

The Roundup

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Wednesday, January 9, 2019

Volume 44 • Number 48

McKenzie County Community Foundation (MCCF) Awards Grants

By Marcia Hellandsaas

NDSU Extension Agent, McKenzie County

The McKenzie County Community Foundation, in partnership with Conoco Phillips, provided granting gifts for seven local programs and projects in December of 2018.

Recipients were:

Arnegard Rural Fire—Purchase Trauma Gear
Marketplace for Kids—materials for Watford City event
First Lutheran Church—Free Community Thanksgiving
McKenzie County Emergency Management—Project

ALICE

Watford City Police—Blue Santa
McKenzie County Pioneer Museum—Children's Program
Long X Arts Foundation—Art in the Park

Grant requests of over \$52K were received and that was up 50% from 2017. "We wish we could have done more," says Marcia Hellandsaas, MCCF committee chair, "but we are working to grow the endowment for our county, so in future years, we can become a bigger responder to area service needs that improve our quality of life. A big help this year was a matching gift from Conoco Phillips, which allowed us to help with an additional \$5272."

Peter Bazin, Williston ConocoPhillips Operations and Maintenance Superintendent, expresses his support of MCCF granting efforts, "At ConocoPhillips we pride ourselves on contributing to the communities where we live and work through charitable giving, employee volunteerism, sponsorship and civic leadership. We're proud our contribution to the McKenzie County Community Foundation has helped fund 7 grants for the county."

MCCF is a permanent endowment established to improve the quality of life in McKenzie County. Each year earnings of the fund are awarded as grants to priority projects.

Donations to the fund can be of any amount and can be given as memorials, from estates, or they can be outright gifts. Gifts from individuals over \$5000 and from companies of any minimum qualify for the North Dakota Income Tax credit of 40%. Yearly maximums apply. Please ask for details.

For more information please go to www.NDCF.net/mckenziecounty, or contact Marcia Hellandsaas at 701-444-3451 in Watford City.

Anonymous gifts maybe made by contacting the NDCF development director at john@ndcf.net.

MT Bare Cave Provides New Shopping Opportunity in Sidney



MT Bare Cave Owner Marci Cundiff

By Dianne Swanson

MT Bare Cave opened its doors December 15 to shoppers eager for unique items at a reasonable cost. Owner Marci Cundiff is delighted with the response so far. "We've done really well," she said. "It's been beyond my expectations."

This attractive store offers bed and bath linens, some home décor, small furniture items, greeting cards, giftware, and kitchen items. They also carry men's toiletry bags which were a huge hit for Christmas, plus different lines of men's, women's and kid's bath and body items. Passport holders and luggage tags are also available, along with baseball caps

MT Bare Cave is the only retailer on the eastern side of Montana that carries Black Rifle coffee, which donates a percentage of each bag sold to veterans, LEO and gun rights organizations.

Cundiff wants to hear requests from the public. "We want people to come in here, and to accommodate all ages. We would like to know what we're lacking in Sidney, and what we need to carry," she said.

The business will have Valentine items, including greeting cards, and will be getting in board games, books and many other items in the near future.

Cundiff had been wanting to open a store for about ten years and finally decided to take the plunge when the current space opened up. "It had to be the right time, and when the space opened up, I decided to go for it," she said. Her children are growing up and she said it's been nice with the kids being able to pop in and out as they wish.

MT Bare Cave is open Monday through Friday from 10 a.m. to 5:30 p.m. and Saturday from 10 a.m. to 4 p.m. It is located at 121 2nd Ave. N.E., Sidney. Check out Facebook or call them at 406-480-2676 for more details, but be sure to stop by for a terrific shopping experience.



Front Row L to R: Jan Dodge, MCCF; Karrie Stansfield, WCES K-2 Principal; Karolin Jappe, McKenzie Co Emergency Management; Shannon Wellen, Watford City Police Foundation; Karlie Huygens, Watford City Police Foundation; Desiree Sorenson, MCCF; Deb Wisness, MCCF. Back Row L to R: Josh DeMorrett, Conoco Phillips; Travis Bateman, Arnegard Fire Department; Sandy Rieker, Pioneer Museum; Hayley Moe, First Lutheran-Community Thanksgiving Meal; Peter Bazin, Conoco Phillips; Daniel Stenberg, MCCF. Not Pictured: Jessie Veeder Scofield, Long X Arts Foundation; Sandy Rieker, Pioneer Museum; and Gordon Kent Ellis, Marketplace for Kids

Richland County Transportation Needs Your Feedback

Richland County Transportation is asking county residents to help them determine the direction of their service by filling out a quick survey. The service is twelve years old and has grown and changed a lot. The question is whether the existing plan still works or whether there are additional services that residents would utilize. Results will be used to develop a five year plan with an extension to ten years. Richland County Transportation received a grant to pay for the survey so no county dollars are being spent.

