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Wednesday, August 5, 2020

Volume 46 • Number 26



ANOVA Family Health Center Offers Rapid COVID-19 Drive-Thru Testing

By Anna Dragseth

The ANOVA Family Health Center, 301 12th St SE, Watford City, ND, has been offering COVID-19 drive-thru testing since March, but more recently,

they have been providing rapid COVID-19 testing. The clinic performs up to 60 tests Monday-Thursday and up to 30 on Fridays.

If someone suspects they have COVID-19, they

can schedule a time to be tested by giving the clinic a call. "When they call the clinic, we do a North Dakota Department of Health intake on them. Once that is complete, we input the information into our computer system and schedule a time to come through our drive-thru testing facility," explained Dori Sparby, ANOVA Family Health Center Clinic Manager.

When patients arrive, Dr. Anita Pedersen DNP,

FNP-BC, comes out in full PPE, goes over paperwork with the patient, and then swabs the inside of the patient's nostrils. "The sample is then processed with our machine; this process takes around 15 minutes. Once we have the results, the patient is called and informed of their results, and then we send the results to the North Dakota Department of Health," added Sparby.

ANOVA staff members are dedicated to serving not

only the Watford City community but the Northwestern region of North Dakota. Sparby said, "Prior to ANOVA performing drive-thru testing, Dr. Anita Pedersen had been doing research and had our clinic and staff preparing for it by obtaining PPE and cleaning supplies. Once we began testing, Pedersen lived in the clinic for almost six weeks to make sure that she did not take anything home to her family members as some have un-

derlying health conditions."

Sparby explained that the goal of testing is to try and limit the spread of COVID-19. She said, "We recommend that everyone, even if they have a negative test but are sick, that they stay home for at least 48 hours or until they are symptom-free. We continue to recommend social distancing, wearing masks in social settings, and washing your hands."

Richland Co. COVID-19 Update: 9 Active Cases, 1 Death, 36 Recovered, 46 Total

By Stephanie Ler

RS, MPH, Public Information Officer
Richland County Health Department

The Richland County Health Department is announcing additional active cases of COVID-19 in Richland County residents. This brings the total case count to 46. At this time, 36 of the total cases are recovered, 9 are active, with one death. Active case updates are as follows:

Case 46: A female in her 20s who is not hospitalized and is isolating at home. The investigation is ongoing and contact tracing has begun. The individual was named as a contact to a positive case and was symptomatic.

Case 45: A female in her 50s who is not hospitalized and is isolating at home. The investigation is ongoing and contact tracing has begun. The individual was named as a contact to a positive case and was symptomatic.

The Health Department continues to monitor more than 30 close contacts daily. The Health Department's investigations show that residents could be doing more to follow COVID-19 preventative recommendations, particularly in regard to not going out when sick, staying home after being tested, and avoiding large gatherings.

It is imperative that Richland County residents follow instructions from the Health Department and healthcare providers. The following are important reminders:

- If you are not feeling well, particularly including symptoms of a dry cough, fever, shortness of breath, headache, and other cold-like symptoms, stay home until you feel better. This means that you do not go to work, do not attend regular activities, and cancel or postpone appointments.

- If you have been tested for COVID-19 for any reason, including preoperative testing, you must stay home until test results are received. This means that you do not go to work, do not attend regular activities, and cancel or postpone appointments.

- All residents should be practicing social distancing, including limiting the number of close contacts. This means avoiding large gatherings where social distancing is difficult. Wear a mask as required and when social distancing is difficult.

Together we can slow the spread of COVID-19 in our community. Please do your part so Richland County can recover socially and economically from this pandemic.

Video Conference Program Covering Financial Issues Aug. 11

By Bill Vander Weele

Sidney Chamber Executive Director

The Sidney Area Chamber of Commerce and Richland County JSEC (Job Service Employees' Committee) are teaming up to urge area business leaders to gain local insight on a variety of issues. The organizations are planning another Zoom video conferencing program for 11 a.m. on Tuesday, Aug. 11.

The program's topic will cover financial issues. Chad Molden of Stockman Bank will discuss loan programs, Montana Board of Investments, PPP, EIDL, State of Montana grant and what the Senate has proposed for a second round of PPP. Amy Bieher of Smith, Lange and Halley will talk about payroll tax credits. Questions will be encouraged.

