports oil and gas development." Not only does he support the oil and gas industry, he is also working to strengthen the rights for land owners.

Also speaking on land owners rights was Dennis Trudell with the NE Montana Land and Mineral Owners Association. Trudell spoke concerning oil leases and the importance of the wording included. He pointed out the main things that should be looked at within an oil lease include: the amount per acre, the royalty rate, the amount of time, and to use very specific language within the lease. Trudell suggested the surface owners try to pair up with the mineral owners to get surface damage compensation included in the lease. He also stated that if your not comfortable working out the lease that you should seek help from either a lawyer or someone who has dealt with them before.

Speaking on other concerns in the area was Shane Mintz with the Montana Department of Transportation. Mintz informed those in attendance on the studies that have been done concerning highways within oil country. Studies showed that highway costs will average at 52 million dollars a year for the next 20 years due to the Bakken development, 70% due to truck traffic and 30% due to material cost increases. Highway improvements currently in the works are district wide rumble strips, center line rumble strips between Fairview and Glendive, speed limit change to 65 between Glendive and Fairview, and numerous traffic signals.

Transportation changes were also announced by Neil Amondson with Hunter Light concerning the new rail depot going in just North of Fairview. The new rail depot will be located at the corner of Highway 200 and Highway 58. The rail depot will be 185 acres along with a future 15 acre truck stop. The rail depot will be built with 26 tracks which can handle up to 20 rail cars each at one time. It will be used to



Neil Amondson with Hunter Light presented information on the new rail depot going in just north of Fairview during the MonDak Energy Alliance meeting.

bring in numerous supplies and send out oil and natural gas. Although this will increase the rail traffic, it will bring down the semi-truck traffic in and out of the MonDak area.

Wrapping up the meeting, the last presentation was given by XTO Energy representative Emily Snooks. XTO Energy, who is currently the largest natural gas producer in the nation, will be drilling a well that will supply the many residents of Sidney and the City of Sidney with oil lease monies. Along with this, they also donate to many charities and organizations within the community.

## Fairview Public Forum Being Held March 14

The Fairview Schools will be holding a public forum on Thursday, March 14<sup>th</sup> at 6 pm in the cafeteria. The public forum will discuss the possibility of switching to a 4-day school week starting next fall. The school board will make their final decision April 9<sup>th</sup> so any issues or concerns should be conveyed prior to then.



Montana Governor Steve Bullock's Natural Resources Advisor, Tim Baker, spoke during the MonDak Energy Alliance meeting concerning Governor Bullock's views and work for the oil and gas development.





**Junior Catholic Daughters Anniversary**  
On March 3 Junior Catholic Daughters Court Mother Cabrini #1766 Sidney were honored by St. Matthew’s as they celebrated their 87th anniversary as a National Program . A letter of congratulations was read from National Regent Anne Nelson and the parish joined the youth enjoying a cake and punch reception. (Submitted by Janet Martineau)

# Beat the Spring Rush Sale

## Take Advantage of Low Prices Now for Delivery in the Spring!

3820 6th Ave W • Williston  
Next to Walmart Tire Center 701-774-5310

**You** are invited to join us as we evaluate how far we have come & share your vision of Richland County in 2020

**Free Event**

**Richland County Open House**  
5<sup>th</sup> Annual Community-wide Conference  
March 18th & 19th ~ 2013  
Richland County Event Center

<p><b>Monday 5:00pm to 7:30pm</b> What is your vision of Richland County in 2020?</p> <p>Open House at 5:00 pm</p> <p>Come see what your community has accomplished</p> <p>A meal will be served at 5:30 pm</p> <p>Guest Speakers: Dan Clark, Director of Local Government Center MSU Extension Karen Ray of Karen Ray Associates</p> <p>Here is your chance to share your vision, possible barriers and solutions for your 2020 Richland County</p> <p><b>You are an Important Piece of the Puzzle</b></p> <p>We are asking Richland County Community Members, Community Service Groups, Businesses, Policy Makers, and those vested in our community to all come together to ensure.....</p> <p><b>Quality of life in Richland County</b></p> <p>For more information or to register contact: Mary or Suzanne at Richland County Health Department 1201 W. Holly Street, Suite #1 Sidney, Montana 59270 406-433-2207 <a href="http://www.richland.org/">http://www.richland.org/</a> or <a href="facebook.com/RichlandCCF">facebook.com/RichlandCCF</a></p>	<p><b>Tuesday 8:30am to 1:00pm</b> Where do we go from here?</p> <p>Open House at 8:30 am Muffins &amp; Juice</p> <p>Welcome by: Karen Ray Introductions of Community Leaders "Let's make a Plan" Lunch at noon Wrap up with Karen Ray</p> <p><b>Tuesday 1:30pm to 4:00pm</b> What action do we take?</p> <p>Karen Ray will present a workshop on: ~ Collaboration ~</p>
---	--

**Please RSVP by March 12, 2013**

# Stockman Bank Challenges Local Community to Help Raise Funds for Savage Cemetery

**Submitted by Emily Houska**

In the summer of 2011, a massive storm destroyed the beautiful, mature trees in the Savage cemetery so the SAVAGE Inc & Cemetery boards are in the process of raising money to buy and plant new trees. The goal needed to fund this project is \$30,000, so Stockman Bank is presenting the local community/area with a “challenge” to help get this project funded.

The SAVAGE Inc, Cemetery board and Stockman Bank remain committed to making our community a better place for all the families who hold or who have held Savage a dear place in their hearts.

Stockman Bank has agreed to contribute up to \$10,000 if the challenge is met. The challenge consists of every \$1.00 raised by the community; Stockman Bank will match it with \$1.00, up to a maximum donation of \$10,000. If Stockman Bank’s challenge is fully met, the total amount raised between Stockman and the community will be \$20,000 and they will be over half way of meeting their goal. The goal is to have this project completed by Memorial Day.

If you or your family would like to donate money towards the project please contact or mail your donation to Dana Jonsson at Stockman Bank 101 S Central Ave Sidney, MT 59270 406-433-8600. Please make your tax deductible check to SAVAGE Inc.

“It is truly gratifying to contribute to an enhancement that will touch so many lives in and around Savage,” comments Garth Kallevig, Branch President of Stockman Bank in Sidney. “I’m very excited Stockman Bank can be a part of this, as I know it will beautify the cemetery and bring many great benefits to the current and past members of the community.”

Stockman Bank’s roots run deep in Montana. Since 1953, they have been serving ag producers, local businesses and consumers with secure, competitive and convenient banking products. Stockman Bank supports strong education, health care and both economic & cultural development in the communities they serve. Supporting the Savage cemetery is just another way Stockman Bank enjoys giving back to their local community.

## Wedding Announcement

Doug and Debbie Opland, of Des Lacs, ND, announce the engagement and forthcoming marriage of their daughter Jessica Lynne Opland, to Brady Joe Carpenter, son of Rocky and Nancy Carpenter, Sidney, MT.

Jessica graduated from Des Lacs-Burlington High School in 2005 and is studying Mortuary Science online through Arapahoe Community College in Littleton, CO. She is employed at Thomas Family Funeral Home in Minot.

Brady graduated from Sidney High School in 2004. He is a Staff Sergeant in the United States Air Force, currently serving in Minot, ND.

The wedding will be April 13 at 4 p.m. in the Upper Atrium of the All Season’s Arena, Minot. The reception and dance will follow, also in the Upper Atrium. No invitations are required.



**Jessica Opland and Brady Carpenter**

# Come Join Us for a St. Patty's Day Bask!

## Sat, March 16 at 6 pm

### Corned Beef, Cabbage & Green Beer!

## Get Your Green On at the Waterhole!

406-742-5224

Fairview, Montana

## Live Music by The Max



# Legislators Rosendale and Halvorson Visit Sidney

**By Ashley Harris**  
Local legislators Matt Rosendale and David Halvorson provided updates to the public March 1<sup>st</sup>, during the Town Hall meeting hosted by the Sidney Area Chamber of Commerce and Agriculture. They gave a look into what bills are being discussed and what they feel the outcomes will be with them.

Sen. Matt Rosendale, SD19, emphasized his push for infrastructure funding with the understanding that many cities and towns need updates. Representing Dawson and Wibaux Counties, Rosendale can see the

struggles in the area as he stated, "I recognize we have a huge issue with housing in this area." He is addressing the permit process, whether it is a building permit or land use permit, which currently takes a long time. He is trying to streamline the process for permits so less time is lost, considering that those permits are necessary to continue expansion. Also mentioned was increase of pension, need for more highway patrol, and looking at a bypass around Sidney and Culbertson.

Representative David Halvorson, HD37, focused

on two main points concerning funding. First he spoke on the reassignment of oil and gas tax revenue allowing the cities and town within oil country to address their concerns. His other main point was the issue of school funding, suggesting that the sudden increase of students should allow retention of revenue.

Sidney Mayor Bret Smelser spoke following the legislators to inform them of the issues and concerns of the city. Smelser emphasized that although getting grant monies will fix the infrastruc-

ture, it will not supply enough consistent funds to pay workers. He stated that we need to improve the infrastructure in order to "support the next generation and keep the industry going."

Along those same lines, County Commissioner Shane Gorder informed those in attendance of the current issues concerning the county roads. With the county includes 1280 miles of gravel county roads, of which many are used for oil and truck traffic causing them to need lots of upkeep and repairs.

Continuing the same idea, County Commissioner Loren Young informed every one that 1 trip down a road with an 80,000 pound semi is equal to 3200 cars traveling it. He also stated that our county roads are "main arteries."

Closing up the meeting, Representative Halvorson stated that "meetings like this are very important, this is where new ideas come from."



Senator Matt Rosendale speaks during the Town Hall Meeting held on March 1<sup>st</sup>, while County Commissioners Shane Gorder and Loren Young look on.



**Yellowstone Chiropractic Clinic**  
(406) 433-4757 222 2nd. Ave. SW  
1-866-433-4757 Sidney, MT 59270



**Dr Ryan Laqua**  
Chiropractic Physician

- Sports Injuries • DOT Physicals
- Personal Injuries & Pain Conditions

Happy 80th Birthday  
Jen & Nancy!



Join us for a celebration at the VFW Saturday, March 9! Supper at 6 pm with dance to follow.  
**No Gifts Please**

**Great food, lots of fun, all for a great cause!**



**BOYS & GIRLS CLUB**  
OF RICHLAND COUNTY

**Annual  
Dinner & Auction**

**Saturday, March 16 • 5pm**  
Richland County Fair Event Center



**Celebrate St. Patrick's Day**  
Wear green to be entered  
for a special prize.  
Appetizers will be served.

**Chicken Fried  
Steak & Roast  
Beef with all the  
trimmings**  
**\$25<sup>00</sup>**  
Catered by the Ranger  
Lounge, Casino & Eatery

**Silent & Live Auction Items For Everyone!**

- Spongebob Mural
- Classic Hook Remover
- Thermoelectric Cooler and Warmer
- Rockstar Bike
- Socket Set
- Kids Sonicare Brush
- 13 piece knife set
- Teeth whitening
- Green Bay Packers Hat
- 1/2 beef & processing
- (2) Tickets, 10 nights at the NFR, Dec 5-14, 2013
- 50 lb. Hamburger
- DeWalt Hammerdrill
- John Deere toy tractor
- U of M Grizzly Basketball
- Game Tickets
- Nascar Jacket
- Autographed Photos of Sports Figures
- Clothing
- Gift certificates of all kinds
- Tools
- Hair & Beauty Items
- and much, much more!



**OUTLAWS MUSIC NIGHT**  
Friday, March 15th @ 7 pm  
Outlaws' Bar & Grill Ballroom  
Free Appetizers & Cash Bar  
All ages - \$5

**JESSIE VEEDER**  
www.jessieveedermusic.com

**THE DIRTY DOGS**  
Adam Taylor & Jeff Meyer

**LONESOME WILLY**  
Gene Veeder, Mike Endrud,  
Kelly Hanna, Jimmy Christensen,  
Adam Taylor

Local alternative country & a laid back good time sponsored by  
Meyer's Department Store Outlaws' Bar & Grill



For all your Farm/Ranch, Recreational, Residential, and Commercial needs.



Alan Seigfreid  
Amanda Seigfreid

Jim & Janice Knudsen 120 2nd St. N.E. • Sidney Mt. 59270  
Broker/Owners (O) 406-433-3010 • (C) 406-489-3010  
email: [alans@midrivers.com](mailto:alans@midrivers.com)  
Website: [www.missouririverrealty.com](http://www.missouririverrealty.com)

NOW OPEN

• DOT Physicals  
• Sports Physicals  
• Drug & Alcohol Testing  
• Sports & Work Injury Treatment



FINK FAMILY  
Chiropractic

Call for an appointment • 433-BACK (2225)  
8 a.m. - 6 p.m. • Monday - Friday  
Saturdays by Appointment Only  
Michael Fink, DC  
120 E. Main Street • Village Square Mall • Sidney, MT  
[www.finkfamilychiropractic.com](http://www.finkfamilychiropractic.com)

The Sioux-Yellowstone Fire District  
Cartwright, ND

Is accepting bids for the sale of a 2001 Dodge 3500 cab and chassis 4x4 dually truck, V10 gas, 5 speed manual transmission, new clutch, PS, PW, AC, tilt, Ranch Hand bumper, 116000 miles. Truck may be seen by appointment at the Cartwright Community Center Fire Hall by calling 406-480-0208.

Sealed bids addressed to Sioux-Yellowstone Fire District, 3244 155th Ave. NW, Cartwright, ND 58838 will be received by mail until Monday, March 25, 2013. The Fire District reserves the right to reject any or all bids.

Great Way to Earn  
Some Extra Cash!



Need some  
exercise,  
part-time job  
or just plain  
bored?

Be a  
Roundup  
carrier  
once a week!

Call Erin  
at 433-3306

STATISTICS

Lake Water Level Report

Sakakawea

Fort Peck

Current Elevation.....

1827.4.....

2222.2

Last Week's Elev. ....

1827.6.....

2222.5

One Year Ago.....

1838.0.....

2234.24

Release For Day (C.F.S.).....

22,800.....

9,000

Watford City Weather Data

Source: North Dakota Agricultural Weather Network

Date	High	Low	Precip.
Feb. 25 .....	37 .....	22 .....	0
Feb. 26 .....	46 .....	21 .....	0
Feb. 27 .....	38 .....	22 .....	0
Feb. 28 .....	29 .....	19 .....	.03
Mar. 01 .....	36 .....	20 .....	0
Mar. 02 .....	38 .....	28 .....	0
Mar. 03 .....	44 .....	28 .....	0

Sidney Weather Data

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Feb. 25 .....	48 .....	26 .....	0.00
Feb. 26 .....	36 .....	27 .....	0.00
Feb. 27 .....	30 .....	26 .....	0.00
Feb. 28 .....	43 .....	25 .....	0.00
Mar. 01 .....	45 .....	21 .....	0.00
Mar. 02 .....	47 .....	31 .....	0.00
Mar. 03 .....	40 .....	31 .....	0.15
Average YTD Precipitation.....			0.70

# MDT Proposes Traffic Signal Installation in Sidney – Richland Co.

**Submitted by Lori Ryan**

The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to install traffic signals at two intersections in Sidney, MT, Richland County. New traffic signals will be installed at the following intersections: West Holly Street (MT 16) and 22nd Avenue and West Holly Street (MT 16) and Lincoln Avenue.

Proposed work includes the installation of the traffic signals at both intersections, as well as, new curb, gutter and sidewalk and ADA ramps at the intersections.

The purpose of the project is to improve safety and operations at these two intersections.

Construction is tentatively planned for 2014, depending on completion of design and availability of funds. New right-of way and relocation of utilities will be required. MDT staff will contact all affected landowners prior to doing survey work on their land. Staff will again contact landowners prior to construction regarding property acquisition and temporary construction permits.

For more information, please contact Glendive District Administrator Shane Mintz at (406) 345-8212 or Project De-

sign Engineer LeRoy Wosoba at (406) 444-1280. For the hearing impaired, the TTY number is (406) 444-7696 or 1-800-335-7592, or call the Montana Relay at 711. Members of the public may submit written comments to the Montana Department of Transportation Glendive office at PO Box 890, Glendive MT 59330-0890, or online at [www.mdt.mt.gov/mdt/comment\\_form.shtml](http://www.mdt.mt.gov/mdt/comment_form.shtml).

EVENTS

SEND US YOUR EVENTS!

THE ROUNDUP: PO Box 1207, 111 West Main, Sidney, MT 59270  
406-433-3306 Fax: 406-433-4114  
Email: [classads@esidney.com](mailto:classads@esidney.com)

## Richland County

Events in Sidney unless otherwise listed. MT Zone.

**Thurs., Mar. 7**  
**12 p.m.**— The Sidney Kiwanis Club meets every Thursday at noon at the Elks Lodge.  
**12 p.m.**— Savage Senior Center will host a meal.  
**12:45 - 1:45 p.m.** — Sidney Senior Citizen Center will be having a potluck lunch and cards. For more info. call 406-433-8077.  
**5 p.m.** — TOPS, Crestwood NW entrance, Weigh-ins 5-5:30 p.m., Meeting 5:30-6 p.m.  
**6:30p.m.**— Sidney Moose Lodge Pinocle games.  
**7 p.m.** — Interfaith Community Outreach will host a Coffee Hour at the LDS Church, 1215 5th St SW.  
**8 p.m.** — NA meeting, Millers' Corner banquet room.

**Fri., Mar. 8**  
**11:30 a.m.** — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.  
**5 p.m. - 7 p.m.** — Bakken Water Babies meet for pool parties. Call or text 406-478-0964 for more information, space is limited.  
**5 p.m. - 7 p.m.** — Sidney Knights of Columbus Council #3002 Fish Fry at the St. Matthew's Parish Center, 310 7th St. S.E. The cost for adults is \$9.00.