Richland County Transportation is used by all ages for multiple uses, and is very inexpensive at only \$1 per stop if reserved the day before or \$5 per stop if called in the day of. The service is not income based and is available to anyone for any reason.

Hours are 7 a.m. to 6 p.m. seven days a week for anyone within a five mile radius of Sidney. Buses run to Savage on Tuesdays, Lambert on Fridays and Fairview on Thursdays, with stops made along the way.

What other uses would the public like to see? How can we serve you better? Have you ever used the bus and how? If you haven't used it, what would your needs be? Would you utilize it to go to medical appointments in Williston, Glendive or Billings? Could it be used to bring in workers from other towns?

"The transportation system is important to have in our community," stated Jodi Berry, Commission on Aging. "It's very affordable and we have many people who are loyal and thankful. We just need your help to determine the direction the system needs to go to make our service even better."

Please pick up a survey at the Community Services Building, the Sidney Chamber office or various businesses in Sidney or link to the survey at <https://Surveynuts.com/RCTS-Community-Survey> and help shape the future of the Richland County Transportation System.

Sidney Health Center Welcomes Orthopedic Surgeon

Sidney, Montana – Sidney Health Center is pleased to announce the successful recruit of Eric Sigmond, M.D. Dr. Sigmond joins the medical staff as an orthopedic surgeon.

Dr. Sigmond, who is American Board Certified in Orthopedic Surgery, provides full-time orthopedic services to residents living in the MonDak region. As a general orthopedic surgeon, Dr. Sigmond treats a wide-range of cases including upper and lower extremities including hips and knees as well as hand and wrist conditions such as osteoarthritis and carpal tunnel syndrome.

Dr. Sigmond received his medical degree from Loyola University Stritch School of Medicine in Chicago, IL. He went on to complete his orthopedic surgery residency at Northwestern University Affiliated Hospitals with an Adult Reconstructive Fellowship at Mayo Clinic. Dr. Sigmond has nearly 35 years of experience in orthopedic surgery, practicing a majority of the time in Illinois and South Dakota. Since 2014, he has been employed with OrthoMontana, practicing at Glendive Medical Center.



Eric Sigmond, M.D.

Jen Doty, Sidney Health Center CEO stated, "We are excited to have Dr. Sigmond join our medical staff and surgical team, rounding out our orthopedic services to help meet the needs of the community."

Dr. Sigmond is located in the Sidney Health Center Orthopedic Clinic, joining Dr. James Scott, Dr. Kimberly Burgess and Janie Darby, FNP. He and his wife, Mary are excited to make Sidney their new home.

Left: The SHS Wrestling team added another first place finish to their stellar season by beating Bismarck High 213 to 212 at the Rotary Tournament in Bismarck last weekend. Individual champions were Christian Dean at 145# and Jace Winter at 152#. See page 3 for more photos. Go to roundupweb.com for more results and photos.



Is Your Immune System Low?

Come hear **Steve Irsfeld, RPH** from Dickinson give us tips to power up our immune system to help prevent illness.
Questions will be welcome!

Free Second Sunday Supper

Sunday, January 13, 5:30 p.m.

Grassy Butte Seventh-Day Adventist Church
2 miles E of Sweet Crude on Hwy 200 & ½ mile South
FYI – No Sales Gimmicks



Pickup And Delivery Dates:

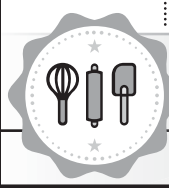
Sidney: Wednesday Only
Watford City: Wednesday & Saturday

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STATISTICS



LAKE WATER LEVEL REPORT

			Sakakawea
Current Elevation.....			1839.5
Last Week's Elev.			1839.6
One Year Ago			1840.6
Release For Day (C.F.S.)			16,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date		High	Low	Precip.
December 31	10	-9		0.00
January 1	25	-11		0.00
January 2	41	23		0.00
January 3	40	28		0.00
January 4	45	29		0.00
January 5	40	24		0.00
January 6	39	28		0.00
Total YTD Precipitation				0.00

Terrance “Terry” Carlsen, 66 Sidney, MT

Funeral services for Terrance “Terry” Carlsen, 66, of Sidney are at 3 p.m., Friday, January 11 at Pella Lutheran Church in Sidney with Pastor Audrey Rydbom officiating. Fulkerson-Stevenson Funeral Home is caring for the family. Visitation will be Thursday, January 10 from 10 a.m. to 5 p.m. at the funeral home and one hour before services at the church. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Terrance “Terry” passed away on Friday evening, January 4 at his home in Sidney.

Rhonda Dasinger, 60 Sidney, MT

Funeral services for Rhonda Dasinger, 60, of Sidney are at 10 a.m., Friday, January 11 at Church of God in Sidney with Pastor Mark Clark officiating. Interment will be in Homestead Cemetery, Homestead, MT under the care of Fulkerson-Stevenson Funeral Home of Sidney. Visitation for her friends will be Thursday, January 10 from 5 to 7 p.m. at Church of God and one hour before services at the church. Family service will be 5 p.m. on Thursday, Janaury 10 at Church of God. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Rhonda passed away on Friday morning, January 4 at Sidney Health Center Extended Care, Sidney, MT.