To attend the program, go to:
<https://us02web.zoom.us/j/86938998800?pwd=SGFT-K2xiQ0JyZDIHWExLeWVBWVNXQT09>

Meeting ID: 869 3899 8800
Passcode: 499295

We believe such meetings could be a benefit to quite a few businesses. Unfortunately, business leaders often had a difficult time attending and leaving their office for an hour or so when traditional meetings were scheduled. We feel that by sharing the information through video conferencing that more people will be able to participate in at least part of the event.

Please keep this date and time in mind. If you have any other suggestions for programs, please contact the Sidney Chamber, 433-1916, or JSEC, 433-1204, ext. 1204.



ANOVA Family Health Center is located at 12th St SE, Watford City.

Benefit for Angie Hopes Set for Aug. 29



Left to Right: Kallee, Scout, Angie, Justin, and Easton Hopes. (Photo submitted)

By Anna Dragseth

On Saturday, Aug. 29, from 5 to 11 p.m. MDT there will be a benefit held for Angie Hopes at the Waterhole #3 located on 416 S Ellery Ave., Fairview, MT.

The Fairview community has come together to put on this benefit to support Hopes in her fight against breast cancer. Hopes has been battling breast cancer since the beginning of 2020. In February, she was diagnosed with invasive ductal carcinoma, which is an aggressive form of breast cancer.

At the beginning of her treatment plan, Hopes went under three chemotherapy treatments and developed a severe reaction, so the treatments had to stop. As a result, Hopes underwent a bilateral mastectomy and had to do a lower dose of chemotherapy. In addition to her treatments, she has had to travel to Utah for appointments and will need to undergo reconstruction surgery.

The Hopes family has been a part of the Fairview community since 2012. Hopes is currently the Family and Consumer Science teacher at Fairview High School, advisor of Fairview High School's Family Career Community Leaders of America (FCCLA) Chapter, and the coach for junior high track and volleyball.

In addition to her active role in the Fairview community,

she is also a mother of three and a lifetime member of The Church of Jesus Christ of Latter-day Saints, where she is the Stake Young Women's President.

Everyone is encouraged to attend the benefit to support Hopes and her fight against breast cancer. Any and all donations are appreciated to help defray the cost of medical expenses. For auction donations or if you have questions about the benefit, please call Shawna Karst 406-478-4013.

Red Cross Blood Drive Aug. 18 Sidney

A Red Cross Blood Drive will be held on Tuesday, Aug. 18, from 12 to 6 p.m. at St. Matthew's Parish Center, 310 7th Street SE, Sidney. Advance appointments are strongly recommended as walk-in time slots are very limited. To make an appointment, call the American Red Cross at 406-868-0911 or 1-800-733-2767 or visit redcross-blood.org. To minimize time in the waiting area, please do not arrive more than 15 minutes before your appointment. Face masks are required.



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Due to complications associated with the COVID-19 Pandemic, it is with sincere regret that we must inform our loyal customers that Chapter W PEO will not be conducting its annual Peach Sales this year. We truly appreciate your past support and look forward to offering this wonderful product again in 2021. Thank you for your continued support and understanding.

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Watford City: Tues, Thurs & Sat

We would like to assure all of our customers and staff that Model Drive-In Cleaners is taking all necessary steps recommended by our Drycleaners Association and backed by the Centers for Disease Control during the COVID-19 outbreak. This means all items coming in and going out of Model Drive-In Cleaners will be sanitized.

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fax 406-630-4433

STATISTICS

LAKE WATER LEVEL REPORT

Sakakawea

Current Elevation.....1843.4
Last Week's Elev.1844.2
One Year Ago1851.6
Release For Day (C.F.S.)28,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low
Precip.		
July 27	83	50
July 28	91	48
July 29	91	60
July 30	96	63
August 1	85	56
August 2	82	56
August 3	82	48
Total 2020 YTD Precipitation	5.082	

OBITUARIES

Alice Synek, 89 Sidney, MT

Mass of the Christian Burial for Alice Synek, 89, Sidney, MT, will be held early next week at St. Matthew's Catholic Church, Sidney, MT, with Father Roger Synek as presider. Interment will be in Sidney Cemetery, Sidney, MT under the care of Fulkerson-Stevenson Funeral Home, Sidney, MT. Visitation will be noon-5 p.m., Sunday, Aug. 2, 2020, at Fulkerson-Stevenson Funeral Home, Sidney, MT. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Alice passed away on Tuesday, July 28, 2020 at Sidney Health Center.