**Sat., Mar. 9**  
**9 a.m. & 7p.m.** — AA Group Trinity Lutheran Church Education bldg.  
**10 a.m.** — Gamblers Anonymous at Millers' Corner.

**Sun., Mar. 10**  
**1 p.m.** — Savage Senior Center will be hosting cards, coffee, and potluck at 1pm.  
**6:45 p.m.**— Early Bird Bingo at the Moose Lodge regular bingo at 7 p.m.  
**7 p.m.** — AA Group Trinity Lutheran Church Education bldg.

**Mon., Mar. 11**  
**11:30 a.m.** — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077.  
**Noon** — AA Group Trinity Lutheran Church Education bldg.  
**5 p.m. - 7 p.m.** — Bakken Water Babies meet for pool parties. Call or text 406-478-0964 for more information, space is limited.

**Tues. Mar. 12**  
**8 a.m. - 1 p.m.** — Economic Outlook Seminar at the USDA/ARS Northern Plains Agricultural Research Lab. For more information call 406-243-5113 or visit [www.bber.umd.edu](http://www.bber.umd.edu).  
**7 p.m.** — Sons of Norway will hold their monthly meeting at the Lodge.  
**7 p.m.** — AA Group Trinity Lutheran Church Education bldg.

**Wed., Mar. 13**  
**11:30a.m. - 1p.m.** —The Sidney Women of the Moose will serve soup until gone.  
**6 p.m. - 8p.m.** — Interfaith Community Outreach will host a free meal and get acquainted at the Assembly of God Church, 414 E. Main St.  
**7 p.m.** – Beginners Square Dancing at Sidney High School, come as you are.  
**5 p.m. - 7 p.m.** — Bakken Water Babies meet for pool parties. Call or text 406-478-0964 for more information, space is limited.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone.

Wed., Mar. 6

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

Thurs., Mar. 7

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

Fri., Mar. 8

5 p.m. - 8 p.m. — Dental Design Open House, 324 3rd St.N.W.

View all monthly events on our calendar at [www.roundupweb.com](http://www.roundupweb.com).

# OBITUARIES

## Josh King, 35, Sidney, MT

Funeral Services for Josh King, 35 of Sidney are at 2 p.m., Thurs., March 7, 2013, at the Richland County Fair Event Center with Pastor Vicki Waddington of the Lonsdale United Methodist Church officiating. Interment will be in the Sidney Cemetery, Sidney, MT, under the direction of the Fulkerson Funeral Home of Sidney. Remembrances and condolences may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com). In lieu of flowers memorial may be made to the Richland County Ambulance Service or a charity of one's choice.

King died Sunday morning, March 3, 2013, at his home in Sidney.

## Remove Permanent Fish Houses Soon

State law requires permanent fish houses to be removed from North Dakota waters by midnight March 15.

Nancy Boldt, water safety coordinator for the State Game and Fish Department, said anglers should exercise caution because mild weather conditions can quickly result in unstable ice conditions.

"It is always important to check ice thickness, as warm temperatures with a high sun will rapidly deteriorate ice conditions this time of the year," Boldt said.

In addition, Boldt said anglers should be aware of the amount of snow on the ice. "The pressure from the weight of the snow and ice cause water to seep around shore, as well as through cracks and fishing holes," she added. "The bottom line is that several inches of slush under fresh snow make traveling difficult because vehicles drop through the top layer and end up stuck."

Fish houses may be used after March 15 if they are removed daily.

## North Dakota Earth Day Patch Contest

The state Game and Fish Department's annual Earth Day awareness campaign is accepting entries for design of a 2013 Earth Day patch. North Dakota students ages 6-18 are eligible to participate. The deadline to submit entries is March 15.

The Game and Fish Department will announce a winner in three age categories – 6-9, 10-13, and 14-18. Each winner will receive a pair of Nikon 8x40 binoculars. The final patch design will be chosen from the three winners.

The winning design will be used on a patch given to members of Girl Scouts, Boy Scouts, 4-H clubs and any school participating in Earth Day cleanup projects on state-owned or managed lands in North Dakota in April and May.

The patch should incorporate some aspect of Earth Day – celebrated April 22 – or keeping North Dakota clean. It must be round and three inches in diameter. There is a limit of five colors on the patch, and lettering must be printed. Name, address, age and phone number of the contestant must be clearly printed on the entry form. Only one entry per person is allowed.

Earth Day entry and reporting forms are available on the Game and Fish Department's website, [gf.nd.gov](http://gf.nd.gov). For more information, contact Pat Lothspeich by email at [ndgf@nd.gov](mailto:ndgf@nd.gov), or call (701) 328-6300.



Come See What's  
New For 2013



**RUSHMORE**  
**ZINGER**

www.amunrudsrvinc.com  
Open: Mon. - Fri.  
8 a.m. - 5 p.m.  
Sat. 9 a.m. - 3 p.m.

2013 Cyclone Toy Hauler

See Us For  
Sales, Parts &  
Service!



**CRUISER**  
by CrossRoads

No Sales Tax

Amunrud's RVs

Sales & Service Since 1969  
(406) 433-2226 • Sidney, MT

Check Out Our  
Unicover Toppers!

## Montana FSA: Montana Farmers & Ranchers Reminded of Important March 15 Deadline for 2013 NAP Coverage

Submitted by Jennifer Cole

USDA Farm Service Agency (FSA) State Executive Director Bruce Nelson reminds Montana farmers and ranchers that the sales closing deadline of March 15 for most non-insurable 2013 spring planted and forage crops, including grass for hay and grazing, is fast approaching.

Application deadline for the 2013 Noninsured Crop Disaster Assistance Program (NAP) for all non-insurable crops except for honey and value loss crops is March 15, 2013. The 2013 sales closing dates have already ended for honey (Dec. 1, 2012) and value-loss crops (Sept. 1, 2012).

NAP provides financial assistance to eligible producers

when natural disasters cause catastrophic loss of production (low yield) or prevented planting of an eligible noninsurable crop by providing coverage equivalent to the catastrophic risk protection level of crop insurance. In the event of a natural disaster, NAP covers the amount of loss greater than 50 percent of the expected production based on the producer's approved yield and reported acreage.

"Montana farmers and ranchers who have not purchased NAP coverage are reminded of the March 15th sales closing date for most 2013 NAP crops," Nelson said. "In Montana, the most common NAP crops are grazing and various forage crops but all producers are encouraged to contact their local county office to determine crop eligibility."

NAP is available on commercially-produced agricultural commodity crops for which the catastrophic risk protection level of crop insurance is not available. If the Risk Management Agency (RMA) offers coverage for a specific crop and intended use in the county, then NAP coverage is not available for that crop.

Eligible producers can apply for coverage using form CCC-471, Application for Coverage. Producers must file the application and pay the applicable service fee on or before the application closing date for the applicable crop. The service fee is the lesser of \$250 per crop or \$750 per producer per administrative county, not to exceed a total of \$1,875 for a producer with farming interests in multiple counties.

For more information on NAP and other FSA programs, contact your local FSA office and visit us online at [www.fsa.usda.gov/mt](http://www.fsa.usda.gov/mt).

## Richland County 5<sup>th</sup> Annual Community-Wide Conference Open House

March 18<sup>th</sup> & 19<sup>th</sup>, A Free Event Held at the Richland County Event Center.

Monday, March 18<sup>th</sup> from 5:00 p.m. to 7:30 p.m., Open House with meal at 5:30 p.m. and Tuesday, March 19<sup>th</sup> from 8:30 a.m. to 4:00 p.m., Open House at 8:30 a.m. with light breakfast and lunch. We are asking Richland County community members, community service groups, businesses, policy makers and those vested in our community to all come together to ensure Quality of Life in Richland County.

To register or for more information go to [www.richland.org](http://www.richland.org) or contact Mary or Suzanne at the Richland County Health Department 406-433-2207. Please register by March 12, 2013. This is a free event but we encourage your registration to supply adequate food.



Help Us Celebrate Our  
1st Anniversary!

BASIN

and more too.

203 Main St, Lower Level, Williston  
Open Mon-Sat 10am-5:30pm  
701-774-more

Weekly Drawings  
Every Saturday  
In March!

\$100 & up

See us for:

203 Main St, Lower Level, Williston • Toys • Party Supplies • Balloons on a Stick  
Open Mon-Sat 10am-5:30pm • Groceries • Gift ideas for men, women &  
701-774-more children • and much more!

Income Tax & Bookkeeping Services

- Oilfield Returns
- Business Returns
- Farm
- Rental Property, etc.
- Complete Bookkeeping
- Payroll Services
- Bank Reconciliation
- Quick Books Consulting

QUALITY TAX PREPARATION  
AND BOOKKEEPING

Fast, Accurate  
& Affordable!

1416 2nd Ave. West  
in the Sunset Mall  
P.O. Box 595  
Williston, ND 58801  
Office: 701-572-0891  
Fax: 701-572-2134

Take the  
"Stink" out of  
Income Taxes



30 Years  
Experience



COOKS ON MAIN

for the everyday chef



15%  
off



On all  
Le Creuset  
skillets  
in stock!



Open Monday - Saturday • 9 a.m. - 6 p.m.  
224 Main Street • Williston ND  
701-572-COOK (2665) • (F) 701-572-2666

Only 2 2012s Left!



Hurry In  
For A  
Fantastic Deal!

Only 1 F150  
& 1 Super Duty Left!



Eagle Country

Ford

SIDNEY, MT

Experience the Eagle Country Difference!

215 E. Main Sidney, MT  
406-433-1810 • 800-482-1810



# “Read the Most from Coast to Coast”

**By Dawn Greenwood, Teacher-Librarian**  
Students and teachers took a “Reading Road Trip” at West Side for “I Love to Read” month during February. Our theme this year was “Read the Most from Coast to Coast”. As we visited famous landmarks along the way, we tracked students’ reading progress by the number of AR points they earned this month.

Our students won prizes through weekly drawings by submitting tickets for each AR point earned. Each classroom also awarded prizes at the end of the month for the most AR points earned and most improved reader. On Friday, March 1, we celebrated the end of our journey with a special picnic lunch. Students were encouraged to dress as wacky tourists that day with sunglasses, hats, and any other “touristy” clothing they might have at home. Classroom prize winners were announced after lunch with a train whistle. They then collected prizes

from their teachers. First place in each class for the Most Points Earned was a Kodak FunSaver camera and a certificate for free developing from White Drug. Parents Josh and Andrea Reed donated the cameras. The 2<sup>nd</sup> Most Points Earned and the Most Improved Reader also received special prizes. Each student in the school also won a “Take a Reading Road Trip” book bag and a certificate of achievement. We also had a big prize for the one who earned the most points in the whole school for “I Love to Read” month. This year we had a tie! Gary Carpender and Alexis Ruonavaara, both 3<sup>rd</sup> graders, each earned 68 points. They each won a Vivitar digital camera and a 4 GB SanDisk card to store their pictures on. These were donated by Electricland. Prizes were also given to the teachers who set a good example for their students by reading and taking AR quizzes, too. Margie’s Car Wash donated 4 free car



The students that received the most points from each classroom received a Kodak FunSaver camera and a certificate from White Drug for free developing.

washes as prizes. We would like to thank all of our sponsors, parents and teachers for making a special effort to make this a memorable time for all our students.

First Grade  
Mrs. Beyer’s class;  
Dalton Bouchard, Most Points, Isaiah Sanchez, 2<sup>nd</sup> Most Points, Colin Johnson, Most Improved.  
Mrs. Dornfeld’s Class;  
Ella Norby, Most Points, Cayden Heck, 2<sup>nd</sup> Most

Points, Amen Powell, Most Improved  
Mrs. Lauckner’s Class;  
Zander Dingfelder, Most Points, Georgia Archer, 2<sup>nd</sup> Most Points, Lauren Ruonavaara, Most Improved  
Mrs. Simonsen’s Class;  
Nora Brengman, Most Points, Tayten Bright, 2<sup>nd</sup> Most Points, Reilly Whitacker, Most Improved  
Mrs. Wieferich’s Class;  
Shaniah Painter, Most Points, Braylon DiFonzo, 2<sup>nd</sup> Most Points, Savanna Juarez and Allie Redmond, Most Improved  
2<sup>nd</sup> Grade, Mrs. Berube’s Class;  
Diana Colgrove, Most Points, Tyler Olson, 2<sup>nd</sup> Most Points, Mason Kindopp, Most Improved  
Ms. K Hermanson’s Class;  
Emma Doty, Most Points, Mikael Savage, 2<sup>nd</sup> Most Points, Nathan Romo, Most Improved  
Mrs. T Hermanson’s Class;  
Lucy Rodriquez, Most Points, Jayden Bower, 2<sup>nd</sup> Most Points, Cole Humphries, Most Improved  
Mrs. Romo’s Class;  
Sydney Hinck, Most Points, Sophie Peters, 2<sup>nd</sup>



Gary Carpender and Alexi Ruonavaara received the most AR points for all of West Side School. They received a Vivitar digital camera and a 4GB SanDisk card to store their pictures on.

Most Points, Aubrie Watson, Most Improved  
Mrs. Thompson’s Class;  
Kassadee Olson, Most Points, Hannah Anderson, 2<sup>nd</sup> Most Points, Kai Leigh LaRoche, Most Improved  
3<sup>rd</sup> Grade;  
Mrs. Jepsen’s Class  
Abigail, Martinson, Most Points, Jenna Anderson, 2<sup>nd</sup> Most Points, Gabriella Juarez, Most Improved  
Mrs. Keenan’s Class;  
Casey Rehbein, Most Points, Avery Unruh, 2<sup>nd</sup> Most Points, Jeremiah Lowrey, Most Improved  
Mrs. Rosaaen’s Class;  
Michael Neff, Most Points, Christianna Wall, 2<sup>nd</sup> Most Points, Logan Boyer, Most Improved  
Mrs. Wheeling’s Class;  
Sarah Karanjai, Most Points, Mckenzie Emly, 2<sup>nd</sup> Most Points, Ella Jordan, Most Improved  
Ms. DiFonzo’s Class;  
Sean Earle, Most Points, Matthew Hansen, 2<sup>nd</sup> Most Points, Ali Merritt, Most Improved  
4<sup>th</sup> Grade  
Ms. Fehilly’s Class;  
Morgan Slade, Most Points, Jessica Romo, 2<sup>nd</sup> Most Points, Jonny Calix, Most Improved  
Mrs. Linder’s Class;  
Daniel Schneider, Most Points, Hadley Garsjo, 2<sup>nd</sup> Most Points, Shyanne Perry, Most Improved  
Ms. Zimmerman’s Class;  
Brianna Brost, Most Points, Alexa Iversen, 2<sup>nd</sup> Most Points, Isaac Quiroz, Most Improved  
Coast to Coast Winners  
Kylie Burnison, Most Points, Rafe Fulgham, 2<sup>nd</sup> Most Points, Devin Johnson and , Lizzie Waldie, Most Improved.  
Reading Road Trip Winners;  
Landan Huddleston, Most Points, McKenzy Kostecky, 2<sup>nd</sup> Most Points, Brett Lunderby, Most Improved.  
Most Points for ALL of West Side  
A tie with 68 points each for February:  
Gary Carpender and Alexis Ruonavaara.

**HURLEY'S**  
OILFIELD SERVICES  
• Potable Water • Sewer System  
• Loaders • Communications  
• Backhoe • Trucking  
• Skid Houses • Porta Potties  
406-742-5312  
Fairview, MT

**NEU**  
CONSTRUCTION, INC.  
Oil Field Roads & Locations  
• Reclaim Work  
• Gravel & Scoria Hauling  
Fairview, MT  
406-742-5549

**LONG X BOTTLE SHOP**  
  
In-store specials every week. Check out our hard ice cream!  
8 a.m.-9 p.m. Mon.-Sat. Hwy. 85, Watford City 701-444-3335  
1-5 p.m. Sun. (Located in Long X Visitors Center)

## Sports Booster WEEKLY SCHEDULE

**Hockey**  
**Fri-Sun, March 8-10**  
Sidney Girls 12U at State at Bismarck  
Sidney Bantam at State at Grand Forks  
Watford City Bantam B1 State Tourney at Grand Forks  
Watford City Bantam B2 State Touney at Watford City  
Watford City Bantam B3 State Tourney at Hazen/Beulah  
Watford City Girls 12U State Tourney at Bismarck

**Basketball**  
**Thursday, March 7**  
Boys Class C State at Bozeman: Fairview vs Arlee, 12 noon  
**Thurs-Sat, March 7-9**  
Watford City boys at Minot for State Tourney  
Boys Class C State at Bozeman  
**Mon & Tues, March 11 & 12**  
Watford City girls at WSC for Regional Tourney, TBA

**Support Your Favorite Team**  
Be Sure To Thank The Sports Booster Schedule Sponsors On This Page

**POWDER KEG**  
Family Dining  
Fairview  
406-742-5180  
Open at 4:30 p.m. Tues.-Fri. 2 p.m. Sat. & Sun.

**HOT STUFF PIZZA**  
**FOOD ON THE GO**  
**Farmers Union Oil Co.**  
101 S Main • Watford City 701-444-3639

**RTC**  
Smarter. Better. Faster.  
**www.RTC.coop**  
**VOICE • DATA • VIDEO**

**Real Eagle**  
**Casino & Lounge**  
Behind The Lone Tree Inn In Sidney  
Happy Hours 4-6 Weekdays  
50¢ Off All Drinks

**Miller's Corner**  
Convenience Store, Deli & Catering

**New!**  
“My Size” Pizzas (7” Personal)  
• Pepperoni  
• Sausage combo  
• 5 - meat  
**F’Real Ice Cream**  
• Milkshakes  
• Smoothies  
• Frozen Cappuchinos  
**Available 11 am - 5 pm Monday thru Friday**  
406-433-4041  
2201 West Holly, Sidney

**BINGO**  
Billiards & Darts  
Locally Owned & Operated by the Joseph Family

**20% off**  
**Bingo Daubers**  
**Pool Cues & Accessories**  
**Dart Sets & Accessories**  
**Games • Playing Cards**  
**Poker Chips**  
**Selling Used:**  
**Pool Tables**  
**Juke Boxes**  
**Dart Boards**  
203-05 Main Street, Lower Level, Williston  
572-6254 or 1-800-732-0962 • Open Tues - Sat 1:30 pm - 5:30 pm

**POWDER KEG**  
Family Dining  
Fairview  
406-742-5180  
Open at 4:30 p.m. Tues.-Fri. 2 p.m. Sat. & Sun.

**HOT STUFF PIZZA**  
**FOOD ON THE GO**  
**Farmers Union Oil Co.**  
101 S Main • Watford City 701-444-3639

**RTC**  
Smarter. Better. Faster.  
**www.RTC.coop**  
**VOICE • DATA • VIDEO**

**Real Eagle**  
**Casino & Lounge**  
Behind The Lone Tree Inn In Sidney  
Happy Hours 4-6 Weekdays  
50¢ Off All Drinks





# Dickinson Diesel Refinery To Ease Demand

By Jaimee Green

In a state boasting some of the heaviest over-the-road trucking activity in the nation, the creation of a diesel refinery plant could be just what the western side of the state of North Dakota needs to help quench the insatiable thirst the area has for diesel fuel.