Red Cross Blood Drive Jan. 22

A Red Cross Blood Drive will be held on Tuesday, January 22, from 12:30 to 6 p.m. at St. Matthew's Parish Center, 310 7th St. SE, Sidney. Walk-ins are welcome, but appointments are strongly recommended. To make an appointment, call Red Cross at 406-403-0956 or visit redcrossblood.org.

Suicide Prevention Training For 8th Graders

We are offering a QPR Suicide Prevention training for 8th graders Wednesday, January 9 after school. Sign ups in the office. What is QPR.... Key components covered in training:

- How to Question, Persuade and Refer someone who may be suicidal.
- How to get help for yourself or learn more about preventing suicide.
- The common causes of suicidal behavior
- The warning signs of suicide.
- How to get help for someone in crisis.

The class will be taught by Josie Evanson at SMS, location at the middle school to be determined. For more information call Josie Evenson, 406-433-1206.

Winter Light Up All Wrapped Up

By Caysi Johnson Communities in Action Corps Member

After a festive and fun holiday season, many families are taking time to put away their holiday decorations. Before every twinkling light and wreath of holly are stored until next holiday season, the Communities in Action Corps members would like to recognize the winners of the first Winter Light Up contest. Communities in Action works to better the quality of life in Richland County through partnerships and programming that meet the diverse needs of the community. The goal of this contest was to provide an opportunity for community connection and we were blown away by the participation and excitement in the Sidney community.

First, we'd like to thank the sponsors of this year's contest. Many thanks to Reynold's, ONEOK, Johnson Hardware, and High Caliber Sports. Without their support, the contest would not have been possible. And thank you to the nearly two dozen participants that entered their homes in the contest. We are so grateful that you shared your hard work and festive creativity with the community.

The three categories for the contest were “Brightest,” “Most Creative,” and “Fan Favorite.” The Communities in Action Corps members judged the “Brightest” and “Most Creative” categories based on criteria such as total coverage of lights, street appeal, theme, etc. The winners of the “Brightest” winter lights were Larry and Shannon Mindt. In a close second was Jan Getchell. Those homes really lit up the sky this holiday season.

The winners of the “Most Creative” winter lights were Elmer and JoAnne Christensen with Gary Bahr coming in as runner up. The decorations at these homes were quite unique and great examples of holiday spirit.

And finally, the “Fan Favorite” winner awarded by members of the Sidney community was Mike Pierce with an impressive display of giant blow up holiday characters. We Communities in Action Corps members hope that you enjoyed marvelling at the various homes and businesses in Sidney that brightened up the community with their holiday spirit, because we sure did.

Soil Health Workshop Coming To Sidney Jan.


A soil health workshop aimed at helping Montana producers learn new strategies and techniques for improving soil health on their land and their bottom line is coming to the MSU Extension Office Building in Sidney on January 18, 2019.

The workshop will feature well known soil health speakers Race King and Keith Berns.

Race King brings a wealth of expertise in ranching and herd management to his job as Ranch Manager at La Cense Montana. La Cense Montana specializes in raising and developing Angus and Angus-cross feeder cattle entirely on grass and forage. They are strong proponents of grazing management strategies that use high stocking densities for short durations. Race will be speaking about his experience with year-round grazing and improving hay systems that work for both the cattle and the operator.

Keith Berns brings the experience of 20 years of no-till farming, ten years of teaching about agriculture and computers, and years of experimentation with over 100 different cover crop types and hundreds of mixes planted into various situations to his presentations. Keith also developed the SmartMix Calculator, a widely used cover crop selection tool. Keith will talk about Carbonomics - his acclaimed approach to thinking about soil processes in terms of economy - and his experience and advice for using cover crops in Montana.

For more information and to register, visit: www.swcdm.org/soilhealth. The cost is \$20. Doors open at 8 a.m., and workshops begin at 9 a.m. and end in the mid-afternoon. Contact Ann McCauley, 406-443-5711, with questions or to inquire about sponsor and vendor opportunities.