Ashton Gillming Stovern, 24, Sidney, MT

Funeral services for Ashton Gillming Stovern, 24, Sidney, MT were held 10 a.m., Tuesday, Aug. 4, 2020 at Richland County Rodeo Arena. Visitation was Monday, Aug. 3, 2020 from noon-5 p.m. at the funeral home. Fulkerson-Stevenson Funeral Home, Sidney, MT, is caring for the family. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Ashton died on Tuesday, July 28, 2020, of injuries received in a semi truck/train accident in Roosevelt County.

Sylvester “Butch” Cooper, 75, Sidney, MT

Sylvester “Butch” Cooper, 75, Sidney, MT, passed away on Thursday evening, July 30, 2020 surrounded by his family at his home in Sidney. At Butch's request there will be no services and cremation has taken place under the care of Fulkerson-Stevenson Funeral Home, Sidney, MT. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Evelyn Casterline, 86 Culbertson, MT

Evelyn Casterline, 86, Culbertson, MT, passed away May 12, 2020 at the Roosevelt Memorial Nursing Home in Culbertson, MT. Fulkerson Stevenson Funeral Home, Williston, ND, is assisting the family. Friends may sign the on-line register and give their condolences at www.fulkersons.com. Cremation has taken place. Her Celebration of Life will be held at 10 a.m., Wednesday, Aug. 12, 2020 at Bruegger Park, Culbertson, MT. Pastor Gretchen Wagner will officiate. Internment will be in the Hillside Cemetery, Culbertson, MT. A lunch will follow in the park. Due to COVID-19, we ask that everyone adheres to local and state requirements for social distancing.

Perry Bartels, 67 Sidney, MT

Memorial services for Perry Bartels, 67, Sidney, MT, are at 1 p.m., Friday, Aug. 7, 2020, at Fulkerson-Stevenson Memorial Chapel, Sidney, MT with Pastor Audrey Rydborn officiating. Fulkerson Funeral Home is caring for the family. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Perry passed away on Thursday, July 23, 2020.

Roselyn Lueck, 103 Fairview, MT

Funeral services for Roselyn Lueck, 103, Fairview, MT are at 10 a.m., Saturday, Aug. 8, 2020, at Trinity Lutheran Church, Sidney, MT with Pastor Rolf Preus officiating. Internment will be in Sidney Cemetery, Sidney, MT under the care of Fulkerson-Stevenson Funeral Home, Sidney, MT. Visitation will be on Friday, Aug. 7, 2020, from 10 a.m. to 5 p.m. at the funeral home and one hour before service at the church. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Roselyn passed away on Sunday, Aug. 2, 2020, at Sidney Health Center Extended Care, Sidney, MT.

Tammy Steinbeisser, 51 Sidney, MT formerly of Savage, MT

Funeral services for Tammy Steinbeisser, 51, Sidney, MT, will be at 2 p.m., Friday, Aug. 7, 2020 at Richland County Fairgrounds with Pastor Tim Sharp officiating. Visitation will be Thursday, Aug. 6, 2020 from 10 a.m.-5 p.m. at Fulkerson-Stevenson Memorial Chapel. Fulkerson-Stevenson Funeral Home is caring for the family. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Tammy passed away Thursday, July 30, 2020, in Sidney, MT.

Mildred “Blondie” Wilder, 96, Williston, ND formerly of Sidney, MT

Funeral services for Mildred “Blondie” Wilder, 96, Williston, ND formerly of Sidney, MT, held at 11 a.m., Thursday, July 30, 2020, at Pella Lutheran Church, Sidney, MT, with Pastor Audrey Rydborn officiating. Internment was in Sidney Cemetery, Sidney, MT under the care of Fulkerson-Stevenson Funeral Home, Sidney, MT. Visitation was noon-5 p.m., Wednesday, July 29, 2020, at the funeral home and one hour before service at the church. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Mildred “Blondie” passed away on Wednesday, July 22, 2020 at Bethel Lutheran Home, Williston, ND.

EVENTS

SEND US YOUR EVENTS!