As the demand for diesel fuel continues to be stretched passed the limits of local capabilities, two companies are taking part in a joint venture and making plans to help meets diesel consumption needs, while creating sustainable jobs in the Dickinson, N.D., area.

MDU Resources Group, of Bismarck and Calumet Specialty Product Partners, of Indianapolis, Indiana, have announced that Dakota Prairie Refining, is set to become operational in late 2014, and will be capable of producing 20,000 barrels of Bakken crude oil and other hydrocarbons each day. Crude will be transported by pipeline to the facility where approximately 7,000 barrels of diesel will be made and used in North Dakota.

The goal is to keep as much product in the region as possible.

Ground breaking is set for April with construction expected to take about 20 months. The refinery will sit on a 318-acre site located four miles west of Dickinson, directly south of Interstate 94.

The plant's construction is expected to cost between \$280 million and \$300 million.

"This site was chosen specifically because of its close proximity to the railroads, roads, electricity, natural gas lines, water and sewer," said Rick Mattleson, Director of Communications and Public Affairs for MDU.

Once operational, the 24/7 refinery will sustain about 100 jobs and create between 400 and 500 during the peak construction phases. Mattleson said the large amount of construction employees will also bring revenues into the economy as they utilize local services and new community members will add to the tax base.

The project's ability to move forward is contingent on approval of an air quality permit from the North Dakota Department of Health. The application and public comment process has already taken place.

Dennis Johnson, City Mayor said he is excited about the

potential economic impact the refinery will have on Dickinson.

"This will create good paying, sustainable jobs that are not subject to the ups and downs of the price of oil. It may also create spill-off jobs and entice incoming businesses to come here because of the refinery," Johnson said.

To alleviate traffic in Dickinson and accommodate for truck flows, the North Dakota Department of Transportation is considering an additional off ramp located off Interstate 94 that will allow the truck route to tie directly into the Interstate. It will tentatively be called Exit 56. "I think the collaboration between the city and the state for this project will help provide an impetus for the state to help them with getting the bypass built and other restructuring needs," Mattleson said.

Dickinson is currently building a waste water treatment plant that is on tap for completion around the time the refinery will also be completed. It will supply approximately 175,000 gallons of grey water to the refinery for its daily use but will be capable of producing between three and four million gallons daily. Of the water supplied to the refinery, many of those gallons will be recycled through the system.



The plant is expected to emit 125,000 tons per year of carbon dioxide but will utilize the most advanced emissions-control technology available. Gov. Jack Dalrymple has met with officials from MDU Resources and Calumet to discuss the refinery and told them the state would continue to assist them throughout the planning process.

"The development of another refinery has been a long-time goal of our state and with this project we are achieving that goal. The decision by MDU Resources

Group and Calumet to move forward on a new diesel fuel refinery is good news for North Dakota," the Governor said.

The Tesoro Refinery in Mandan is currently the only refinery located in the state and is capable of processing some 68,000 barrels per day.

Current demand for diesel in North Dakota is estimated at 53,000 barrels per day and is expected to increase to 75,000 barrels per day by the year 2025.

Mattleson said MDU has spent a considerable amount of time forging its strong partnership

with Calumet and is also ensuring the project meets all of the state's regulatory guidelines and requirements.

"We are very excited. It's not often this type of project lines up with a ready market where demand is tremendous. Both companies are committed to being good members of the community and one of the ways we are doing this is by keeping the lines of communication open with the pubic and letting people know we are willing to work with them," Mattleson said.

Count on **Tractor & Equipment Co. and T&E The Cat Rental Store**, for all your equipment buying and rental needs. From concrete saws to heavy construction equipment, we offer products from Cat® and other leading brands to meet most jobsite needs.

**Lindsay Smith**  
406-696-0714

**T & E** **CAT** Rental Store

**SONDA'S solutions**

**Specializing in FR Clothing**

OFFICE: 406-433-6757 • CELL: 406-697-7153  
2221 S. CENTRAL AVENUE • SIDNEY, MT 59270  
FAX: 406-433-6755 • WEBSITE: WWW.SONDASOLUTIONS.COM

**SLS SERVICES, INC.**  
Oil Field & Industrial Construction

Phone: 406-433-6754  
Fax: 406-433-6755  
[www.slsserviceinc.com](http://www.slsserviceinc.com)

2265 S. Central Ave. Sidney, MT 59270  
Email: [les@slsservices.net](mailto:les@slsservices.net)

**Steel & More for the Oil Field**

- Process Steel • Plate • Hot Roll Sheet
- Rebar • Pipe

**PACIFIC STEEL & RECYCLING™**

Williston and Area:  
• 13904 W. Front St., Williston, ND  
• 701-572-1095

Sidney and Area:  
• 35023 County Road 123, Sidney, MT  
• (800) 548-6364  
• (406) 433-1301

[www.pacific-steel.com](http://www.pacific-steel.com)

**We Buy Scrap!**

**CHAZNLINE CONSTRUCTION**  
406-433-2429 • SIDNEY, MT

**Oilfield & Pipeline Construction**

Phone: (406) 433-CHAZ (2429)  
Fax: (406) 433-2439

1405 4th St. SW Sidney, MT • Ste. #7

**Customer Service is Our #1 Priority**

**BORDER STEEL AND RECYCLING, INC.**

Construction Materials • New Steel • Aluminum & Stainless

Brady Smelser • 35002 CR 123 • 406-433-7737 • 1-855-810-2995	Tim Mulholland • 2703 W. Towne St. • 1-800-423-5219	Kelly Moody • 13896 W. Front St. • 1-800-820-5493	Bret Smelser • Hwy 16 East • 406-765-2624	Ernie Gawryluk •	Ken Syme •
--	---	---	---	------------------	------------

**MBI Energy Services**

Currently seeking Class A CDL Drivers in our ND locations

Become a part of MBI's team today!

701.575.8242  
[Apply online www.mbienergyservices.com](http://Apply online www.mbienergyservices.com)

**TARGET LOGISTICS**  
WHEREVER YOU GO. WHATEVER IT TAKES.

**The largest provider of remote turnkey workforce housing in the U.S.**

**TargetLogistics.net • (800) 832-4242**



# Good Luck at the State C Boys Basketball Tourney MSU - Bozeman

## Thursday - Saturday, Mar. 7-9

Thursday, Mar. 7 • Fairview vs Arlee • 12 noon



Back (L-R) Alex Schriver, Tanner Reynolds, Jared Gustafson, Cody Shelmerdine, Logan Kjos, Brock Schriver, Jace Taylor, Cody Vitt, Jonathan Shaide, Kyle Lawhead, Rex Reynolds, Lak Kloker. Middle (L-R) Laden Livings, Monte Cayko, Sean Murphy, Ben Hardy, Justin Bieber, Alex Taylor, Jonathon Lebsock. Front (L-R) Cole Berry, Carson Cayko, Mitchell Shaide, Reagan Finsaas, Paul Hardy, Michael Calvert.

**NEU**  
CONSTRUCTION, INC.

Oil Field Roads & Locations  
• Reclaim Work  
• Gravel & Scoria Hauling

Fairview, MT  
**406-742-5549**  
neuconst@midrivers.com

**INTERSTATE INDUSTRIAL**  
Steam Cleaning & Painting, Inc.

**Marty Shaide**  
Fairview, MT  
**(701)-744-9051**  
**(406)-489-1441**

GOOD LUCK  
FAIRVIEW WARRIORS!

Call 742-5261 for Your  
Appointment Today!

**MONDAK**  
FAMILY CLINIC & PHARMACY

An Outreach Service of  
SIDNEY HEALTH CENTER

Hours: 9am - 5pm • M, T, TH, F  
304 S Ellery Ave • Fairview, MT

**CHAZLINE CONSTRUCTION**

PO Box 215- Sidney, MT  
Oilfield and Pipeline  
Construction  
Phone  
**406-433-CHAZ (2429)**  
Fax: 406-433-2439

**THE OASIS GREENHOUSE**

3-1/2 miles north of Fairview  
on Highway 58  
**701-744-5752**  
oasis@midrivers.com

**Miller's Garbage Service**

Savage, MT  
**406-776-2334**

**POWDER KEG**  
EST. 1972

Family Dining  
Open 4:30 pm Tue. -Fri.  
2 p.m. Sat. & Sun.  
Fairview • **406-742-5180**

**Bar JV Angus**

Jim Vitt  
406-798-3653  
Dale Vitt  
406-798-3398  
Fairview, MT

**Valley CROP CARE**

904 East Main, Sidney, MT  
**406-482-1303**  
**800-949-1303**

**SUPER VALU**

**Fairview**  
**406-742-5441**

**Sidney Sugars**  
INCORPORATED  
**Sidney Montana**

**Merchants Bank**

Open 9 a.m.-4 p.m.  
Monday thru Friday

Box 465 • Fairview, MT  
406-742-5203

**DOUBLE BARREL**  
CABON & CASSIO

**Bar & Casino & Steakhouse**  
10 a.m. - 2 a.m. Daily  
Happy Hour  
5-7 p.m. Monday - Friday  
401 Ellery Avenue • Fairview  
406-742-8110

416 S. Ellery, Fairview  
**406-742-5224**

**Mon-Kota, Inc.**  
Fertilizer & Irrigation  
Sales & Service

Fairview, MT  
701-844-5300

**Reinke**  
MORE RIGHT THAN RAIN  
www.reinke.com

**IIS SERVICES, INC.**

Dan Cayko  
(406)-480-5665  
Marty Shaide  
(406)-489-1441  
(406)-742-3630 • Fairview, MT

**Kilen Backhoe**  
Marvin Kilen & Sons

- Backhoe service
- Water systems
- Sewer & water service
- Trenching
- Pumps Sales & Service

**406-798-3601**  
Fairview  
489-1243 • 489-1426

**HURLEY'S OILFIELD SERVICES**

- Potable Water
- Sewer System • Loaders
- Communications
- Backhoe • Trucking
- Skid Houses • Porta Potties

406-742-5312  
Fairview, MT



# Poster Contest Helps Promote Heart Health

The entry deadline for this year's Eat Smart. Play Hard. poster contest is March 15.

## NDSU Agriculture Communication

North Dakota youth will have a chance to demonstrate their creativity and knowledge of heart health in this spring's "Eat Smart. Play Hard." poster contest.

The contest is open to North Dakota youth ages 8 to 19 as of Sept. 1, 2012. Posters will be judged in two age divisions: preteen (ages 8 to 12) and teen (ages 13 to 19).

The North Dakota State University Extension Service, NDSU Extension's Center for 4-H Youth Development and the North Dakota Academy of Nutrition and Dietetics are sponsoring the contest.

## A Little Bit Country

# Drop Credit – What Is It?

## By Warren Froelich, NDSU Extension Agent

Recently a cattle producer asked about the term "drop credit" as it related to beef value. Drop credit (or drop charge) is the value of nonmeat items such as blood, meat, hides, fat, bones, hair, etc. The term is also applied to pork values.

Today's drop credit for a steer or heifer is approximately \$14 per cwt. live weight. Much of this value is influenced by energy prices and those parts of the animal carcass which provide energy by-products such as tallow. The weighted average price of choice white grease is about \$25-30 per cwt. Last year it was about \$13. This choice white grease is used in rations for both pigs and poultry.

Besides the talon, other drop credit items of the animal include hide, tongue, head and cheek meat, tail, heart, lips, liver, lungs, bone and blood.

## U.S. Food Production Efficiency Grows

Dr. Gary Smith, professor emeritus and Monfort Chair of Meat Science at Colorado State University recently spoke during the International Livestock Congress held in Denver. He presented some startling figures about the advances U.S. farmers and ranchers have made in their ability to produce food.

I first met Dr. Smith at a Regional American Hereford Association Conference when he addressed the need for beef producers to think in terms of what the consumer wants. He held my attention and everyone else in the audience for the entire presentation. I think he spoke for over four hours and everyone came back the next morning to hear more.

Anyway, at Denver he noted that in the 18<sup>th</sup> century it took five acres of land to feed one person for one year. Today it takes about one-tenth of that or one half acre. He further explained that several studies have demonstrated that this increased production efficiency has reduced agriculture's impact and improves sustainability by using less water and other resources per unit of production. When I heard this I remember the advances Rick Bieber's farm has made in terms of bushels produced per inch of water.

The agenda of the International Livestock Congress focused on meeting the world's growing demand for food. Dr.

The posters should educate and promote the idea of living a heart-healthy lifestyle. The posters also should inform North Dakota youth and adults about the importance of healthful food choices and regular physical activity to heart health.

This year's posters must be centered on a theme that directly relates to eating healthful foods and playing hard to promote heart health. This could include the importance of taking part in 60 minutes of physical activity each day or eating a diet rich in whole grains, fruits and vegetables.

Smith noted there are 200,000 more people on Earth each day. To meet the food needs of this growing population, he outlined three options. The first is to increase the amount of arable land (tillable). The second is to increase grazing but not arable. The third, and probably the most realistic, is to increase efficiency of production on both types of lands.

From my vantage point, research in both plant and animal food systems is working hard to increase efficiency of food production. Currently the beef industry is striving to use molecular genetics to define animals that use fewer pounds of forage and grains to produce a pound of gain – the industry calls this "feed efficiency". The corn industry is doing its very best to develop varieties which mature earlier and also have greater resistance to drought, while working to improve yields on lands that have a listing for corn production.

Both food systems have technologies which are waiting for consumer acceptance. If Dr. Smith's population numbers prove to be accurate we will eventually need them and more.

To learn more about this topic, visit the following websites: [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart), [www.choosemyplate.gov](http://www.choosemyplate.gov) and [www.heart.org](http://www.heart.org).

"Many children and adults do not meet the MyPlate.gov recommendations for fruits, vegetables and whole grains, and they do not reach physical activity recommendations," says Julie Garden-Robinson, NDSU Extension food and nutrition specialist. "We hope this activity gives children the opportunity to promote healthful eating, physical activity and heart health for their peers, families and communities."

Posters will be judged on their general appearance and how well they present messages about nutrition and/or fitness and the importance of a heart-healthy lifestyle. Winners in both age divisions will receive \$50 for first place, \$35 for second place and \$15 for third place. All entrants will receive a certificate of recognition and a small prize.

"This contest provides an opportunity for children to be creative in promoting nutrition goals that are important for long-term health," Garden-Robinson says.

To see some winning entries from previous years' poster contests, visit the "Eat Smart. Play Hard. Together" website at [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart).

Entries must be postmarked by March 15, 2013. They should be dropped off at the Center for 4-H Youth Development or mailed to the Center for 4-H Youth Development, Attn: Eat Smart. Play Hard. Poster Contest Entry, FLC 219, NDSU Dept. 7280, P.O. Box 6050, Fargo, ND 58108-6050.

Contest rules are available at <http://tinyurl.com/postercontestrules>.

A submission cover sheet must accompany each entry. The submission form is at <http://tinyurl.com/posterentryform>.

"Eat Smart. Play Hard." is a U.S. Department of Agriculture Food and Nutrition Service initiative that focuses on making America's children healthier. It provides practical suggestions to help children and their caregivers eat a healthful diet and be physically active.

## 2013 Community Sale Recipient Announced

### Submitted by Leslie Sullivan

Mercy Medical Center announces the 23rd recipient of the 2012 Mercy Community Sale. This year's Community Sale recipient is . . . the Basin United Way! The Williston Basin United Way is working to raise funds for their "Stick Together, Live United" campaign which will be used to provide financial support to twenty-seven local agencies to enhance activities and support services that directly impact community youth. "We are thankful that Mercy's Community Sale will be the major kick-off to our "Stick Together, Live United" campaign. We look forward to partnering with Mercy Medical Center and the community, on this year's Community Sale," stated James Bervig, Basin United Way. "This is going to be a huge transition year for us as the Basin United Way is going to hire an Executive Director, which will make those much needed connections in the business community and the Tri-County area as a whole." Bervig also commented on the reason for the new position. "There are numerous businesses that have transferred ownership or have moved to the Williston Basin. Our volunteer board is going to rely on the expertise of the newly hired Executive Director to take us to the next level in addressing the rising needs of children in our area." In conclusion, Mr. Bervig stated, "I couldn't think of a better partner than Mercy Medical Center to help the Basin United Way reach our goal for 2013."