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

Events in Sidney unless otherwise listed. MT Zone.
Wed., Jan. 9 - Sun., Jan. 13
St. Matthew's Pizza & Brat Fundraiser 2019 - The St. Matthew's Youth Group is selling three types of 12-inch homemade pizza at \$10 each along with Redneck Brats (sausages) available in 8-pound cases, choose from 4 flavors for only \$48. Orders and payment are due by Jan. 13 at St. Matthew's Parish Center Office. Orders will be ready for pick up Sunday, Feb. 3 between 10:30 a.m.-12 p.m. at St. Matthew's Parish Center, Sidney. To place an order call Mary Quiroz, 433-2510. Thank you for supporting our youth!
Wed., Jan. 9
10 a.m. - 4 p.m. - **Wonderland Circus** - This event will continue through Feb. 2. Viewing is free and open to the public. MonDak Heritage Center, 120 3rd St. SE, Sidney, 406-433-3500. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.
3-5 p.m. - **Teen Craft Club** - Sidney-Richland County Library, 406-433-1917.
After School - **Suicide Prevention Training for 8th Graders** - Sign ups at the office. Josie Evenson teacher, Sidney Middle School. For more information call Josie 406-433-1206.
7-8 p.m. - **Sidney City Council Jan. 7 Meeting Moved to Wed. Jan. 9** - Public welcome. City Hall, 115 2nd St. SE, Sidney, MT. For more information call 406-433-2809.
Thurs., Jan. 10
6 p.m. - **Bingo** - Sidney Moose Lodge.
Fri., Jan. 11
10:30 a.m. - **Story Time** - Sidney-Richland County Library, 406-433-1917.
Sat., Jan. 12
10:30 a.m. - **Tales For Tots** - Sidney-Richland County Library, 406-433-1917.
2 p.m. - **Sidney High School Speech, Drama and Debate Presents Dessert Theatre** - Come and have an afternoon of desserts and a show. Free will offering. Pella Lutheran Church, Sidney, MT.
Sun., Jan. 13
12-3:30 p.m. - **First Lutheran Church, Savage, MT Annual Lutfisk And Meatball Dinner** - Prices: \$15, adults; children 12 and under, \$5.
Tues., Jan. 15
10 a.m. - 4 p.m. - **The Female Gaze Art Show by Jamie Azevedo** - This event will continue through Feb. 23. Viewing is free and open to the public. MonDak Heritage Center, 120 3rd St. SE, Sidney, 406-433-3500. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.
7 p.m. - **City/County Planning Board Meeting** - Richland County Nutter Building Meeting Room, 123 W. Main Street, Sidney, MT. For more information call 406-433-6886.
Fri., Jan. 18
8 a.m. - **Soil Health Workshop** - Learn new strategies and techniques for improving soil health. MSU Extension Office Building, Sidney, MT. For more information and to register visit www.swcdm.org/soilhealth.
Mon., Jan. 21
6-9 p.m. - **Sidney Area Chamber of Commerce & Agriculture 28th Annual Awards Banquet** - No host social, 6 p.m.; dinner and program, 6:30 p.m. Richland County Event Center, Sidney, MT. Advanced tickets can be purchased at the Sidney Chamber for \$45 starting Jan. 1 or you can register online at <http://sidneymt.chambermaster.com/events/details/2019-annual-awards-banquet-16747>.
Tues., Jan. 22
12:30 - 6 p.m. - **Blood Drive Sidney Community** - St. Matthew's Parish Center, 310 7th St. SE. Walk ins are welcome but appointments are recommended. To make an appointment call the American Red Cross, 406-403-0956 or visit redcrossblood.org and enter sponsor code: sidney.
Thurs., Jan. 24
11:30 a.m. - **Richland Red Hatters Lunch Meeting** - Sidney Community Club. RSVP by Jan. 22. Call Sylvia, 798-3882 or Margaret, 488-4613.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone
Thurs., Jan. 10
11:30 a.m.-12 p.m. - **Storytime** - For children between the ages of preschool and 2nd grade. Sing songs, use finger-plays and read stories with related themes and topics. Free event, no registration necessary. McKenzie County Public Library, Watford City, ND. This event continues every Thursday through May, 2, 2019.
Sat., Jan. 12
12:30-4 p.m. - **Soup Cookoff** - Come support Watford City's hockey team. \$1 per ticket, one ticket per taste, three tickets per cup. Tickets can be purchased the day of the event. Rough Rider Center, Watford City, ND. To sign up as a soup contestant call Elise, 701-842-3665, ext. 1132.
Mon., Jan. 14
7 p.m. - **Donkey Basketball** - Fun filled family friendly entertainment. Proceeds go to Watford City FFA. Rough Rider Center, Watford City, ND.
Fri., Jan. 18
10:30 a.m. - **Tater Tot Time with Miss Sandy & Miss Val: Winter** - For moms and their children ages infant to 4 years of age. Pioneer Museum of McKenzie County, 100 2nd Ave. SW, Watford City, ND.
Fri., Jan. 25
5 p.m. - **McKenzie County Soil Conservation Districts Cowgirls 'n Conservation** - Come one, come all for some old fashioned fun. Social and dinner. Rough Rider Center, Watford City, ND. Registration fee: \$30. For more information call 701-842-3628, ext. 3.