THE ROUNDUP: PO Box 1207 •111 West Main • Sidney, MT
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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.
Now through Aug. 31
USPS/NALC Food Drive - Drop off food donations at the USPS lobby through the end of Aug., mail monetary donations to Richland County Food Bank, 123 W. Main STE #2, Sidney, MT 59270; Reynolds Market is offering a 15% discount on Reynolds gift cards that will be donated to Richland County Food Bank for food purchases. For more information contact Candy Markwald, 406-433-8142.
Wed., Aug. 5
10 a.m.-4 p.m. - **Synthesizing Icons: Larry Blackwood** - Through Aug. 29. **Golden Sunlight by Jerry Rankin** - Through Aug. 29. **Barbara Schaffner Artwork** - Through Aug. 29. - **JK Ralston Artwork** - Through Aug. 29. Viewing is free and open to the public. MonDak Heritage Center, 406-433-3500. Tues.-Fri., 10 a.m.-4 p.m.; Sat., 1-4 p.m. For more information call 406-433-3500, e-mail mdhc@richland.org or visit <https://mondakheritagecenter.org/>. 6:30, 7, 7:30 & 8 p.m. - **IT'S NOT FAIR 15-Minute Vacation Bible School** - Ages 4 to 12, Ebenezer Congregational Church, 118 4th Ave NW. For distancing, will be 4 sessions. Parent/adult to sit with child(ren). Text 406-480-1791 with name(s) & ages.
Fri., Aug. 7 & Sat., Aug. 8
11 a.m.-6 p.m. - **Food Vendors Tasty Treats Reese & Ray's IGA Parking Lot** - Pella Pantry will be selling whole pies, \$20 (apple, cherry, peach, rhubarb), for more information call 433-3350. Sons of Norway Vikings, mini donuts, great tasting sausages, Painted Owl Bakery, Scentsy products, PEMF Candee Land, Mucho Si, \$5 Paparazzi Jewelry and more.
Sat., Aug. 8
Sidney Sidewalk Sales - Shoppers are encouraged to take part in “COVID-ing the Streets.”
7:30 a.m. - Noon - **Richland County Farmers Market** - Parking lot east of Sidney-Richland County Library on the corner of 2nd St. NW and 2nd Ave. NW. Masks encouraged but not required.
Sundays, 3 p.m.: **Aug. 9, 16, 23, 30**
Tuesdays, 6 p.m.: **Aug. 11, 18, 25**
Open Shooting - Sidney Trap Club. Open to the public through Sept. 1. For more information call 406-480-5594.
Wed., Aug. 12
2-4 p.m. - **Cool Off With Cops** - Kids come have fun and get to know the community law enforcement. Ice cream treats and fun yard games. Sunset Village Community Lawn across the street from RCHA, 1032 6th St. SW.
Thurs., Aug. 13
3 p.m. - **Substitute Teacher Training** - High school library cafeteria. This is a required workshop for all K-12 substitute teachers planning to work during the 2020/2021 school year. Those not able to attend need to contact the administration office, 433-2366.
Sat., Aug. 15
10 a.m.-4 p.m. - **Open Studio Saturdays** - All participants must make an appointment by calling 406-433-3500 or email mdhc@richland.org. Adults 18+ years old only and must wear a mask. Prices range from \$10 to \$65 with all materials included. MonDak Heritage Center, 120 3rd Ave. SE.
Tues., Aug. 18
12-6 p.m. - **Red Cross Blood Drive** -St. Matthew's Parish Center, 310 7th Street SE. To make an appointment, call American Red Cross, 406-868-0911 or 1-800-733-2767 or visit redcrossblood.org. Face masks required.
Sat., Aug. 22
10 a.m. - **Back To School Egg Hunt** - Moose Park.
Sun., Aug. 23 & 30
9 a.m.-Noon - **Breakfast** - Open to the public. Sidney Moose Lodge.
1 p.m. - **Bingo** - Open to the public. Sidney Moose Lodge.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone
Thurs., Aug. 6, 13, 20, 27
5:30-7 p.m. - Watford Market - Live music, vendors, Lion's Club \$5 burger plates and demonstrations. Kent Pelton Nature Park.
Thurs., Aug. 6
6:30 p.m. - **Sip N' Paint Rooster** - Learn how to paint a rooster, \$35 per person, no experience necessary, Rough Rider Center. BYOB if desired. Limited tickets online at longxarts.com or call Jessie 701-770-8659.
Fri., Aug. 7 & 21
11 a.m.-1 p.m. - **USDA Farmers To Families Food Box Program** - This is the only food being handed out. Drive-through distributions, for anyone in need of food assistance. No income requirements. (Or until food boxes are gone) First Presbyterian Church, 316 4th Ave. NE.
Sat., Aug. 8
7 a.m. - **The Bakken Classic Junior Livestock Show** - McKenzie County Fairgrounds.
12-5 p.m. - **Bakken Summer Ride** - Lake Sakakawea Float. Float at your own pace and meet other boaters between Skunk Bay, McKenzie Bay, and Indian Hills! The ride will benefit Oilfield Helping Hands. For more information visit <https://www.watfordcityevents.com/watfordcity/Calendar/List>
Mon., Aug. 10
4:30-8:30 p.m. - **Booster Club Golf Scramble** - 4:30 p.m. social, registration; 5:30 p.m., golf with meal to follow; Fox Hills Golf Course. Hosted by McKenzie County Public School District #1.
Thurs., Aug. 13 & 27
3-5 p.m. - **Food Giveaway Only** - No Farmers Food Box. First Presbyterian Church, 316 4th Ave. NE.
Tues., Aug. 18
2-4 p.m. - McKenzie Co. Food Pantry - Every third Tues. of the month. First Lutheran Church, 212 2nd St. NW.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.
Saturdays, Aug. 8-Oct. 10
9 a.m.-noon - **Main Street Williston Market** - Vendors will be selling homemade and homegrown goods and food. Sponsor activity, food truck and music each week. Main street between 1st & 2nd Sts., and the Hedderich's lot. Based on COVID-19 regulations please respect social distancing at the market.
Mon., Aug. 10
6:30 p.m. - **Cruise Main Mondays** - Join Basin Cruzers to see classic, hot rod, rat rod and muscle cars, cruise Main in downtown Williston from 6:30 to 7 p.m. Come take a closer look after the vehicles are parked.
Fri., Aug. 21 & Sat., Aug. 22
Sporting Clay Shoot & Fishing Tournament - Day One Painted Woods; Day Two; Day 2 White Earth Bay; \$4,000 in Winnings, 49 team limit. Benefiting The Williston Coyote Wrestling Club Team Registration deadline Aug. 7. For more information visit cwcbroadcast@gmail.com, or call Pace Bates 701-580-1644; Casey Spitzer 970-640-6378; Kevin Stobb 701-421-8566.