To date, the Williston community has realized a cumulative total in excess of \$726,545 as a result of the Mercy Community Sale. These funds have been invested back into our community over the past 22 years, which have made numerous area youth projects a reality. Mark your calendar for the 2013 Mercy Community Sale to be held on Saturday, May 4th at the Raymond Family Community Center in Williston.

For more information, please contact Mercy Medical Foundation at 774-7404.

# 73rd Annual Meeting

## Saturday, March 16

at the

## Office/Shop Complex in Lambert

Dinner will begin at 5:30 pm

## Annual meeting to commence at 6:30

The board positions of Phil Fink and Jeff Johnson are up. Anyone is eligible to run regardless of what district you reside in. Phil has decided not to run for reelection. Russ Larson and Craig Johnson are on the nominating committee so please contact them if you are interested in these positions.


2012 was a very profitable year for your co-op.

Nortana continues to invest heavily in our staff, our most important asset. Over one million five hundred thousand was again spent on rolling stock and facility upgrades.

Nortana Grain is positioned to meet the everyday needs and challenges of your farm and ranch.

Your co-op is here to serve you tomorrow and your children and grandchildren for many years to come.

**Over \$200,000 in patronage dividends and \$150,000 of stock retirement will be handed out at the meeting along with many door prizes and lots of good food.**



# NORTANA

## GRAIN CO

### LAMBERT ~ SIDNEY

Lambert • 406-774-3331 ~ Sidney • 406-433-3014

Come Celebrate Another awesome year in the nicest office/shop complex in eastern Montana.

**Nortana Grain has some amazing plans to better serve you in 2013 and beyond, come hear about them on Saturday night, March 16th**



WHETHER IT IS VERY SIMPLE, OR  
ELEGANTLY SOPHISTICATED,  
A LASTING MEMORIAL REPRESENTS A LIFE  
THAT HAS TOUCHED US



Contact us now so we can help you find a monument  
or grave marker to dedicate to your loved one.



**Fulkerson Funeral Home**  
*It's All About Saying Goodbye*  
315 Second St. NW Sidney, MT 59270 406.488.2805  
[www.fulkersons.com](http://www.fulkersons.com) • email: [ffh@fulkersons.com](mailto:ffh@fulkersons.com)



## 3rd Annual Pool Tournament March 30

Register at 10am, tournament starts at 11:30am  
Limited team slots available. Call now to reserve your spot!  
**1st Place Winner Guaranteed \$1000**  
Drawings for Pool Cues & Door Prizes

<b>2011 Winner</b> Brian Erickson	<b>2012 Winner</b> Harris Slater
--------------------------------------	-------------------------------------

### Hi-Way Lounge & Grill

701-828-3100 • Main Street • Alexander, ND



Watford City High School Hockey Team finished their season with a third place finish at their state tournament held in Sidney over the weekend. After defeating Fargo 7-4 in the first round, the Oilers came up short against Mayport in the semifinal game. Battling back for 3rd place, the Oilers defeated Crosby in double overtime 4-3. Above: Oilers Celebrate after a goal during the 3rd Place Game against Crosby. The Oilers battled the Comets to bring home the 3rd place Trophy in a double overtime win 4-3. (Photos by Kathy Taylor)



Watford City  
Players named  
to the All State  
Team are Beau  
Heiser, First Line  
Defense, Daniel  
Marmon, Ted  
Ramage,  
Jonathan Dunn,  
All State  
Forwards and  
Brandon Taylor  
First Line  
Forward.

# THE BUSINESS ROUNDUP

REACH **26,500** READERS IN THE ENTIRE MONDAK REGION  
**406-433-3306 OR 800-749-3306 ~ [info@roundupweb.com](mailto:info@roundupweb.com)**

GO TO [WWW.ROUNDUPWEB/DIRECTORY](http://WWW.ROUNDUPWEB/DIRECTORY) FOR DIRECT LINKS TO COMPANY WEBSITES & LOCATIONS

**\$25<sup>00</sup>/WK**

## Beagle


PROPERTIES INC.



View all our listings at  
[www.beagleproperties.com](http://www.beagleproperties.com)

**Good Guys LLC**  
Tax Prep/Filing & Bookkeeping  
Tax Issues/Back Taxes/Multi State  
701-690-4323  
[fdscottb@gmail.com](mailto:fdscottb@gmail.com)

Scott Babb Tax Preparer  
12602 22 M St. NW, Watford City  
Hwy 85 S. (4.6 mi. S. of hwy 23)  
(look for flags on route.)  
Call for an Appointment!





## SONDA'S solutions

**Specializing in FR Clothing**  
OFFICE: 406-433-6757 • CELL: 406-697-7153  
2221 S. CENTRAL AVENUE • SIDNEY, MT 59270  
FAX: 406-433-6755 • WEBSITE:  
[WWW.SONDASOLUTIONS.COM](http://WWW.SONDASOLUTIONS.COM)

Antiques • Collectibles • Pawn  
Guns • Gently Used Items

## THE TRADING POST

111 East Main • Sidney • 406.433.7676

Open: Mon-Fri • 9 am - 6 pm • Saturday • 10 am - 5 pm



## DOORBUSTN

Portables & Septic Service, LLC  
Blaine Rogers, Owner  
PO Box 1003  
Sidney, MT 59270  
Office: (406) 433-7588  
Fax: (406) 433-7588  
Service: (406) 489-0875  
[www.doorbustnportablessepticsevice.com](http://www.doorbustnportablessepticsevice.com)

## MD HOSE & FITTING



Hours: 7 a.m. - 5 p.m. Mon. - Fri.  
205 10th Ave. S. E. Sidney • Sidney Red-E-Mix West Building  
P: (406) 433-1590 • After Hours: (406) 478-3116  
[mdhose@midrivers.com](mailto:mdhose@midrivers.com)

## RV Depot

RV Parts & Mobile RV Repair  
including in stock  
• water heaters • furnaces • air conditioners • special orders available  
Mon-Sat: Check for hours.  
701-842-2306 • 305 S. Main • Watford City, ND

## NICK JONES REAL ESTATE



TRUCK ROUTE SOUTH, SIDNEY  
OR CONTACT ONE OF OUR AGENTS:  
NICHOLAS J. JONES, • DENNIS WICK • JUSTIN JONES • JERRIAN FRANZEN • KRISTIN LARSON  
BROKER 406-480-1544 406-480-1350 406-480-9535 406-478-3773 406-480-5139  
[WWW.NICKJONESRE.COM](http://WWW.NICKJONESRE.COM)

**Customer Service is Our #1 Priority**

## BORDER

STEEL AND RECYCLING, INC.

**Farm & Ranch Products &  
Construction Materials. New  
Steel, Auminum & Stainless.**

Brady Smelser • Tim Mulholland • Kelly Moody • Bret Smelser • Ernie Gawryluk  
Sidney Glendive Williston Plentywood  
35002 CR 123 2703 W. Towne St. 13896 W. Front St. Hwy 16 East  
406-433-7737 1-800-423-5219 1-800-820-5493 406-765-2624  
1-855-810-2995



## AGRI INDUSTRIES

Plumbing Division

Steve Kober  
Master Plumber  
email: [stevek.agri@gmail.com](mailto:stevek.agri@gmail.com)

1-877-488-8066  
Office: 406-488-8066  
Fax: 406-488-8067

1775 S. Central Ave.  
Sidney, MT 59270  
[www.agriindustries.com](http://www.agriindustries.com)



## S/L SERVICE INC.

Oil Field & Industrial  
Construction

2265 S. Central Ave.  
Sidney, MT 59270  
Email: [les@slservice.net](mailto:les@slservice.net)  
Phone: 406 433 6754  
Fax: 406 433 6755  
[www.slserviceinc.com](http://www.slserviceinc.com)

# YOUR COMPANY HERE





# Spring/Summer Open Burning Season Starts on March 1

Submitted by Lisa Peterson

Spring/summer open burning season begins Friday, March 1, and the Montana Department of Environmental Quality (DEQ) reminds people that only clean, untreated wood and plant material can be burned legally.



## Wolves 3<sup>rd</sup> in Region 8

Watford City's Reid Brown lays up 2 of his 21 points in the Region 8 semifinal game against Trenton. The Wolves were defeated by Trenton 69-43 but came back to claim third place by defeating Northshore 71-47. (Photo by Kathy Taylor)

It is illegal to burn, among other things, food waste, plastics, wood that has been coated, painted stained or treated, dead animals or animal droppings, rubber materials, chemicals, asphalt shingles, tar paper, pathogenic or hazardous wastes, and standing or demolished structures containing prohibited materials.

DEQ strongly recommends that people contact their county health departments before they start open burning to find out if there are any county air quality requirements that

apply to them, especially in Lewis and Clark, Missoula, Lincoln, Flathead and Yellowstone counties.

All burners should contact local fire control authorities before open burning any time of the year to get information on local fire safety requirements, and to notify authorities of the location and time of their burns.

For more information on air quality related rules for open burning, open burning seasons, and state permit requirements please see DEQ's website at [www.deq.mt.gov](http://www.deq.mt.gov).

**INSTALODGE CENTRE**

ROOMS AVAILABLE IMMEDIATELY IN ARNEGARD-WATFORD CITY, ND  
RESERVATIONS ARE EASY TO MAKE FOR A DAY OR A LONG STAY  
**800-769-3874**  
GREAT RATES FRIENDLY STAFF FULL KITCHENS PRIVATE ROOMS & BATHROOMS  
**INSTALODGEND.COM**

**Ryan MOTORS**

1212 W. 2nd Street, Williston  
[www.driveryan.com](http://www.driveryan.com)  
**701-577-1111**

**"SAVING OF THE GREEN" SALE**

**DODGE // Jeep**

**March 14 - 18**

**2013 Dodge Durango Crew**  
  
**\$35,645**  
stock#19879

**2013 Dodge Charger R/T**  
  
**\$36,307**  
stock#19824

**2013 Jeep Wrangler Unlimited Rubicon**  
  
**\$37,002**  
stock#19903

**2013 Ram 1500 Express Truck Quad Cab**  
  
**\$32,190**  
stock#19593

**All vehicles below retail!**

**iPad Mini with Every Purchase!**



## Sidney Wrestling Club Glasgow Results

A group of 35 wrestlers traveled to Glasgow to compete in the Glasgow Invitational on Saturday. There were 275 kids at this competition. Weights were not available and here are the places in each age division:

Tots  
Asle Everett 3<sup>rd</sup>, Carter Grimmet 5<sup>th</sup>, Jaiden Gustafson 3<sup>rd</sup>, Cayden Hambro 5<sup>th</sup>, Talena Hambro 3<sup>rd</sup>, Aiden Rudie 5<sup>th</sup>, Gavin Skoy 1<sup>st</sup>, Kaleb Kutzler 1<sup>st</sup>  
Bantam

Tanner Becker 4<sup>th</sup>, Tyler Brost 4<sup>th</sup>, Zander Dean 1<sup>st</sup>, Quin Grantham 5<sup>th</sup>, Reece Graves 1<sup>st</sup>, Zeke Grimmet 4<sup>th</sup>, Kevin Hutzenbiler 1<sup>st</sup>, Beau Rindahl 5<sup>th</sup>, Dillon Skoy 2<sup>nd</sup>, Jayden Suko 2<sup>nd</sup>,

Kendall Young 3<sup>rd</sup>  
Midget  
Ben Carlsen 5<sup>th</sup>, Aden Graves 1<sup>st</sup>, Grady Larson 4<sup>th</sup>, Grady Nelson 5<sup>th</sup>, Tucker Nevins 3<sup>rd</sup>, Nathan Romo 2<sup>nd</sup>, Shane Walter 5<sup>th</sup>, Deegan Carranza 4<sup>th</sup>  
Novice  
Devon Becker 5<sup>th</sup>, Cash Cundiff 3<sup>rd</sup>, Jed Escobedo 1<sup>st</sup>, Kade Graves 1<sup>st</sup>, Kolby Hutzenbiler 3<sup>rd</sup>, Kade Rindahl 4<sup>th</sup>, Russell Young 3<sup>rd</sup>



Kaiden Lefors of Sidney pins his opponent at the Lewistown Jr. High Tourney Saturday. (Photo by Kari Jones)

## Ready to Move Into



Buy Now For Only

**\$1109<sup>00</sup>\***

Monthly, 1700 Sq Ft

4 Brm 2 Bath, Living Room and Family Room, Large Kitchen

**Iseman Homes**  
YOU'RE HOME, NOW.

2308 West Front St. Williston, ND  
701-572-2590



\*With approved credit

## Richland Ranger Pee Wee Team Takes Third at State



Pictured top left to right: Coach Larry Herman, Kade Houtari, Carter Hughes, Middle left to right: Bill Steinley, Ethan Petrik, Chase Metcalf, Chase Morehouse, Connor Fink, Coach Don Garsjo: bottom left to right: Kaleb Jimison, Kyler Garsjo, Parter Tofte, Riley Kostelecky, Ashton Swenson. (Photo by Lisa Morehouse)

The team traveled to Mandan over the weekend for the Pee Wee State B1 NDAHA Hockey Tournament. Friday they played a great game against Rugby and came out on top with a score

of 4-1. Saturday they were placed against a tough Fargo Force team and were defeated 2-1. The loss put them up against Whapeton on Sunday playing for 3<sup>rd</sup>. These boys pulled out a great game

on Sunday with a 6-3 victory over Whapeton, earning them the third place State trophy. Congratulations Richland Rangers on a job well done.

FAIRLIGHT MEDICAL CENTER

3-4th St. E., Williston, ND 58801 • 701-577-6337

Providing Local, Professional Healthcare Since 2002

Meet Our Team of Professionals:

**Justin Shafer, MD**  
Board eligible physician with years of ER/acute care/workman's comp experience.

**Antonio Carbonell, MD**  
Experience in trauma and wound care. Board certified plastic surgeon.

**Michelle Kunkle, CNP**  
Board certified nurse practitioner with years of experience in walk-in and urgent care.

**L. J. Jaszczak, MD**  
Founder and medical director of Fairlight Medical Center. Trained DOT examiner and board certified radiologist.

Our nursing staff is lead by Clinic Manager Rachel Whittier, RN, who is certified by the National Institute for Occupational Safety & Health and is also a Certified Occupational Hearing Conservationist.

Hours: Mon-Fri: 7am - 6pm

We Provide:

• Occupational Health Clinic

- Workers Comp
- DOT Physicals
- Pre-employment and Return to Work Physicals
- Audio
- Respirator/Mask Fits
- Agility/Functional Capacity Exams
- Labs
- Drug Testing

• Urgent Care Clinic

• Full Radiology Clinic

- CT, X-ray, MRI, Ultrasound



## Sidney Gymnasts Compete in Billings

The Sidney Gymnastics Club competed March 1<sup>st</sup> & 2<sup>nd</sup> in Billings, MT. The Level 4 Competition Team took 2<sup>nd</sup> Place. Individual scores are as followed;

### Level 4

Bethany Wells, Vault 8.8, Bars 9.4, Beam 9.25, Floor 8.8, All Around 36.25

Bailee Vitt, Vault 8.9, Bars 8.75, Beam 9.15, Floor 8.9, All Around 35.7

Becca Deming, Vault 9.3, Bars 8.8, Beam 9.0, Floor 8.6, All Around 35.7

Taylor Stewart, Vault 9.25, Bars 8.7, Beam 8.55, Floor 8.25, All Around 34.75

Lorraine Coronato, Vault 8.7, Bars 7.65, Beam 8.6, Floor 7.6, All Around 32.55

Lilliana Johnson, Vault 9.2, Bars 7.75, Beam 8.7, Floor 8.35, All Around 34.0

Cassidy Larson, Vault 8.75, Bars 7.2, Beam 8.9, Floor 7.5, All Around 32.35

Shea Roberts, Vault 8.5, Bars 7.0, Beam 8.0, Floor 7.4, All Around 30.9

Suttyn Barnhart, Vault 8.75, Bars 8.7, Beam 8.0, Floor 6.85, All Around 32.3

Hailey Hasvold, Vault 8.4, Bars 5.8, Beam 7.5, Floor 7.3, All Around 29.0

Hallie Andrews, Vault 8.3, Bars 8.0, Beam 7.9, Floor 8.2, All Around 32.4

### Level 5

Hannah Hasvold, Vault 9.05, Bars 5.55, Beam 8.425, Floor 8.5, All Around 31.525

### Level 8

Amanda Deegan, Vault

8.5, Bars 8.675, Beam 9.275, Floor 9.0, All Around 35.45

Bethany Wells 1<sup>st</sup> Place Bars, 3<sup>rd</sup> Place Beam, 4<sup>th</sup> Place Floor, 3<sup>rd</sup> Place All Around.

Taylor Stewart 3<sup>rd</sup> Place Vault, 5<sup>th</sup> Place Bars, 6<sup>th</sup> Place All Around

Becca Deming 2<sup>nd</sup> Place Vault, 2<sup>nd</sup> Place Bars, 4<sup>th</sup>

Place Floor, 2<sup>nd</sup> Place All Around

Bailee Vitt 4<sup>th</sup> Place Bars, 3<sup>rd</sup> Place Beam, 2<sup>nd</sup> Place Floor, 3<sup>rd</sup> Place All Around

Hannah Hasvold 1<sup>st</sup> Place Vault

Amanda Deegan 1<sup>st</sup> Place Beam, 2<sup>nd</sup> Place All Around



Suttyn Barnhart on the beam.