WILLIAMS COUNTY

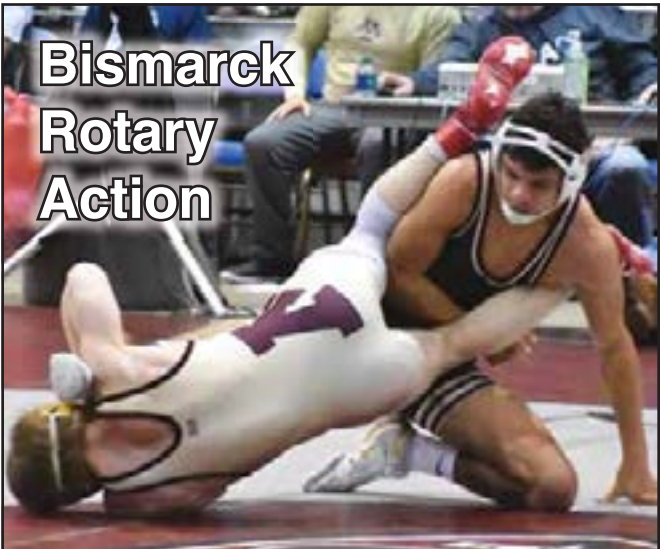
Events in Williston unless otherwise listed. CT Zone.
Sat., Jan. 12
4 p.m. - **Kidney Transplant Benefit For Jack Schmitz** - Great food and music, silent auction, live auction. Food is a free will donation. McCody Concrete, 14021 Hwy 2, Williston, ND. All money raised will help with medical bills and expenses. If you are unable to attend but would like to contribute there is an account at 1st International Bank under Jack Schmitz Benefit.
5-12 p.m. - **Game Night At The James** - Role playing game, card games, board games, all welcome. Coffee provided, bring your own snacks. Free and open to the public, donations welcome. James Memorial Art Center, Williston, ND. For more information contact The James, 701-774-3601.
Sun., Jan. 13
5:30 p.m. - **Free Second Sunday Supper** - Steve Irsfeld, RPH will be our guest as he gives us tips to power up our immune system to help prevent illness. **Grassy Butte Seventh-Day Adventist Church**, 2 miles E of Sweet Crude on Hwy 200 and 1/2 mile south.
Thurs., Jan. 17
7 p.m. - **Confluence History Book Club** - Join history buffs in a discussion of this month's selected book, "Little House in the Big Woods," by Laura Ingalls Wilder. Free refreshments. Please call in advance, 701-572-9034. Missouri-Yellowstone Confluence Interpretive Center.
Fri., Jan. 18
9 a.m.-4 p.m. - **Confluence Quilters Monthly Meeting** - All experience levels invited and instruction provided. This event continues on Jan. 19. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.
8-10 p.m. - **Out Loud At The James** - Acoustic musicians, storytellers, comedians and poets bring your poems, songs, and jokes to share with your friends and neighbors. No entry fee, donations welcome. James Memorial Art Center, Williston, ND. For more information contact The James, 701-774-3601.
Sun., Jan. 20
3 p.m. - **The Cheryl and Jim Lingenfelter Concert** - Free and open to the public. Donations welcome. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone
Wed., Jan. 16
12-1 p.m. - **Lunch 'n' Learn** - Join Samantha Young as she talks about her experiences as an exchange student to Taiwan. Tea and coffee will be provided, bring your own lunch. Glendive Public Library Community Room. For more information visit <http://tinyurl.com/prgkapr>.



Wrestling Results Sidney/Fairview At Dickinson, Jan. 3
Individual results:
106: Houston Crimmins (DICK) over Kolby Hutzenbiler (SIFA) (Dec 4-2)
113: Kaiden Cline (SIFA) over Henry Nelson (DICK) (MD 2-12)
120: Joshua Johnson (DICK) over Jordan Darby (SIFA) (Fall 3:46)
126: Everett Jensen (Sidney / Fairview) over Warrick Morel (Dickinson) (Fall 1:13)
132: Aden Graves (SIFA) over Jaren Berger (DICK) (Fall 5:53)
138: Troy Berg (DICK) over Kade Graves (SIFA) (Dec 4-2)
145: Christian Dean (SIFA) over Devin Messer (DICK) (Dec 5-2)
152: Jace Winter (SIFA) over Dexter Carpenter (DICK) (MD 11-2)
160: Riley Waters (SIFA) over Tate Nordby (DICK) (Dec 11-6)
170: Trevor Dean (SIFA) over Caleb Usher (DICK) (MD 16-6)
182: Jett Jones (SIFA) over Tanner Jarrett (DICK) (MD 11-3)
195: Ryan Wyman (SIFA) over Wyatt Raines (DICK) (Fall 0:56)
220: Brodey Skogen (SIFA) over Tyler White (DICK) (Fall 3:29) 285:
Team Score: Sidney/Fairview 52, Dickinson 9.



Bismarck Rotary Action
Above left: Sidney's Jace Winter fights to finish a single leg takedown against Cooper Voorhees from Rapid City Stevens in the championship match at 152#. Winter won with a score of 6-5.
Above right: Sidney's Christian Dean scrambles to finish a takedown against Minot's Trevon McClaanahan on his way to a 6-2 win for the championship at 145#. **Bottom left: Liam Shannon from Watford City defends against a takedown from Drew Steidler from Bismarck St. Mary's in the championship match at 132#. Shannon lost by fall in 3:30 to place 2nd.**
Go to roundupweb.com for more photos and results.