BILLINGS COUNTY

Events in Medora unless otherwise listed. MT Zone
Sat., Aug. 22, 9 a.m. & Sun., Aug. 23, 9:30 a.m.
34th Annual Dakota Cowboy Poetry Gathering - Medora Community Center, Aug. 22: Registration 9 a.m., program 1-4:30 p.m.; Aug. 23: Cowboy Gospel Sings, 9:30-11:30 a.m.; Program 1-4:30 p.m. Two night shows both evenings 7:30 p.m. at Community Center. For more information contact Bill Lowman, Sentinel Butte, ND 58654, 701-872-4746.





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Animatronic Pets Are Coming To RMC

By Jaimee Green

Picture this. A dementia resident in her late 70s wakes in the middle of the night confused. She begins to frantically search in a panic for a loved one. In this situation, it can be difficult to put her mind at ease because she is in the late stages of dementia. The nurse redirects her by placing a 'cat' in her arms and she immediately begins to pet it. Otis looks like a cat. His orange, tabby fur feels soft. He purrs, licks his paws and even rolls over for a good belly scratch. But Otis isn't a cat. He's a robot designed to interact with and bring joy to patients who suffer from varying stages of Alzheimer's, dementia and other cognitive decline.

Roosevelt Medical Center recently received a grant from the Roosevelt County Community Foundation to purchase animatronic cats and a dog to enable RMC to begin developing a pet therapy program.

Roosevelt Medical Center has long considered turning to robotic therapy pets to soothe the agitation, depression, anxiety, and isolation that often accompany dementia and Alzheimer's. With the recent grant funding RMC received, plans are now underway to kick off the program with a goal of providing "pets" to the residents that will be available to them 24/7.

"With the visitation restrictions we currently have to enforce as part of our safety measures to keep the residents and patients in our facility safe, these 'pets' couldn't have arrived at a better time," said Amy Petersen, RMC social services director. They are helping to provide comfort,

companionship and joy," Petersen added.