Sidney Level 4 gymnasts (Front L-R) Taylor Stewart, Bethany Wells, Lilliana Johnson, Hailey Hasvold, Lorraine Coronato, Hallie Andrews, Suttyn Barnhart, Becca Deming. (Back L-R) Coach Pat, Bailee Vitt, Shea Roberts, Cassidy Larson.



## HATS

Above: Uncle Sam, played by Wyatt Reid, during the HATS program put on by the West Side Elementary Third Graders Feb. 23<sup>rd</sup> in Sidney.

**MONTANA POST FRAME**

**MOVING POST FRAME FORWARD**

Zero-Interest-Loans Available

Specializing in custom post frame buildings for residential, agriculture, or commercial applications

SERVING:

Call today for a free quote on your customized building:  
Townsend: 406-266-9966 Sidney: 406-202-3093

[www.mtpostframe.com](http://www.mtpostframe.com)

# 3rd Annual Coates RV Camping Show

Indoors at the Raymond Family Community Center, Williston

**Friday, March 22, Noon - 8pm**

**Saturday, March 23, 10am - 8pm**

**Sunday, March 24, Noon - 5pm**

# 40 Units on Display!

**Plus the latest in camping accessories & supplies!**

**Free Admission!**

**Free Trout Fishing For The Kids**

**Door Prizes**

**Free Food**  
Including Mini Donuts!

**Free will Donation to Cub Scouts**



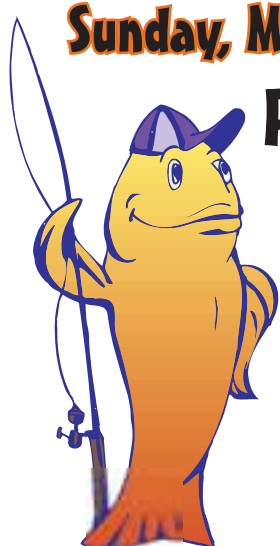
**Factory Reps & Discounts!**

**LARGEST FOREST RIVER DEALER IN THE REGION!**

- SANDPIPER • SALEM • SHAMROCK
- SUBZERO SOLUTIONS • AVIATOR
- WILDCAT • CEDAR CREEK • XLR
- FLAGSTAFF • TRILOGY

**PLUS PARK MODELS**

Family Owned Since 1938 • 321 Gate Ave. Williston, ND • 701-572-2250 • [coatesrvnorthdakota.com](http://coatesrvnorthdakota.com)





# St. Patrick's Day Sale

## For the ENTIRE month of March

**2012 Chevy MALIBU**  
GREY MET./EBONY, PW, PL, TILT, SC, A/C, AM/FM/CD, U5176A, 26,563 MILES  
**\$16,995**

**2009 Chevy 1500 CREW**  
SILVER/EBONY CLOTH, PW, PL, TILT, SC, P. SEAT 5.3 V8, ATOD, A/C, 4X4, AL WHEELS, U4865a, 26,712 MILES  
**\$26,995**

**2007 Chevy TAHOE**  
PW, PK, TILT, SC, AM/FM/CD, 4WD. 8 PASS, AL WH, SPORT RED MET/EBONY CLOTH, G4794B, 83,142 MILES  
**\$23,995**

**2008 Cadillac EXT**  
AWD, BLK/EBONY LTHR, PW, PL, TILT, SC, 6.2 V8, AWD, DVD, SUNROOF, NAV, NEW TIRES, CHROME 22" WHEELS, K4272A, 79,643 MILES  
**\$29,995**

**2011 Chevy 1500 CREW LTZ**  
PW, PL, PWER SEATS, HTD SEAT, 7 LT, SC, AM/FM/XM/CD, 6" ASSIST STEPS, 20" WHEELS, ACCESS COVER, BOX RAILS, SILVER/TITANIUM LEATHER, 36,669 MILES, STK#C4923A  
**\$31,995**

**2012 Ford FUSION SE**  
PW, PL, TITLT, SC, AUTO, BLACK/EBONY CLOTH, U5181A, 23,187 MILES  
**\$17,995**

**2006 Chevy 3500**  
EXTENDED CAB, 6.6L DURAMAX ALLISON AUTO, PW, PL, TILT, SC, A/C, AM/FM/XM/CD, P. SEATS, STEALTH GRAY MET/EBONY CLOTH, ASST. STEPS, GRILL GUARD, G4724A, 67,129 MILES  
**\$26,995**

**2012 Dodge AVENGER**  
PW, PL, STILT, SC, AM/FM/CD, GREY MET/EBONY CLOTH, U5178A, 14,374 MILES  
**\$16,995**

**2011 GMC YUKON DENALI**  
AWD, V8, 6.2 L, AT, A/C, AUTO RIDE, 20" CHROME WHEELS, PW, PK, TILT, SC, AM/FM/XM/CD, NAV, DVD, SUNROOF, MOCHA STEEL, EBONY LEATHER, 45,494 MILES, STK#4975A  
**\$43,995**

**2011 Dodge RAM 1500**  
QUAD CAB, BIG HORN LEATHER, PW, PL, TILT, SC, AM/FM/CD, CHROME GRILL GUARD - ASSIST STEPS, A/C, 5.7 V8 AUTO, G4415A, 28,364 MILES  
**\$28,995**

**2012 Dodge RAM 3500**  
PW, PL, P SEAT, A/C, TILT, SC, CUMMINS DSL, AUTO. LONGBOX, W/5TH WH HITCH, C4871A, 10,513 MILES  
**\$39,995**

**2011 Ford F250 S. DUTY**  
6.7 DSL, LTHR, PW, PL, TILT, SC, P SEATS, BLUE/GRAY, CLOTH, C5160A, 73,552 MILES  
**\$36,995**

**2010 Chevy DURAMAX DSL**  
SILVER/TITANIUM LTHR, PW, PL, TILT, SC, P SEATS, HTD SEATS, ALLISON GSDB AUTO, 4X4, SPRAY LINER, NERFS, C4565A, 52,731 MILES  
**\$38,995**

**2013 Ford EDGE AWD**  
PW, PL, SC, TILT, LAXOR BLUE/EBONY CLOTH, AL WHEELS, U5179A, 21,471 MILES  
**\$29,495**

# Lunch Menus

**Sidney Schools**  
**Thurs., Mar. 7:** Chicken stir-fry, oven baked rice, ravioli, garlic toast, muffin, applesauce.  
**Fri., Mar. 8:** Pizza, tossed salad, pineapple tidbits.  
**Mon., Mar. 11:** Chicken chunks, potatoes and gravy, mandarin oranges, dinner roll.  
**Tues., Mar. 12:** Sloppy joes, potato wedges, pears.  
**Wed., Mar. 13:** Super nachos, peach cups, cookie.

**Richey Schools**  
**Thurs., Mar. 7:** Breakfast casserole, corn, fruit cocktail.  
**Fri., Mar. 8:** Breakfast pizza and salad bar.  
**Mon., Mar. 11:** Quesadillas, lettuce salad, peaches.  
**Tues., Mar. 12:** Western casserole, bread, corn, oranges.  
**Wed., Mar. 13:** Super salad bar.

**E. Fairview School**  
**Thurs., Mar. 7:** No school  
**Fri., Mar. 8:** No school  
**Mon., Mar. 11:** Baked ziti, salad, corn, apples, garlic bread.  
**Tues., Mar. 12:** Chicken fajita, rice, salad, oranges.  
**Wed., Mar. 13:** Chef's salad, pasta, strawberries, muffin.

**Fairview School**  
**Thurs., Mar. 7:** Hamburger stroganoff, green beans, grapes, bread.  
**Fri., Mar. 8:** No school  
**Mon., Mar. 11:** Biscuits and gravy, hashbrown patty, eggs, applesauce.  
**Tues., Mar. 12:** Chicken broccoli rice casserole, corn, pears, bun.  
**Wed., Mar. 13:** Lasagna, tossed salad, peaches, garlic toast.

**Savage School**  
**Thurs., Mar. 7:** Pizza, tossed salad, tropical fruit.  
**Fri., Mar. 8:** Ham & turkey croissants, potato salad, jello, peaches.  
**Mon., Mar. 11:** Hot dogs, curly fries, fruit cocktail.  
**Tues., Mar. 12:** Tater tot casserole, green beans, apricots, dessert, bread.  
**Wed., Mar. 13:** Sloppy joes, baked beans, pears.

**Lambert School**  
**Thurs., Mar. 7:** Ham & turkey subs, fresh veggies, chips, broccoli salad, peaches.  
**Fri., Mar. 8:** Fish sandwich, fries, fresh fruit.  
**Mon., Mar. 11:** Egg salad sandwich, chicken noodle soup, crackers, fresh fruit.  
**Tues., Mar. 12:** Hobo stew, cheese, crackers, pudding.  
**Wed., Mar. 13:** Hamburger gravy, mashed potatoes, corn, buns, peaches.

**Culbertson School**  
**Thurs., Mar. 7:** BBQ pork sandwiches, coleslaw, potato chips, apples.  
**Fri., Mar. 8:** Macaroni & cheese, green beans, fruit cocktail.  
**Mon., Mar. 11:** Open-faced pork loin sandwich w/ gravy, stuffing, peas, peaches.  
**Tues., Mar. 12:** Cheeseburgers, french fries, fruit cocktail.  
**Wed., Mar. 13:** Lasagna, mixed vegetables, garlic toast, apricots.

**Bainville School**  
**Thurs., Mar. 7:** Pigs-in-a-blanket, FF, carrots, fruit.  
**Fri., Mar. 8:** Italian dunkers w/ sauce, broccoli normandy, fruit salad.  
**Mon., Mar. 11:** Grilled chicken, WW bun, rice pilaf, mixed veggies, applesauce.  
**Tues., Mar. 12:** Tetrazzini, peas, garlic bread sticks, fruit.  
**Wed., Mar. 13:** Polish sausage, bun, mashed potatoes, sauerkraut, carrot sticks, fruit.

**Rau School**  
**Thurs., Mar. 7:** Chicken, potatoes & gravy, corn, apricots.  
**Fri., Mar. 8:** Hobo stew, fruit, corn muffin.  
**Mon., Mar. 11:** Mac-n-cheese, green beans, peas, muffin.  
**Tues., Mar. 12:** Chicken strips, fries, carrots.  
**Wed., Mar. 13:** French dip, fries, corn, peaches.



**TAX TIME IS CAR TIME!**

**Guaranteed Credit Approval!**

Call The Credit Doctor Mark Waggoner or apply online at [www.NDcreditDR.com](http://www.NDcreditDR.com)



1801 2nd Ave. W. Williston, ND  
Call 1-800-888-2927 or 701-577-2927

Hours: Mon. 8am-8pm ; Tues.-Fri. 8am-6pm; Sat. 9am-5pm

[www.murphymotors.com](http://www.murphymotors.com)



**SEE THESE SALES CONSULTANTS FOR QUALITY CAR BUYS!**





# The Roundup Classifieds

Reach Over 21,000 Readers Each Week  
In Eastern Montana & Western North Dakota  
And Always On The Internet at [roundupweb.com](http://roundupweb.com)  
(Paypal required for online purchases)

\$7 up to 30 Words  
Classy Deadline: Noon Monday

Add a photo  
to your classy  
online!  
(Additional Charge)

**HELP WANTED**  
**CARRIERS WANTED**  
Need extra cash or want to get some exercise? We have carrier routes available in most parts of Sidney. Call 406-433-3306, or fill out application at The Roundup, 111 W. Main, Sidney.

**COOKS, DISHWASHERS & SERVERS**  
Wage DOE. Apply in person at Cattle-Ac, 119 N. Central Ave., Sidney, MT.

**HELP WANTED**  
Panini's Pizzeria is now hiring cooks and waitresses for their new restaurant in Yellowstone Marketplace. Contact 541-510-5348 or stop by and pick up an application.

**HELP WANTED**  
Do you need a position where you get back more than you receive? Where you

are told you look nice even on your worst days. ROI has full time and part time positions available for direct care professionals. Training is provided. FT includes health insurance, housing allowance, savings for retirement, bonus, and personal time off with wage starting at \$10.00 or \$10.25 depending on the shift with six month raise. PT includes housing allowance, savings for retirement and bonus with wage starting at \$9.50. Variety of hours and shifts open. Call Tami @ 488-3341, or apply @ Richland Opportunities, Inc. 1100 Silurian Lane, Sidney.

**DENTAL HYGIENIST**  
Looking for a motivated hygienist to join our team. State of the art, comprehensive, general, and cosmetic practice. Call 406-433-7645.


**GYMNASTICS INSTRUCTOR NEEDED**  
Sidney Gymnastics Club is currently looking for an outgoing individual to instruct Wheelers Class, Mon. & Wed. 4 p.m. - 5 p.m. & Tumblebugs Class Tues. 3 p.m. & Friday 3 & 4 p.m. No experience necessary, willing to train. For more information please call Coach Pat McWilliams, 406-478-9101.

**SEASONAL HELP NEEDED**  
Crop Production Services, Fairview, MT, is looking for seasonal full-time help from the end of March to the end of September. This job requires you to be able to load/unload boxes up to 60lbs. and be able to drive a forklift. Will be delivering agricultural chemicals in northeast Montana and northwest North Dakota. Must have CDL with HazMat endorsement if not will help in getting one. Must also have a clean driving record and be able to drive pickups along with fifth-wheel trailer. Call 406-742-8800, ask for Greg or Cathy.

**LIFEGUARDS WANTED**  
Svarre Pool needs you! You must be at least 15 yrs. old and hold current LG and CPR cards. Send application c/o Pool Manager, 115 2nd St. S.E., Sidney, MT 59270. The closing date is April 25, 2013.

## Driver Wanted

Delivery driver for The Roundup. Must have valid driver's license, be able to lift at least 80 lbs. One day/week. Pick up application at 111 W. Main, Sidney, MT, or at the Sidney Job Service.



### Agronomist Position Available Immediately

Hefty Seed Company has a top level agronomy position open now at the Sidney location. Individuals who have been in the field for a minimum of 3 years experience required. Six figure income + the perks. Work for an outstanding company and a leader in the field!

**For more information, call Hefty Seed Company Sidney: 406-488-4338 (HEFT)**

## At Sidney Health Center, we promote a Work-Life Balance...

Sidney Health Center's most valuable resource is the people who serve our patients, residents and guests.

**9 Out of 10 Employees Agree:**  
"I don't have to choose between my job and family!"

**Join our team!**

### EMPLOYMENT OPPORTUNITIES

- Coding Specialist II
- Food Services
  - Dietary Aide
  - Dish Room Helper
  - Evening Cook
- Health Information Management Clerk
- Lodge
  - Environmental Services
  - Lead Food Services Supervisor
  - Resident Assistant
- Pharmacy Technician
- Plebotomist/Lab Clerk



For additional information or to apply online, please visit our website or contact:  
Marilyn Olson • Phone: (406) 488-2571  
[mjolson@sidneyhealth.org](mailto:mjolson@sidneyhealth.org)  
216 14th Ave SW • Sidney, MT

**Visit Our Website at: [www.sidneyhealth.org](http://www.sidneyhealth.org)**



Member FDIC

Montana Banking.  
Pure & Simple.

We are a Montana-born company, built on western values, focused on creating long-standing relationships through integrity, expertise and results.

Join us in our Sidney office as an:

**Ag Loan Assistant or Customer Service Representative**

To view job opportunities, visit us and apply on-line at [www.stockmanbank.com](http://www.stockmanbank.com)

EOE

## ONEOK IS THE ONE TO WORK FOR... ARE YOU THE ONE TO WORK FOR US?

*If you are looking for a career that is both challenging and rewarding, ONEOK could be the ONE for you! We offer exciting opportunities for those looking to jump-start their careers and discover their potential alongside our team of experienced professionals.*


ONEOK Partners, operators of ONEOK Rockies Midstream, has plans to invest approximately \$1 billion in the Bakken Shale between now and 2014 for the construction of three new natural gas processing facilities, infrastructure upgrades and well connections in western North Dakota.

As we prepare for and complete these expansions, we are recruiting for employment opportunities in the following areas:

<b>SIDNEY, MT:</b> <ul style="list-style-type: none"><li>■ Manager, Area Operations</li><li>■ Manager, Measurement Balances</li><li>■ Operation Specialist</li><li>■ Pipeline Operators</li><li>■ Plant Operator</li><li>■ Supervisor, Construction</li></ul>	<b>BELFIELD, ND:</b> <ul style="list-style-type: none"><li>■ Pipeline Operators</li></ul> <b>MARMATH, ND:</b> <ul style="list-style-type: none"><li>■ Senior Plant Operator</li></ul> <b>WATFORD CITY, ND:</b> <ul style="list-style-type: none"><li>■ Plant Operators</li></ul>	<b>BAKER, MT:</b> <ul style="list-style-type: none"><li>■ Mechanic</li></ul> <b>WILLISTON, ND:</b> <ul style="list-style-type: none"><li>■ Mechanics</li><li>■ Pipeline Operators</li><li>■ Plant Operators</li></ul>
---	--	---

*Note: Experience is preferred but not required for certain positions as on-the-job training may be provided. Relocation may be available.*

**Please visit [www.theonetoworkfor.com](http://www.theonetoworkfor.com)** to register and apply. If unable to apply online, fax resume to 918-588-7331. Job number/s can be found on the web site and must be included on each submitted resume.



EEO/AA EMPLOYER

## Roosevelt Medical Center Culbertson, MT

Telephone: 406.787.6401

**Current Employment Opportunities:**

Dietary Supervisor	Registered Nurses
Licensed Practical Nurses	Part-time Dietary Aide
Certified Nursing Assistants	

**RMC benefits:** Health & Life Insurance, 401K, Extended Illness Bank, Personal Time Off, and Competitive Salaries. For more information please call Audrey at 406.787.6401.