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New Year, New Hours... More to Offer

JAN•07•2019
WEEKDAYS
7:00AM - 6:30PM
Staffed by Dr. Lisa Rosa Re and Joshua Deschaine, Physician Assistant to Dr. O. Pete Council

SATURDAY
9AM - 12PM
Staffed by Rotating Medical Providers

WALK-IN CLINIC

Drop-in and see us today for non-urgent medical care. Sidney Health Center's Walk-In Clinic is expanding its hours and services to better accommodate the general public. The Weekday Walk-In Clinic will be open Monday through Friday 7AM - 6:30PM, providing same day care for those who are seeking initial treatment for a variety of health conditions, including:

- Cold and flu symptoms
- Ear infections
- Sore throat
- Urinary tract infections
- Cuts, lacerations and wound care
- Sprains and initial broken bone assessments
- Abscess incisions and drainage
- Eye foreign object assessments

Caring for patients on weekdays are Dr. Lisa Rosa Ré and Joshua Deschaine, Physician Assistant to Dr. O. Pete Council, walk-in clinic medical director. Please note: Patients with chronic health concerns may be referred for follow-up care to one of Sidney Health Center's doctors.

Sidney Health Center's Walk-In Clinic is located in the **Medical Arts Building** near the hospital ER entrance on **12th Avenue Southwest** in Sidney.

- Payment Due at Time of Service -
Sidney Health Center accepts all major credit cards, checks or cash.

SIDNEY HEALTH CENTER CLINIC

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Golden Roundup

Long Blue Afternoon Shadows

By Lois Stephens

It's that time of year again when the winter doldrums strike. Those incredibly dark three weeks on either side of the winter solstice are enough to drive anyone mad. The three weeks in December prior to the solstice pass relatively smoothly with the preparations for the holidays occupying everyone's attention. However, those three weeks after the shortest day of the year, in bleak January without distractions of the Christmas season, seem interminable, and one wonders if the sun will in fact actually start its journey back across the skies to bring spring.

January, the coldest month of the year, not only brings frigid temperatures, it also gives scanty daylight hours and long dark nights. Experts tell me the days have begun lengthening with each passing day but it certainly takes several weeks to notice and celebrate the change. Even though the days supposedly get longer, the fact remains that by three in the afternoon on a January day, those long blue shadows stretching across the landscape let us all know that twilight isn't far off. As soon as the sun drops below the horizon, cold and darkness descend rapidly.

In summer we seldom think about the short shadows, kept in their place by a sun high overhead, but winter mocks us with a different story. Those shadows stretch endlessly across the ground in midafternoon, the light gets a certain violet cast to it and we know daylight will vanish before too long and that we don't have a lot of natural daylight left to finish up any outdoor task.

I read somewhere that the month of January sees the highest number of separations and divorces. I get it. I understand why people suffer depression at this time of year. Lack of sunshine, a lot of clouds, and a scarcity of blue sky can wreck anyone's mental outlook. January is a tough month, my least favorite time of year. The holiday season has ended, people have returned to the daily grind, and they face short days, dark nights, and often quite chilly temperatures. January can provide bright sunny days with crystal clear, achingly beautiful skies, but it also gives us clouds, wind, snow, sleet, and unsavory winter weather.

National Soup Month occurs in January, as well as does Hot Tea Month. Why does this not surprise me? Soup and tea seem like good ideas to help chase the blues on cold winter days.

I get quite discouraged in January, so I try hard to take advantage of every single sunny day that this month has to offer. Daylight is precious this time of year, and when this dark month gives us the opportunity to lose oneself in a sky so deep blue that it almost hurts to look at it, I need to get out and enjoy the day for an uplift in spirits and to remind me that spring will arrive eventually.

So, I have to work with January, not against her. January's few hours of delightful sunshine provide lots of ways to chase the winter blues, so I try to take advantage of them. My dog and I take long walks, or lots of short walks if temperatures have dipped to an uncomfortable level. I find small outdoor activities to do, such as filling the bird feeders, or polishing up my toboggan and taking it for a few runs down the hill. If I hadn't given away my ice skates,

I would skate on the community rink, but I am not about to purchase a new pair. I figure careening around the ice at my age just begs for an unwanted fall and a broken bone of one sort or another. I'll settle for other activities that include sledding and hiking. Even traipsing through the snow to the open area we call the fire pit gives me fresh air, provides the dog with a chance to stretch her legs, and if the day is bright, allows the sunshine to work its magic.

We humans might not like to venture out in the cold of January, but I am amazed at the birds I hear, the deer tracks that wander through our property, and the signs of other wildlife sharing this mountain with us. Life goes on even if it may be cold and miserable some days. I try to keep that in mind when sunless days and frigid temperatures bring on mental stress.

I also smile when seed catalogues show up in my mailbox. Planting anything at all at this time of year is so far out of the question that seed catalogues seem a bit frivolous. However, they provide hours of entertainment on cold dreary days. I compare varieties, trying to decide what might and might not work in my small part of the world. I take comfort in the thought that if seed companies figure they can send out catalogues when the thermometer reads minus 3 and the weatherman snickers when he tells me the wind chill factor is minus 40, they must have unswerving faith that spring will follow in the future, however distant and impossible that future might seem at this point.

So, I live through January as best I can. I catch up on my reading and I get latch hook projects completed. I am thrilled when I turn the first page of the new calendar to show that February has arrived, as I figure that with February's arrival, I can and will make it to spring. Those long blue afternoon shadows will surely begin to shorten up as the days grow longer.

Volunteer Tax-Aide Counselors Needed In Richland County

The Richland County Commission on Aging, in coordination with the AARP Foundation, is seeking volunteers interested in assisting older, low income individuals with preparing and filing their taxes. Volunteers make a big difference in their communities by helping those people who might otherwise miss out on the tax credits and deductions they've earned. Felicia Iversen and Jodi Berry of the Commission state that this is a needed service in this area as they get multiple calls every year asking for assistance.

Volunteers are trained and certified to do tax preparation. There is no liability; volunteers are covered through AARP. They are expected to work primarily from February 1 through April 15 for up to four hours per week, depending on demand.

Americorps volunteers are providing tax services this year and AARP has already sent computers and other necessary equipment.

As program specialist, Iversen has worked for months to get this beneficial service up and running and is in need of volunteers who would be ready for the next tax season in 2020. It could be a great use of the time and talents of those over 50 who are looking to help others, but any adult is welcome.

AARP Foundation Tax-Aide began in 1968 and now involves 35,000 volunteers and serves over 2.5 million taxpayers.

For more information and to volunteer, call Iversen at 406-433-3701. Also visit aarpfoundation.org/taxaide or call 1-800-OUR-AARP for more information on this and other volunteer opportunities.


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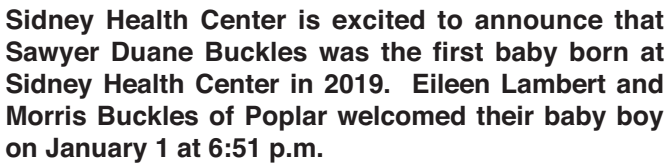
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Speech, Drama & Debate Tourney Held in Sidney

Submitted by Christy Pierce

The Speech, Drama & Debate Tournament was held in Sidney this past Saturday. Thank YOU to all of those in the community who came out and supported this tournament. There were 18 Schools and over 200 competitors. Sidney's Drama Team placed 2nd overall with Seniors Tyler Berka & Josh Delaney bringing home the 1st place medal in Humorous Duo. Junior Autumn Davidson placed 2nd

in Dramatic Solo. Sophomore duo teams in Classical Theatre Noah Kyhl & Isaac Quiroz placed 3rd and Daniel Schneider & Shoua Vang placed 4th.

The Speech & Debate Team placed 4th. Juniors Shea Roberts and Christine Turek place 1st & 2nd in MPA, Freshman Abby Kyhl placed 7th in Original Oratory. Public Forum Debaters Jazmine Hernandez & Brandon Smith placed 3rd. Lincoln Douglas Debater Sam Stephenson placed 4th, Yarenci Gonzalez

placed 8th.

If you are wondering what exactly these students are doing every weekend you have an opportunity to come out and see this talented group of students shine this Saturday, January 12, 2019 at Pella Church starting at 2pm. This is a free will donation so come out and fill your bellies with delicious goodness and support a wonderful program.

The team travels to Laurel for divisionals on January 18, 2019.



Sidney Speech, Drama & Debate Team

Above front row: Isaac Quiroz, Daniel Scheinder, Autumn Davidson, Lexy Obergfell, Kyla Carlson
2nd Row: Christine Turek, Kodi Schultz, Tyler Berka, Abby Kyhl, Yarenci Gonzalez, Shea Roberts, Sam Stephenson, Brandon Smith, Jazmine Hernandez, Josh Delaney, Noah Kyhl, Lorraine Coronato.
Go to roundupweb.com for more photos.
Photos submitted by Christy Pierce.



On Saturday, Jan. 4 the Sidney boys and girls basketball teams played in Glendive. The boys lost 61-62 and the girls lost 32-48. (Photos by Pam McGlothlin)



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406-384-8530
Petitioner appearing without a lawyer
MONTANA 13 JUDICIAL DISTRICT COURT YELLOWSTONE COUNTY
In re the Marriage of:
Ryan L. Hartup, Petitioner and
Misty M. Hartup, Respondent
Case No: DR18-1060Ashley Harada
Summons for Publication NOTICE TO: Respondent Misty M. Hartup. You are named in a petition to dissolve your marriage and to get a final parenting plan for your children. Unless you respond in 21 days, the court may decide against you without you being heard and give Petitioner everything asked for

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in the petition. You must submit your written response within 21 calendar days. The 21 day period starts the day after the last date of publication of this notice. If the final day falls on a weekend or court holiday, you may file your response on the next business day. You must file your written response with the Clerk of District Court at PO Box 35030, Billings, MT, 59107 and serve a copy of your answer on the Petitioner. Dated this 7th day of January, 2019.
Terry Halpin
Clerk of Court
By: Rebecca J Hert
Deputy Clerk

(Publish Jan. 9, 16 and 23, 2019)

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Lunch Menus!