**QUALITY SERVICE • CARING PEOPLE • JOIN OUR TEAM!**




2 POSITIONS AVAILABLE

Sidney Cleaners and Laundry is looking for a part-time janitor and a full-time laundry worker. Wage is \$11/hr. Call Cindy at 406-433-1405.

REAL ESTATE LAND FOR SALE

Commercial and residential land available, two miles north of Arnegard, ND. Excellent location for travel to Watford City and Williston. 701-842-2168 or 701-570-8108.



**Xango** Mangosteen Juice

**The Carpenter's Storehaus**


*Your Local Bible Book Store*

Sidney, MT  
**406-433-3355**


HEADQUARTERS FOR STOCKMEN

*Williston Saddlery*

14096 West Front Street - Williston, ND 58801  
4 1/2 Miles West on Hwy. 2



- Trailers
- Saddles & Tack
- Complete Feed Line
- Livestock Equipment
- Animal Health Products



*We are like a good Horse - We aim to please*

**TELEPHONE (701) 572-2267**

*"If ya wants it - we got it.  
If we ain't got it - we can get it.  
If we can't get it - ya don't really want it!"*

Full Line of Calving Supplies

ACREAGE AND MODULAR HOME FOR SALE

42 acres, modular home, small heated shop, lot 8, section 5, T-151, R-104, near Dore, ND. Call 406-489-1192.

LOTS OF CHARM

House & acreage for sale in Vida, MT, south of Wolf Point. 2.2 acres, lots of apple trees & huge pine trees. Total of 6 bedrooms, 2 full bathrooms, large family room in the basement. Lots of extras, Price Reduced to \$185,000. 406-488-6183 or email debschmart@gmail.com.

**CANYON CREEK ACREAGE**  
\$145,000, N. of Laurel, MT. Sandstone Bluff, creek, wildlife, easy access. Minutes W.

of Billings. Call Lorie Trump WSRE 406-860-2902.

**NICE, CLEAN 4 PLEX**  
\$240,000, Billings, MT, 3149 sq. ft., all rented, \$2,100 income, 1 garage. Call Lorie Trump WSRE 406-860-2902.

**2 VACANT LOTS**  
Billings, MT, you can build 2 duplexes. Easy access, Heights area off Judith. \$115,000. Call Lorie Trump WSRE 406-860-2902.

**VACANT LOT**  
Above Billings rims, one of last remaining lots. 24,724 sq. ft. Level, off new paved road. Elec. & phone avail., minutes from airport, \$48,000. Call Lorie Trump WSRE 406-860-2902.

**ONE LEVEL RANCHER**  
Laurel, MT, remodeled, \$157,000, 3 bd. 1 bath, corner lot, shop can be built, one car garage, metal siding, alley access, new kitchen, hardwoods. Call Lorie Trump WSRE 406-860-2902.

**20 ACRES UNRESTRICTED**  
Edgar, MT, county road access, views, shop on lot, elec. & phone avail., surrounded by farm, lots of wildlife. Call Lorie Trump WSRE 406-860-2902.

VACANT LOT OVER-LOOKING TOWN & SKI RUN

Red Lodge, MT, \$48,000, level, all util. avail., off paved road, near 13th golf hole on course. Call Lorie Trump WSRE 406-860-2902.

**GREAT PRIVATE BUILDING SITES**  
20 acres W. of Park City, MT. Pine trees, easy access, access to Yellowstone River, \$31,000. Call Lorie Trump WSRE 406-860-2902.

LOT WITH POND/LAKE FRONTAGE

Shepherd, MT, 15 acres @ \$90,000, 10 acres @ \$65,000. End of the road privacy, off Bison Rd. Call Lorie Trump WSRE 406-860-2902.

**BRAND NEW LOG HOME**  
Shepherd, MT, 3,000 sq. ft. 3 bd. 3 bath, open vaulted ceilings in great room, all stainless appliances, main floor utility, huge master suite, double garage, on 2.5 acres. Irrigation, well, shop or barn welcome, access to Yellowstone River, \$289,000.

Call Lorie Trump WSRE 406-860-2902.

**ONE LEVEL REMODELED RANCHER**  
West end Billings, MT. \$269,000, 3 bd. 2 bath, 28,009 lot, unrestricted, huge 3+ car garage, storage, dog run, irrigation, fenced, trees, corner lot, landscaped, just about everything is new, extra large dining area. Call Lorie Trump WSRE 406-860-2902.

**2 ACRE LOTS START AT \$30,000**  
Eagle Bend Subdivision in Shepherd. Access to Yellowstone River, barns & shops welcome, most lots have irrigation, good wells in area. Bring your own builder. Call Lorie Trump WSRE 406-860-2902.

**FOR RENT REMODELED ROOMS FOR RENT**  
Remodeled, furnished rooms for rent, all util. including T.V. and internet paid, washer and dryer available, \$720/mo., Sidney. Call 406-489-1467 or 218-234-1161.

**SERVICES WELDING**  
Welding & repair work. No job is too small. Portable welder, reasonable rates. 701-444-2936.

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

**COMPLETE SERVICE CENTER**  
The Roundup provides free Fax service at Meuchel Computer Services, Watford City, ND, for all news, photos & advertising copy. You may drop your Roundup payments at Meuchels.

**WINDSHIELD REPLACEMENTS**  
Lowest price around. Quick service. Over 300 windshields in stock for cars, pick-

**TAYLOR EXCAVATION**

**FOR ALL YOUR RESIDENTIAL EXCAVATOR AND SKIDSTEER NEEDS**

Landscaping • Fencing • Concrete/Prep Work •  
Light Hauling • Residential Maintenance • Hydro-Seeding

Economical Rates and Low Impact Construction

Watford City  
**208-940-0040**

**WE DO WINDOWS!**

*NOW is the time to replace your cold, drafty windows.*



- We specialize in replacing windows of most styles and sizes with energy-saving THV Composite Windows
- We sell the ultimate insulating glass option for THV with Triple Pane Insulated Glass
- Our THV certified installers do a complete job from start to finish



**Martini** SIDING & WINDOWS  
**406 488-2468**  
WE COVER YOUR INVESTMENT  
SIDNEY, MONTANA



**THV Compozit**  
Windows & Doors

Toni Martini

**The Roundup Auto Trader**

**2010 Dodge 3500 Diesel**  
Mega Cab Laramie. Fully loaded. Bed cover, bed rug, custom wheels with Boss V Snow Plow  
58,000 miles  
Call 406-480-9219



**\$42,000**

**Only \$17 A Week!!**

If you run it for 2 weeks & it doesn't sell, we'll run it for 2 more weeks  
**FREE!!!**  
Email: classads@esidney.com  
Call: (406) 433-3306 for details.

**The Roundup**

Reaching over 8,400 Households in Western North Dakota and Eastern Montana Every Week

**Classified Ad Order Form (Please Print)**

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30 \$7.00
31 \$7.10	32 \$7.20	33 \$7.30	34 \$7.40	35 \$7.50 (etc.)

**\$7.00 for 30 words or less; additional words 10¢ each**

Number of words \_\_\_\_\_ x Number of Times \_\_\_\_\_ = Cost \$ \_\_\_\_\_

**Payment Must Accompany Ad**

Name \_\_\_\_\_

**Mail To:**  
The Roundup  
P.O. Box 1207, Sidney, MT 59270

**Help Wanted**

**Sidney Sugars Incorporated has the following positions open:**

- **Maintenance Electrician:** \$22.21 hour starting; \$26.18 and full time with proven competence Requires successful completion of employer administered written test.
- **Boiler Operator:** Class 1 or 2 licence \$26.18. Class 3 \$21.95 hr with willingness to learn. Requires Montana or transferable Boiler Operator License.
- **Machinist:** \$22.21 hour starting; \$26.18 and full time with proven competence. Responsible for, but not limited to, operating a variety of mechanical machinery. Welding and cutting skills also beneficial.

**Full Time benefits are:**

- Holiday, Vacation and sick pay
- Insurance for medical, dental and life
- Pension and 401 (k)



**Sidney Sugars**  
INCORPORATED

*Walk-ins are welcome!  
Equal Opportunity Employer  
Drug Free Workplace*

**Apply in person or request an application from:**  
**Sidney Sugars Incorporated**  
35140 County Road 125 - Sidney, MT - 406-433-9320  
**Apply at Job Service Work Force Center**  
211 N Central Ave - Sidney, MT  
**www.sidneysugars.com**



ups & semis. Magrum Motors, 1820 2nd St. W., Williston. 701-572-0114.

**FARM & RANCH MINERALS & SUPPLEMENTS**

Complete line of minerals & supplements. Protein & mineral tabs for cattle, horses & sheep. All types of liquid feed for livestock. Calving supplies. R&J Ag Supply 406-488-1953, 406-480-2006, 1-800-233-2499, Sidney, MT.

**VERMEER HAYING EQUIPMENT**

See us today for all your haying & feeding equipment, sweeps & farm oil. Anderson Vermeer Sales & Service. Open Mon.-Fri., 8 a.m.-5:30 p.m. 701-828-3358 or 701-828-3482 (after hrs.). Alexander, ND.

**20' FLEXICOIL NO TILL AIRSEEDER FOR SALE**  
8000 series no till double shoot, double disc airseeder with 1330 aircart. Hydraulic folding. Seeding tool is 3-point mounted, compact design for short turning radius. Call Doug at 406-769-2052.

**REGISTERED ARABIAN MARE FOR SALE**  
Asking \$900, good breeding stock. Oil boom is taking its toll. Good home with land only. Call Pat at 701-744-5678.

**OPEN HOUSE BULL SALE**  
Feiring's Cattle Co.'s 11th Annual Open House Private Treaty Bull Sale, Mar. 16th at 2 p.m. at the Madison Ranch 12 mi. south of Alexander on ND Hwy. 68 and 1 mi. south at mile marker 19. Selling 33 yearling Angus bulls that are bred alike for calving ease, fertility and disposition. Backed by Wye, Ohlde, Shoshone and Sinclair genetics. Also offering 5 yearling Horned Hereford bulls. Contact Donnie Feiring at 701-872-5888 for more information or a catalog.

**VEHICLES NICE FAMILY CAR**  
2006 Ford Expedition for sale, leather, DVD player, rims, clean and in great shape. 115,000 miles, \$10,500. Call 208-680-5398.

**MISCELLANEOUS FOR SALE FIRE RESISTANT**  
Fire resistant clothing available at The Other Place, Culbertson, MT. 406-787-5211.

**Mini-Storage**

**STORAGE UNITS AVAILABLE**

20X20 • 10X20  
10X16 • 8X9

Sidney, MT  
482-3799 or 482-2666

**1998 BOBCAT FOR SALE**  
1998 Bobcat 863. 3,800 hours. Comes with bucket and rear hydraulic jacks, has 1 spare tire w/ rim. Will need tires, needs some motor work, been told head gasket. Call Jon at 406-480-0595.

**MOBILE COMMERCIAL KITCHEN**  
Perfect for any food service operation. 18ft. fully equipped trailer w/ service windows, stainless steel floor to ceiling, all equipment included. Includes support vehicles 2 F-350 Dually Super Duty Pick-ups. Call or email for equipment list and photos. ChefMick@CrazyMountainChef.com or 406-930-2254.

**SHEDS FOR SALE**  
\$3,000, 10x16, wood frame, metal outside, choice of door, on skids, will deliver or build on-site. Call 406-274-2512.

**GUN FOR SALE**  
AR-15 DPMS Oracle .223 5.56, brand new in box. Collapsible stock, \$1,800. Call 406-478-9489.

**WANTED SIDNEY COMBAT CLUB**  
We train men & women for mixed martial arts competitions, self-defense and conditioning. Now meeting at Sidney Healthworks; Tues. 6:30- 8:30 p.m., Wed. 7:30-8:30 p.m., Thurs. 6:15- 7:15 p.m., Fri. 5:30- 7:30 p.m. \$35/month. For more information, call Barry, 406-480-2024.

**DEER & ELK ANTLERS**  
Deer & elk antlers, brown or white, sheds, racks, or mounts. TOLL FREE 1-866-245-9139.

**NEW CHURCH LOOKING FOR A HOME**  
Looking for a building to purchase or lease. Call 406-480-5827 or email countryboy925@gmail.com.

**VEHICLES FOR SALE**  
1996 Ford Heavy Duty 3 quarter ton bale bed, 460

motor, 5 speed. 406-773-5612.

**MISCELLANEOUS GLENDIVE GUN SHOW**  
E.P.E.C. Bldg. 313 S. Merrill. March 1, 2 & 3. Show hours are from Friday, 4 p.m. to 9 p.m., Saturday 9 a.m. to 6 p.m., and Sunday 9 a.m. to 3 p.m. Questions or reservations, call Ernie at 406-377-3969.

**SY Soren**  
New! AgriPro's Highest Return Per Acre

**Kelby**  
High Protein and Complete Agronomics

**Jenna**  
The Yielder with Protein

**Reeder**  
Good Yields and Protein Under Wide Ranging Conditions

**SY Tyra**  
New! AgriPro's Sowerly Tolerant Variety

**Brennan**  
Balanced With High Yield and Protein

**SY605 CL**  
High Yield CLEARFIELD® Spring Wheat

**Trapeze Yellow Pea**

**SKOV SEED**  
New High Yielding Variety with Good Height and Standability

**Randy Skov | Fairview, MT**  
406-747-5217 Home | 406-489-0165 Cell

*Call Today!*

**AgriPro**

**Administrator Wanted:**

**Savage Sunrise Manor**  
in Savage Montana

The administrator is responsible for all aspects of managing an 8 unit assisted living facility and for ensuring that residents receive proper and appropriate care. They are also to supervise, train and manage all employees. The administrator will be in the facility and available to residents, employees and families during business hours, which is Monday - Friday from 8:00 a.m. - 5:00 p.m. They are also responsible for scheduling/staffing shifts and will have to fill in shifts as needed. Needs to keep accurate records and pay close attention to details, attend monthly meetings, make weekly menus and shop for groceries, perform all inspections and safety drills, strong communication skills and organizational skills, work independently and prioritize multiple tasks and have experience working with the elderly along with other duties. Must have a high school diploma or GED, and be willing to obtain administrator certification within 6 months. Please send resume and at least 3 references to tprevost@midrivers.com or blhag@midrivers.com

**TODD MORASKO CONSTRUCTION INVENTORY REDUCTION SALE**

*Saturday, March 23rd, 2013 - 9:30 a.m.*

*Sale Location: 611 North Central - Sidney, Montana - Watch for Auction Signs!*

**Don't miss this sale, something for everyone!**

*Tools, power tools, cement tools, scaffolding, vehicles, furniture, household and more!*



*See complete list and photos at:*

**WWW.MONTANAAUCTIONCOMPANY.COM**

Lunch will be available by LeRoy's Catering.

**Montana Land Auctions, Incorporated**

FOR PHOTOS & INFORMATION, VISIT OUR WEBSITE: **WWW.MONTANAAUCTIONCOMPANY.COM**

SALE MANAGED & CONDUCTED BY: **MONTANA AUCTION COMPANY, INC.**  
200 MT HWY 200 W - SIDNEY, MT 59701  
**RUSSELL PEDERSON (406) 939-2501**  
**DAN GOSS (406) 480-2778**

Terms & Conditions: Terms of the sale are cash or check with proper I.D. No hold checks accepted; bad checks will be prosecuted to the full extent of the law. No item shall be removed from the premises until full settlement has been made. This sale bill and the web site are intended as a guide only. Please inspect all items to your own satisfaction. All items are sold "As-Is - Where is". Descriptions as provided by seller. No warranty is expressed or implied by the Auction Company, auctioneers or owners. Announcements made sale day take precedence over any printed or web site advertising.

**Is your Farm & Ranch business Roundup Ready**

**See Us Today We make good business better!**

**The Roundup**

**call us at:**  
**406-433-3306**  
**email us at:**  
**email@esidney.com**



**OPEN HOUSE**

**For sale by owner**  
111 7th Ave NW - Sidney  
**Asking \$188,000**  
March 9,10,16,17 - 10am to 6pm or call **488-4735**

Beautiful home built 1951 is very sturdy and quiet!! 740 SQ ft w/full basement, central heat/air! 2 BD & full bath ML; spare room & 3/4 bath LL. Detached 2 car garage w/slab spots. Underground sprinklers, 6' wood privacy fence, all new windows & roof! ML bath updated 2013 & so much more to love!! "Extras" included in sale! O.H. Dates above!

**J&S FEEDS**  
1000 N. MERRILL • GLENDIVE

**COME IN FOR ALL YOUR CALVING NEEDS. CALL AHEAD, WE'LL GET IT READY!**

**Mineral Specials**  
Check Store for Details

Mon. - Fri.  
8:00-5:00  
Sat. 8:00-12:00  
**(406) 377-2180**

•Purina • Vaccines  
•Crystalyx •Vigortone  
•Linn Panels • Horse Tack  
•QLF(Quality Liquid Feed)  
•Animal Health  
•Western Accessories  
•Montana Silversmith

*"Animals Make Better People, Purina Makes Better Animals"*

**S&S Motors**

**\*See the CLEARANCE tag specials!\***

**2009 GMC Yukon XL Denali**, red, 31k mi ..... **\$44,995**  
**2012 GMC Yukon XL SLT**, silver, DVD, sunroof, 21k mi ... **\$43,995**  
**2012 Jeep Grand Cherokee Limited**, gray, dvd, nav, 26k mi ... **\$37,995**  
**2012 Buick Enclave**, red, 22k mi..... **\$35,995**  
**2012 Ford Explorer Limited**, silver, sunroof, 60k mi..... **\$34,995\***  
**2011 Ford F150 Lariat**, white, 42k mi..... **\$33,995**  
**2011 Ford F250 XLT**, silver, 39k mi..... **\$32,995**  
**2013 Ford Edge Limited**, earth metallic, 23k mi.. **\$32,995**  
**2011 Ford F250 XLT**, white, 47k mi..... **\$31,995**  
**2011 GMC Sierra SLE**, gray, 17k mi..... **\$31,995**  
**2011 Ford F150 XLT Chrome**, blue, ecoboost, 26k mi. ... **\$30,995**  
**2011 Ford Edge Limited**, black, 31k mi..... **\$29,995**  
**2012 Jeep Grand Cherokee Laredo**, gray, 24k mi ..... **\$29,995**  
**2011 Ford F250 XLT**, red, 33k mi..... **\$29,995**  
**2011 Ford F350 XL**, white, 60k mi ..... **\$27,995\***  
**2010 Ford F150 XLT**, tan, 32k mi ..... **\$26,995**  
**2010 GMC Sierra 1500**, silver, 35k mi..... **\$24,995**  
**2006 Dodge Ram 2500**, white, diesel, manual, 117k mi ... **\$23,995**  
**2007 GMC Yukon**, white, 78k mi ..... **\$23,995**  
**2011 Chevy Equinox LT**, mocha, 43k mi..... **\$22,995**  
**2011 Ford Escape Limited**, red, 47k mi..... **\$21,995**  
**2007 Chevy Tahoe LT**, blue, DVD, nav, 98k mi..... **\$21,995\***  
**2008 Honda Ridgeline**, black, 87k mi ..... **\$20,995**  
**2008 Ford Edge SEL**, light blue, 74k mi ..... **\$16,995\***  
**2005 GMC Sierra SLC**, black 162k mi..... **\$13,995**  
**2006 Buick Lucerne CX**, white, 42k mi..... **\$12,995**  
**2005 Jeep Grand Cherokee Limited**, gray, hemi, DVD, 103k mi..... **\$11,995\***  
**2008 Ford Taurus X SEL**, silver, 89k mi..... **\$11,995**  
**2006 Buick Lucerne CXL**, white, 73k mi..... **\$11,995**  
**2006 Ford Escape XLT**, silver, 107k mi ..... **\$9,995**  
**2003 Honda Accord EX**, blue, 131k mi ..... **\$7,995**  
**2005 Ford Taurus SE**, blue, 81k mi ..... **\$6,995**  
**2006 Pontiac G6**, gray, 166k mi..... **\$5,995**  
**2002 Pontiac Grand Am GT**, silver, 103k mi..... **\$4,995**  
**2003 Buick Lesabre**, white, 131k mi..... **\$4,995**

**www.sandsmotorsinc.com**

**444-2341 or Toll Free - 800-584-9205 • Watford City, ND**





...Like a  
helping hand.



Many  
Styles &  
Colors to  
Choose  
From

Power Lift  
Chairs & Beds



406-433-1402 • 111 S. Central Ave., Sidney, MT  
www.johnsonhardwareandfurniture.com  
Mon - Fri: 8am - 5:30pm • Sat: 8am - 5pm

# Community HEALTH FAIR



**Tuesday, March 12 - 5:00 PM- 7:00 PM**  
**Wednesday, March 13 - 8:00 AM- 2:00 PM**  
**Richland County Fair Event Center • Sidney, MT**

## The 2013 Bra Auction, the Cancer Coalition, the Richland County Public Health Connection & Why it Matters

Submitted by **Troy Barnett**

The annual Bra Auction began as a community component to increase needed breast and cervical screening access through the Women's Health grant obtained by Richland County Public Health, in 2002. The grant is now part of the Montana Comprehensive Cancer Programs (MTCCP) and includes money for breast, cervical and colorectal screenings for a six county region (Dawson, Fallon, McCone, Prairie, Richland and Wibaux) comprising Site 13 in the state of Montana. The Site 13 Cancer Coalition has emerged from the early efforts of the Women's Health Coalition and the requirements of the MTCCP grant to involve and incorporate community partnerships in our service region.

Over the past year the Site 13 Cancer Coalition sponsored by the Richland

County Public Health Department has sought to expand our mission to include assistance for individuals in Site 13 who have been diagnosed with cancer. It is my pleasure to announce the new Cancer Coalition Endowment and Fund which will allow the Coalition to help ease the burden of individuals who have been diagnosed with cancer.

This year's Bra Auction proceeds will go to the Cancer Coalition Fund; we hope to raise enough money to impact what we currently can offer individuals who qualify for assistance. For instance, if we raise half the money of the 2012 Bra Auction or \$32,500.00 we are able to offer a higher dollar amount to those seeking Cancer Coalition Fund assistance by \$200.00 to \$300.00 based on a projected 100 applicants in this first year.

None of this would be possible without the dedication of individuals who worked tirelessly from the beginning, when we were the Women's Health Coalition to the present Site 13 Cancer Coalition membership. Simply stated, we would not be here without them, thank you.

**Our 2013 donors:**

Individual  
Mr. and Mrs. Monte Fulton-Glendive  
Tough Enough to Wear Pink Donors:  
Mitchell's \$1544.00,  
Lucky Buckle \$1544.00, Blue Rock \$1544.00.

**Pack the Place in Pink Schools**

\$2750.00 raised by Fairview School and Booster Club, \$519.10 raised by Richey/Lambert School and Fusion Boosters, \$500.00 given by Sidney Public

Schools.

**2012 Bra Auction Design Artist**

Damsel in Defense, Double L Construction & Fencing, Foundation for Community Care, Family & Breast Friends of Jean Turcotte-Most Inspirational Award Winner.

Sunshine Cleaning Ladies, Sidney High School Key Club.

Theresa Livers, Sidney Cancer Center, The Lodge Residents, The Lodge Staff, Trudy Nevins & Tammy Kunda, Debbie & Lindsay Wagner, Heather Nevins, Deann Franz & Tracy Reese- People Choice Award Winner, Jones Construction,, KGCX Eagle 93.1 FM, Rural Rose Photography, CC's Café—Glendive, Brandon & Stephanie Ler, Sheila Filler, in memory of Joan Filler, Troy Barnett, Debbie Wagner, Mary Ann Danielson, Niehenke Welding-Best Business Award & Most Supportive Award Winner, In Honor of Cheryl Garza, Rachel Miotke & Penny Filler, Brenda Filler & Jenna Donahue, Trudy Nevins, Brenda French, Nikole LeFors & Trish Wells, Foundation for Community Care, Mitchell's Oil Field Service, Inc. & Kringen Construction, Inc., Lacey Nevins.

Peggy Kopp & Rita Steinbeiser, Nikole LeFors, Marisa Dumolt.

**2012 Bra Auction Donors**

Holli Sannon, Casey Denowh, Raleigh & Deb Peck, Chris Goehring, Josh & Andrea Ford, Roberta & Mike Larson, Marcella Jones, Tami Christensen, Tracy Reese, Trudy Nevins, Charmayne Turcotte, Shane Usselman, Aaron Fanz, Judy LaPan, Cathy Zentner, Anne Dial, Karen Pease, Theresa

Livers.

**2012 Bra Auction Business Donors**

Luke & Michelle Weiss-Chaznline Construction, Tyler Goss-Fox Creek Oil Field Services, Keltz Hall-KC Transport, Filler Trucking, EAGLE 93, K-Hook, Sidney, ELKS, RK Statewide Auction Service, Foundation for Community Care, Sidney, Health Center.

Each of these donors allowed the Coalition to dedicate money for breast, cervical and colorectal screenings for each of the counties Site 13 covers in addition to helping us expand with the Cancer Coalition Endowment and Fund.

In fighting cancer, whether offering assistance in screening for early detection, education for power in knowledge, or monetary relief to individuals diagnosed with the disease, every dollar raised matters. This is especially true when donating to the Site 13 Cancer Coalition, as we do not pay staff to administer in the Endowment or Fund. Also because of the sponsorship by the Richland County Public Health Department, administration for the Site 13 Cancer Coalition is not paid in the money we raise. All funds can be used to benefit local individuals, every cent.

If you have questions about the 2013 Bra Auction, the Cancer Coalition Endowment and Fund or if I have inadvertently forgotten to include you or your business as a donor please call me, Troy, at (406) 433-2207.

2013 Annual Bra Auction

Date: April 26, 2013  
Elks, Sidney MT

Registration begins at 6:00 p.m.



### Visit The Lodge and see what we have to offer you!

Variety is the spice of life. At the Lodge we offer you a variety of floor style plans, activities, and security that will spice up your lifestyle!

**Resident Activities:**

Chair Exercises	Music	Cards/Games
Fitness Center	Holiday Parties	Social Events
Bingo	Lunch Bunch	Activity Club
Church Service	Crafts	Reminiscing

**Walking Path Outside or Walk the Halls!**



*Have a Good Quality Life,  
Come Home to The Lodge.*

1015 7th Avenue SW • Sidney, MT • 406-488-4682 • Visit us online: www.lodgeatlonetree.org

# Improve Your Financial Health!

## And the Health of Your Auto

### See Us for a Loan with Interest Rates



124 N. Central Ave. • Sidney, MT  
(406) 482-2704  
18 East 2nd St. • Culbertson, MT  
(406) 787-5890  
www.richlandfcu.com



**Starting At**

# 1.75% APR

**On Approved Credit. No origination fees.**



# Community Health Fair Offers Something For Everyone

**Submitted by Rita Bartelson**  
Sidney Health Center and the Richland County Health Department are co-sponsoring and coordinating the ninth annual Community Health Fair in March. The two entities are once again joining forces with local organizations to promote various health-related topics and feature screenings to the general public.

This year's Community Health Fair is slated for March 12 and 13 at the Richland County Fair Event Center located at the Fairgrounds in Sidney. The event will kick-off Tuesday evening from 5:00 – 7:00 PM and continue on Wednesday from 8:00 AM – 2:00 PM. Coordinators of the event are anticipating a little something for everyone again this year. The health fair will feature various screenings, demonstrations, and more than 40 community booths on various health topics.

Screenings are quick assessments or tests that help identify individuals who may be at risk for disease or health complications. A few of the screenings available are the non-fasting blood

draws, blood pressure checks, blood sugar tests, hearing and retinal photographs.

The Sidney Health Center lab will offer non-fasting blood draw tests for thyroid function and glycohemoglobin tests at reduced rates. The Thyroid Stimulating Hormone (TSH) tests are available for \$20. The glycohemoglobin (HA<sub>1c</sub>) test checks an individual's risk for diabetes by providing a blood sugar average for the last three months. The test is available for \$25.

Demonstrations throughout the event will highlight gardening, disaster preparedness, exercise, therapeutic art and quick healthy smoothies.

**Tuesday, March 12**  
5:30 PM – “Zumba – Get Up & Move!” by Melanie Wadley  
6:00 PM – “Compact Gardening” by Tim Fine, MSU Extension Service

**Wednesday, March 13**  
9:00 AM – “Shake It Up!” Smoothie Demo by Ludmila Keller, MSU Extension Service  
10:00 AM – “SilverSneakers” by Jenny

Skov from HealthWorks  
11:00 AM – “Disaster Preparedness” by American Red Cross

12 Noon – “Zentangle – A Relaxing Art Method” by Peggy Kopp  
1:00 PM – “Shake It Up!” Smoothie Demo by Ludmila Keller, MSU Extension Service

Representation from various organizations will be readily available both days addressing a full range of health-related topics from nutrition advice to mental health issues as well as chiropractic services to preventative programs to name a few. In addition, the Sidney Health Center pharmacy will be partnering with the local law enforcement to provide a “Medication Take Back” service. Health fair attendees are encouraged to bring their expired and unused prescription medications to ensure proper disposal.

Concessions will be available both days. The Nazarene Church Youth Group will provide supper from 5:00 to 6:30 PM on Tuesday evening and Sidney Health Center food service will offer breakfast and lunch options on Wednesday.

**Make a difference in the  
continuance of quality healthcare!**

**Visit with us about:**

- Memorial Giving
- Charitable Gift Annuities
- Deferred Payment Gift Annuities
- Charitable Trusts
- Estate Planning & More



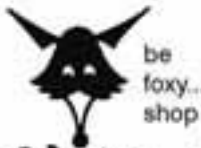
**FOUNDATION  
FOR COMMUNITY CARE**

**Keeping Charitable  
Dollars Local!**

**221 2nd St. NW • Sidney, MT**  
**Phone: (406) 488-2273**  
[www.foundationforcommunitycare.org](http://www.foundationforcommunitycare.org)

*Here's To Your Health!*

- \* Fresh Fruits & Vegetables
- \* Choice Seafoods & Meats
- \* Health Foods & Vitamins
- \* Dairy
- \* Whole Grain Breads
- \* Cleaning Products
- \* Gluten Free Products



**Reynolds Market**

**See Us At The Health Fair!**

**1151 S. Central • Sidney, MT • 433-2305**  
Mon-Sat 7 a.m.-9 p.m. • Sun 8 a.m.-8 p.m.

## Health Care Professionals Are Part Of Our Electric Cooperative



**Gregory Faul, MD**  
Radiologist



**Lower Yellowstone REA**

Hwy 16 NW Sidney, MT • 406-488-1602  
[www.lyrec.com](http://www.lyrec.com)

Your Touchstone Energy Cooperative



## Here's To Your Health!



### The Crestwood Family

Crestwood provides subsidized housing for the elderly and disabled specializing in a warm friendly environment with many services to make your apartment living pleasurable. Crestwood offers support services linking tenant and community members to home health services, personal care services, durable medical equipment, and homemaker programs. Our Support Service Coordinator, Kelly assist tenants and community members in navigating the complex Medicare, Medicaid and private insurance issues.

If you or a family member is interesting in learning more about our facility, please contact us at 433-3721 or if you have a questions regarding services to help support you in your home give Kelly a call at 433-4681.



# Crestwood

410 3rd Ave. S.W. • Sidney • 406-433-3721 • TTY 711 • [crestwd@midrivers.com](mailto:crestwd@midrivers.com)





CLINIC MEDICAL PROVIDERS  
& PROFESSIONAL PARTNERS

One EASY Call: **488-2510**

 <p>John Andelin, MD Pathology 488-2158</p>	 <p>Lotfi Ben-Youssef, MD Orthopedic Surgery 488-2277</p>	 <p>Brett Bennion, MD Otolaryngology 488-2380</p>	 <p>Edward Berglin, MD General Surgery 488-2278</p>
 <p>O. Pete Council, MD Family Medicine 488-2370</p>	 <p>Gregory Faul, MD Radiology 488-2280</p>	 <p>Lyle Harrison, MD Radiation Oncology 488-2504</p>	 <p>Rajohn Karanjai, MD Internal &amp; Sleep Medicine 488-2560</p>
 <p>Michael LaPan, DPM Podiatric Medicine 488-2241</p>	 <p>Edward Pierce, MD Internal Medicine 488-2231</p>	 <p>George Scordalakes, MD Pediatric Medicine 488-3921</p>	 <p>James Scott, MD Orthopedic Surgery 488-2277</p>
 <p>Carlos Treviño, MD Family Medicine 488-2574</p>	 <p>Shari Twigg, MD Obstetrics &amp; Gynecology 488-2577</p>	 <p>Jesse Belville, PA Physician Assistant 488-2501</p>	 <p>Janie Darby, FNP Nurse Practitioner 488-2577</p>
 <p>Jacquelyn Free, FNP Nurse Practitioner 488-2560</p>	 <p>Patti Iversen, FNP Nurse Practitioner 488-2501</p>	 <p>Wendy Wiltzen, FNP Nurse Practitioner 742-5261</p>	 <p>Ashley Anderson, AuD Audiology &amp; Hearing Aid Services 488-2184</p>



**WEEKDAY WALK-IN CLINIC**  
Medical Arts Building  
Monday, Tuesday & Friday - 7 AM - 4 PM  
Thursday - 11 AM - 7 PM

**SATURDAY WALK-IN CLINIC**  
Clinic Suite 110 • 9 AM - Noon

---

214 14th Ave SW • Sidney, Montana  
Toll Free: **1-800-331-7575**  
Visit us online at [www.sidneyhealth.org](http://www.sidneyhealth.org)

# Positive Thinking, Positive Results

**Submitted by Rita Bartelson**

Each day many people face personal challenges which may seem overwhelming to them. In the midst of these challenges is often adversity and hardship. Do you ever wonder why it is that some people seem to handle their challenges “better” than others? Or why some people can look at the positive aspects of what might, to others, look like a negative situation?

It might surprise you to know that some sources state that we are all born with an amazing strength to keep positive during difficult times. This inner strength, however, can become hidden or suppressed by pressures of modern living and convert to negative thoughts and feelings. It is this negativity that can rob us of experiencing life to its fullest.

You have heard that old question, “is your glass half-empty or half full?” How you answer that question about positive thinking may give you some insight as to how you are doing on your own outlook on life, your attitude toward yourself and whether you are optimistic or pessimistic.

If you think that you would like to improve your PMA (Positive Mental Attitude), it can be done. According to the article, “Positive Thinking: Practice This Stress Management Skill,”

found on the Mayo Clinic Website-May 2007, positive thinking is a skill that can be learned. Positive thinking techniques aim to help people be more aware of the power of their thoughts and moods and how to manage them in order to lead happier lives. The central idea is that it is not what happens to you, that lead you to be happy or sad, but how you interpret those things.

You can start by learning how you can take charge

of your own health by learning more about healthy lifestyles. Join your friends on Tuesday, March 12<sup>th</sup> from 5-7 PM and Wednesday, March 13<sup>th</sup> from 8 AM - 2 PM at Richland County Fair Event Center for the Community Health Fair. It is here where you will find ways to fill your glass back up with positive thinking and learn lifestyle changes to find that inner positive strength to increase your own health and wellness levels.