Sidney School
Thurs., Jan. 10: Spaghetti, tossed salad, fruit cocktail.
Fri., Jan. 11: Pulled pork, coleslaw, baked beans, applesauce.
Mon., Jan. 14: Pepperoni stuffed pockets, tossed salad, grapes.
Tues., Jan. 15: Chicken nuggets, potatoes, gravy, mandarin oranges, dinner roll.
Wed., Jan. 16: Super nachos, strawberry banana sauce.
Savage School
Thurs., Jan. 10: Baked potato bar.
Fri., Jan. 11: No school.
Mon., Jan. 14: Chicken drummies.
Tues., Jan. 15: Spaghetti.
Wed., Jan. 16: Tacos.
Rau School
Thurs., Jan. 10: Goulash, peas, pears, dessert.
Fri., Jan. 11: Bean and ham soup, salad, berries, breadstick.
Mon., Jan. 14: Breaded beef patty, potatoes, gravy, green beans, peaches.
Tues., Jan. 15: Hamburger macaroni hotdish, carrots, oranges, breadstick.
Wed., Jan. 16: Sub sandwich, baked beans, snicker salad.
Froid School
Thurs., Jan. 10: Pork burritos, refried beans, taco bar, fruit.
Fri., Jan. 11: Hamburger on a bun, sweet potato fries, veggies, fruit.
Mon., Jan. 14: Cheeseburger soup, soft pretzels, veggies, fruit.
Tues., Jan. 15: Sloppy joes, baked beans, chips, fruit.
Wed., Jan. 16: Roast pork, au gratin potatoes, buns, veggies, dessert.
Bainville School
Thurs., Jan. 10: Jambalaya, rice, pears.
Fri., Jan. 11: Kinsey Ross day! Taco in a bag, peaches, cheesecake.
Mon., Jan. 14: Chicken strips, french fries, carrots, mandarin oranges.
Tues., Jan. 15: Macaroni and cheese with ham, broccoli, apples.
Wed., Jan. 16: Pork roast, mashed potatoes, gravy, green beans, cooked apples.
Richey School
Thurs., Jan. 10: Goulash, dinner roll, broccoli, fruit cocktail.

Fri., Jan. 11: Corn dogs, macaroni and cheese, carrots, pears.
Mon., Jan. 14: Super potato oles, fresh veggies, pineapple.
Tues., Jan. 15: Enchilada casserole, green beans, mandarin oranges.
Wed., Jan. 16: Pizza, lettuce salad, applesauce, jello.
Culbertson School
Thurs., Jan. 10: Pizza pockets, salad, fruit.
Fri., Jan. 11: Chicken strips, tots, fruit.
Mon., Jan. 14: Hamburgers, french fries, fruit.
Tues., Jan. 15: Hard shell tacos, churros, fruit.
Wed., Jan. 16: Chicken fried steak, corn, fruit.
Lambert School
Thurs., Jan. 10: Lasagna, corn, garlic bread, fruit.
Fri., Jan. 11: Slushburgers, chips, fruit.
Mon., Jan. 14: Fish sandwich, fries, fruit.
Tues., Jan. 15: Cheeseburger casserole, green beans, fruit, buns.
Wed., Jan. 16: No school.
Fairview School
Thurs., Jan. 10: Chicken cordon bleu casserole, veggies, fruit, garlic toast, dessert.
Fri., Jan. 11: No school.
Mon., Jan. 14: BBQ chicken nuggets, chips, veggies, fruit.
Tues., Jan. 15: Pizza casserole, salad with ranch, fruit dessert.
Wed., Jan. 16: Grilled cheese, tomato soup, veggies, fruit.
Watford City School
Thurs., Jan. 10: Macaroni and cheese, ham patty, broccoli, goldfish grahams.
Fri., Jan. 11: Pepperoni pizza, green beans, pineapple rings.
Mon., Jan. 14: BBQ chicken bites, fries, peas, fruit.
Tues., Jan. 15: Crisпитos, sour cream, salsa, corn, strawberries.
Wed., Jan. 16: Tomato soup, grilled cheese, crackers.
Alexander School
Thurs., Jan. 10: Wings and rings.
Fri., Jan. 11: No school.
Mon., Jan. 14: Fajita or taco, chicken tortilla soup.
Tues., Jan. 15: Tater tot hotdish, green beans, buns.
Wed., Jan. 16: Build your own pizza.



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