## Local Red Cross Presence at the Community Health Fair

**Submitted by Julie Brodhead**

The American Red Cross, through its strong network of volunteers, donors and partners, is always there in times of need. If you want to turn compassion into action, volunteer and make a difference every day!

Please stop by the Red Cross educational booth at the Richland County Event Center during the Community Health Fair on March 12<sup>th</sup> and 13<sup>th</sup>.

Important information will be available about the Red Cross and Red Cross disaster action teams. Local Red Cross volunteers will be happy to explain how things work at Red Cross and what's expected of volunteers, as well as answer any questions you may have.

There will also be information available about the disaster training institute for Red Cross volunteers which will be held April 12, 13 & 14<sup>th</sup> in Sidney. We are looking forward to welcoming you at our booth on March 12th and 13<sup>th</sup>!





i ♥ Beef



# Be BOLD



**Beef in an Optimal Lean Diet (BOLD)—which was published in December's American Journal of Clinical Nutrition that shows that diets including lean beef every day are as effective in lowering total and LDL “bad” cholesterol as the gold standard of heart-healthy diets (DASH, Dietary Approaches to Stop Hypertension) BEEF tastes good and is good for our heart - great news for our industry. This research was funded by your BEEF Checkoff dollars.**

We'd like to market *your* cattle.. Give us a call.



**PREWITT & COMPANY, LLC**

Rod Prewitt      Tim Larson      Mike Yore  
Mobile: 480-2777    Mobile: 480-2666    Mobile: 480-2888

756 10th Ave SE • Sidney • 406-482-5251 • fax: 406-482-6644





# Flex...The Most Versatile, Comfortable Vehicle In Its Class

★★★★★ Safety Rating



0% \$1000 and Financing  
48 months OAC  
or  
Up To \$3,500 Cash Back  
See Dealer for Details



215 E. Main Sidney, MT • 406-433-1810 • 800-482-1810



Seats 7 People...  
Holds A Lot Too!

# Food and Fun the Health Fair

Submitted by Ludmila Keller

Have you made any plans for March 12 or 13? No? Then drop by at Richland County's Event Center for the 2013 Richland County Health Fair. This year's Health Fair will bring about information, activities, fun and food! Is there a better combination? The theme of the upcoming fair is Farm-to-Table and couldn't come at a better time.

Consuming 'real' foods, such as unprocessed fruits, vegetables, meats and milk provides us with carbohydrates, protein, vitamins and minerals we need for a healthy development. Unfortunately, the consumption of highly processed foods, such as soft drinks, frozen dinners and candies is highly popular among Americans. The Centers of Disease Control and Prevention, for example, reported that on any given day 50% of the population aged 2 and older consume sugar drinks. The consumption of nutritious produce, on the other hand, is not so popular. The Montana Department of Public Health found that only 25% of Montanans eat the recommended daily 5 servings of fruits and vegetables.

So what is the problem with that? Processed foods are often high in sugar, salt,

solid fats and calories. They can therefore contribute to obesity and chronic disease development, such as diabetes and hypertension. For instance, one cup of strawberries holds less than 50 calo-

ries, 8 grams of sugar and no sodium. On the other hand, one strawberry Pop-Tart provides 200 calories, 17 grams of sugar and 160 mg of sodium. Also, you may have noticed that the Pop-Tart lists

around 50 ingredients, while a pack of strawberries consist of one ingredient only: strawberries. What would you chose?

This is a question you can further explore at the

Richland County Health Fair. Drop by and visit the Nutrition Coalition to learn about healthy and not so healthy foods, discover the taste of blended fruits at the smoothie demonstration by Extension

Agent Ludmila Keller, or attend a presentation on gardening by Extension Agent Tim Fine. We are looking forward to see you there and 'talk food'.

Green Leaf	Yellowstone Chiropractic	MT Comprehensive Cancer	MT Tobacco Use Prevention Program	Public Health Home Visit	Family Planning	Action for Eastern Montana	Radiant Health Natural Medicine	SHC Lab	SHC Birthday Month Sign-up	SHC Cancer Care Center	MonDak Relay For Life	Presentation Area
------------	--------------------------	-------------------------	-----------------------------------	--------------------------	-----------------	----------------------------	---------------------------------	---------	----------------------------	------------------------	-----------------------	-------------------

SHC Clinic Pharmacy-Durand	SHC Clinic Pharmacy	Sidney Police Depart	Richland County DUI Task Force	Richland County Injury Prevention	NAPA & WIC
SHC Respiratory Care	SHC Home Health & Hospice	SHC Health Education	RSVP	Red Cross Disaster Action Team	Communicable Disease

The Lodge	Richland Co. Best Beginnings	Eastern Montana Mental Health	SHC Extended Care
HealthWorks	Rich. Co. Coalition Against Domestic Violence	Sleep Center	Reynolds Market

Sidney Eye Care Center	Tops Club Inc.	Surgery	SHC Telemedicine	Hallway	Richland County Nutrition Coalition	Sidney Health Center Nursing	March of Dimes	Hallway	Pink Family Chiropractic	SHC Radiology	Foundation for Community Care	SHC Audiology	MAIN ENTRY
------------------------	----------------	---------	------------------	---------	-------------------------------------	------------------------------	----------------	---------	--------------------------	---------------	-------------------------------	---------------	------------

## Community HEALTH FAIR

Tuesday, March 12 - 5:00 PM- 7:00 PM  
Wednesday, March 13 - 8:00 AM- 2:00 PM  
Richland County Fair Event Center • Sidney, MT

**Sponsored By:**

### Free Health Screen Available!

- ★ Blood Pressure & Pulse - SHC Nursing Services Booth
- ★ Body Fat - HealthWorks Booth
- ★ Blood Sugar - SHC Diabetes Education Booth
- ★ Oxygen Levels - SHC Respiratory Therapy Booth
- ★ Hearing - SHC Audiology Booth
- ★ Retinal Health - Sidney Eye Care Center Booth

### Non-Fasting Blood Test:

Thyroid Levels & Glycohemoglobin  
Test available at SHC Lab booth

Medication Take Back - SHC Pharmacy Services Booth  
Door Prize Drawings - Health Fair Information Booth

### Demonstrations

**Zumba - Get Up & Move!**  
Melissa Wadley  
Time: Tuesday, 5:30 PM

**Compact Gardening**  
Presentation by Tim Fine, MSU Extension Service  
Time: Tuesday, 6:00 PM

**Shake It Up!**  
Smoothie Demo by Ludmila Keller, MSU Extension Service  
Times: Wednesday, 9:00 AM & 1:00 PM

**SilverSneakers**  
Jenny Skov, HealthWorks  
Time: Wednesday, 10:00 AM

**Disaster Preparedness**  
American Red Cross  
Time: Wednesday, 11:00 AM

**Zentangle A Relaxing Art Method**  
Peggy Kopp  
Time: Wednesday, 12:00 Noon

**CONCESSIONS:**  
The Nazarene Church Youth Group will serve supper from 5 to 6:30 p.m. on Tuesday.  
Breakfast and lunch concessions will also be available on Wednesday.

## Richland County Housing Authority

Sidney's Oldest & Largest Housing Provider

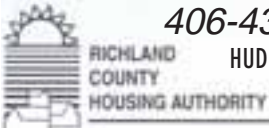
### Mission Statement

The Richland County Housing Authority is dedicated to providing housing and related services for very low, low and moderately low income families and individuals. Our management and staff are committed to serving our clients with professionalism, courtesy, and respect.

### How To Apply

To apply for housing you must either come to our office located at 1032 6th Street SW, or call the office at 406-433-1978 and an application will be mailed to you. Every applicant that applies for housing must sign a release form allowing the housing authority to check his or her criminal background. We may also check references from landlords and from other subsidized housing providers.

We salute all health care professionals in Richland County



406-433-1978 • 888-396-8459 Toll Free  
HUD Subsidized Family Rentals 1032 6th St. SW • Sidney  
406-433-8115 Fax • rcha@midrivers.com  
richlandcountyhousing.org



## MAKING LIFE A LITTLE EASIER

# Lift Chairs

# 35% off

Now through Saturday  
March 16



Check Out Our  
Selection of  
Massage Chairs

**FINNICUM'S Furniture**  
1051 S. Central Ave. • Sidney • 406-433-5373  
122 Broadway • Culbertson • 406-787-5213





Fresh Fruits  
and  
Vegetables  
Visit Our  
Organic  
Selections in the  
Produce and  
Grocery Aisles

**REESE & RAY'S** **IGA**  
203 2nd St. NW • Sidney, MT • 406-482-3737

Enjoy a glass of  
red wine today!  
...to your health!



Sidney, MT • (406) 433-3403 • Sales & Service

# Welcome to TOPS

## (Take Off Pounds Sensibly) Weight-loss Support!

**Submitted by Becky Bradley**  
TOPS Club, Inc. is the original, nonprofit, weight-loss support and wellness education organization. Our program is scientifically proven and has helped millions over the last 60+ years. TOPS promotes successful, affordable weight management with a hands-on pounds-off® approach that combines:

1. healthy eating
2. regular physical activity
3. wellness information
4. awards and recognition
5. support from others at weekly chapter meetings

The Sidney chapter meets every Thursday from 5-6, at Crestwood. Weigh-in is 5-5:30 with the meeting following from 5:30 to 6.

The chapter has 13 active members and last year the group lost over 75 pounds, with a goal of losing more this year. The weekly meetings provide a supportive, educational environment where people are encouraged and not judged. During the meetings a discussion is held on a different weight loss, health topic. Some of the topics that have been discussed at meetings in the last

year have included eating a healthy breakfast, eating well for life, and the health benefits of garlic and tea and holiday weight management.

As the leader when a member is having a particular issue with weight loss, such as a weakness for ice cream or other sweets I will try to find an article that talks about how to incorporate that food into a healthy diet for discussion at the next meet-



ing. I will also find a low calorie recipe of that food to share with the group. To me TOPS is all about supporting each other to lose weight and lead a healthy happy life.

Stop by our booth at the Community Health Fair.

## Richland Co. Injury Prevention Team

**Submitted by Mary Friesz**  
This year at the Richland County Health Fair the Injury Prevention Team will be distributing information regarding personal safety in our community. The team will have handouts that will guild the community in how to make small changes in your lifestyle to keep you safer. They will also have handouts for customized safety tips for older adults. The Injury Prevention Team will also be teaming up with law enforcement to help bring awareness of the dangers of "Distracted Driving". Last year the team focused on Seat Belt Safety and Texting and Driving and again this year they will have information to help educate the community on simple changes they can make in their driving habits that will make our roadways a safer place to drive. Any community member that would like to become involved and participate in the Injury Prevention Team will be entered in a drawing to win a "bike helmet". Just stop by our booth and fill out a volunteer form. See you at the Health Fair.



CUT WITH CONTROL.



### RIDE IN COMFORT WITH CASE IH WD WINDROWERS

The Case IH tradition of excellence continues with 3 new windrower models that feature new ways to improve your productivity and your bottom line! Industry first options like cab and rear axle suspension let you glide swiftly through fields even in tough conditions. The WD1203 model (shown) has a deluxe cab with curved, tinted glass to give you full visibility. The cab suspension combined with the air-ride seat provide the ultimate in comfort, even at high speeds. And if you need to make adjustments to flotation, cutting angle, conditioning, or windrow width, we've made it easier to customize your windrower to fit your crop and desired output. With access to flexible financing, reliable parts and expert service, you owe it to your bottom line to talk to your Case IH dealer about the new WD windrowers.

**CASE IH. FOR THOSE WHO DEMAND MORE.™**

**TRI-COUNTY IMPLEMENT, INC.**  
2429 W HOLLY STREET  
SIDNEY, MT 592709213  
406-488-4400  
tri-cnty.com

Case IH is a registered trademark of CNH America LLC. [www.caseih.com](http://www.caseih.com)

## A Clean Home Is A Healthier Home!

See us for all your Spring Cleaning Supplies...

- Sprayway
- Paper Towels
- Lysol
- Oven Cleaner
- Simple Green
- Hand Cleaner
- Micro-Fibre Cleaning Towels
- Cleaners for your rugs, hardwood & vinyl flooring
- Lime-away
- Vani-Sol
- Cotton Towels
- Multi-Purpose cleaner
- Work & Surgical Gloves
- Floor wax & Sealer



**Order Your Graduation Party Supplies Now!**

**East-Mont Enterprises Inc.**  
608 E. Main • Sidney, MT • Wholesale Distributors  
406-433-2910  
Candy • Paper Goods • Cleaning Supplies & More!

## Lincoln - Big Sky Apartments

### USDA Subsidized Housing

Sidney's Oldest & Largest Housing Provider

#### Mission Statement

Lincoln - Big Sky Apartments is dedicated to providing housing for very low, low and moderately low income families and individuals. Our management and staff are committed to serving our clients with professionalism, courtesy, and respect.

#### How To Apply

To apply for housing you must either come to our office located at 1032 6th Street SW, or call the office at 406-433-1978 and an application will be mailed to you. Every applicant that applies for housing must sign a release form allowing the housing authority to check his or her criminal background. We may also check references from landlords and from other subsidized housing providers. Income limits apply.

**We salute all health care professionals in Richland County**



406-433-1978 • 888-396-8459 Toll Free  
HUD Subsidized Family Rentals 1032 6th St. SW • Sidney  
406-433-8115 Fax • [rcha@midrivers.com](mailto:rcha@midrivers.com)  
[richlandcountyhousing.org](http://richlandcountyhousing.org)





# ZUMBA Fever Hits Richland County

Submitted by Theresa Livers

Yes, we are all told we need to get more exercise, right? The list of reasons that we can find as to why we don't exercise is long. On that list is sometimes that exercise is boring, not fun, or too hard. For the people in the Sidney area, this is no longer true. A dynamic, exciting, exhilarating and effective fitness system has hit us. It is ZUMBA.

The ZUMBA program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating the fitness program. A ZUMBA class, known as a ZUMBA Fitness-Party, combines fast and slow rhythms

that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

Not only is ZUMBA a blast, it is easy and effective. The cardio based workout offers components of resistance/sculpting training that people of any fitness level can use to help meet personal fitness goals.

Some of the first ZUMBA activity in Sidney started a few years back when Judy Johnson with the Richland County Extension Service introduced it to the community. Today, ZUMBA Fitness-Party opportunities are available in the Sidney area.

Certified ZUMBA In-

structor, Melanie Wadley holds ZUMBA on Monday and Thursday evenings at 7 pm at St. Matthews or Saturday mornings at 10 am.

There are three local certified ZUMBA instructors available to answer your ZUMBA questions or introduce you to this great party.

If interested in ZUMBA contact Jeanna at 939-1745, Melanie at 478-1980, or Theresa at 488-1288 for more information about current or future classes. For a sneak peak as to what ZUMBA is all about check out the demonstration at the Community Health Fair on March 12<sup>th</sup> at 5:30 pm at the Richland County Fair Event Center.



Theresa Livers leads health fairgoers in a ZUMBA Fitness session at last year's Community Health Fair.



## "Whooping Cough" Pertussis

Submitted by Julie Brodhead RN  
RCHD Communicable Diseases

Learn about the behind the scenes investigational work of a disease that is occurring in Montana.

Stop by the Richland County Health department booth during the Community Health Fair on March 12<sup>th</sup> & March 13<sup>th</sup> to learn the clues about illness prevention!

Help is Just a Button Away

Sure Response



\$30<sup>00</sup>mo

- Works anywhere you have cellphone coverage
- 60 mins/month convenience calls
- Lanyard, wrist clasp & belt clip included
- Docking station
- Can GPS your location if needed

The SureResponse Personal Wearable Device comes in a durable water-resistant shell (splash/rain resistant). IPX7 certified, it offers superior water protection. It can sustain temporary immersion in one meter (39 inches) of water for up to 30 minutes, so you can wear it while in the shower. However, it's not suitable for extended and continuous water submersion, such as swimming, snorkeling, diving. Any misapplied usage of the device in water submersion conditions may cause permanent damage or may cause it to malfunction.

ElectricLand of Glendive

151SE West Bell

West Plaza Shopping Center

Glendive, MT 59330

ElectricLand, Inc.

120 East Main St.

Village Square Mall

Sidney, MT 59270

GET AMERICA'S MOST RELIABLE WIRELESS NETWORK



## Richland County Health Department

1201 W Holly #1 • Sidney, MT • (406) 433-2207

The Richland County Health Department encourages you to be active in your health. Please visit our website [www.richland.org](http://www.richland.org) regularly. Be sure to visit the Richland County Health Department's featured booths at this year's Community Health Fair:

### Cancer Control Coalition

FREE Cancer Screenings for eligible individuals

### Public Health Home Visiting

"Safe to Sleep" program/General Information

### Family Planning

Men's & Women's Health

### Tobacco Use Prevention

Quit Line Information

### Retired and Senior Volunteer Program

Volunteer Opportunities for all ages

### Injury Prevention

Safety Awareness & DUI Task Force Activities

### WIC

Woman, Infant & Children Nutrition Program

### Nutrition & Physical Activity

Community Fitness

### Best Beginnings

Early Childhood

### Communicable Diseases

Pertussis Investigation

A logo featuring a white cross inside a grey shield shape.

**Public Health**  
Prevent. Promote. Protect.

A circular logo with "RICHLAND COUNTY" at the top and "HEALTH DEPARTMENT" at the bottom. In the center is a silhouette of a family (two adults and two children).

[www.richland.org](http://www.richland.org)





**Phone: (406) 433-2207**