So far, a total of three cats have been purchased. The dog they want to order will not be available for a few months.

Pets will be included in weekly reminiscing activities and available to all patients who desire to have a pet with them throughout the day or night.

Whether the "pet" is alive or animatronic makes

no difference. Both have been shown to be beneficial with improving mood, providing calming effects, decreasing agitation, improving nutrition, increasing social interaction, and physical activity. They can also create a sense of purpose and motivation.

"For the residents, a pet provides new opportunities to communicate, connect, give and receive affection and be a caregiver

themselves, an active and empowering role often lost with these disorders," said Vickie Grimsrud, RMC activity director. "Being around an animal has a soothing effect. Animals are the perfect companion for the individual with disorders that prevent them from identifying or communicating with people," Grimsrud added.

Animatronic pets can greatly reduce a patient's risk for falls too. They provide

a reason to remain sitting and help keep the patient's mind and motor-skills busy and focused on the feel of the animal as well as the comfort it brings.

"Implementing pet therapy at RMC will enhance the quality of life for the patients who cannot care for a live animal but who would greatly benefit from the socialization and love they provide," Grimsrud commented.

The \$1,000 grant will

also help to cover the recent expense of purchasing some of the underwater pictures that were hung down a hallway. The facility is not able to have an aquarium because of the expense required to purchase and maintain it but has discovered a way to bring the soothing effects of fish to patients. A dozen large pictures give the illusion of being surrounded by fish and coral reefs.



Photo submitted.

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August 15.....Dried Mini Arrangement

September 12.....Fall Cauldron

September 19.....Succulent Cement Minis



Dried Mini Arrangement August 15th

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LET'S KEEP FIGHTING COVID-19

We've all got to do our part.

PROTECT PUBLIC HEALTH IN THE 406



Wash Hands
Use Hand Sanitizer



Don't Touch Face



Cover Sneezes & Coughs



Keep Social Distancing



Wear a Mask

IF YOU FEEL SICK



Stay Home from Work/School



Call Your Medical Provider



Quarantine as Instructed

Montanans get it, and we've got this.



Public Health IN THE 406

dphhs.mt.gov/publichealth/covid



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FREELANCE REPORTER
The Roundup Newspaper is looking for a Freelance position for reporter to take photos & write stories at a weekly regional publication. Must have computer skills, valid driver's license and reliable automobile. Short distance travel may be necessary. Required testing for: spelling &

grammar (basic), reading comprehension & Microsoft Word 2010 at Job Service. Call 433-1204 for testing. To apply, contact Sidney Job Service for a generic application.

HANDYMAN
Handyman wanted for wide range of maintenance and repair. 406-489-5195.

DENTAL HYGIENIST
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4 Bedroom, 2.5 bath house in the country near Cartwright, ND (30 miles from Watford/Williston). Central heat/air. No indoor pets. \$1,500/month. We pay utilities, you pay propane. 406-489-5378.

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MISCELLANEOUS CASH FOR USED MOBILE HOMES
To be moved (1985 and newer) also want used shipping containers. 970-308-5571.

GARAGE SALE IN FAIRVIEW
Wednesday, August 5 and Thursday, August 6, 8 a.m.-5 p.m. and Friday, August 7, 8 a.m.-1 p.m., 516 S.

Central multipurpose room, Fairview. One block off Main Street behind the post office. Senior citizen apartment complex.

Child
This is notice that Petitioner has asked the District Court to change a child's name from
Bexleigh Mary Elizabeth Anderson to
Bexleigh Mary Elizabeth Albalos
The hearing will be on 08/19/20 at 8:30 a.m. The hearing will be at the Law & Justice Center, Sidney, Richland County.
July 9, 2020
Janice Klempel
Clerk of District Court
By Laurel Molden
Deputy Clerk of Court

(Publish July 22, 29, August 5, 12, 2020)

BUS BIDS
Horse Creek School board is accepting bids for their 2020/2021 school bus route. The route is approximately 35 miles twice a day. All interested parties may place their bid in a sealed envelope and mail it to the following address:
Horse Creek School Board
1812 Horse Creek Road
Cartwright, ND 58838
Please write the words Bus Bid on the outside of the envelope. All bids must be received by Monday, August 10, 2020.
Horse Creek School Board reserves the right to accept or reject any or all bids.
If you have any questions you may call Nikki Winter at 701-828-3072.
(Publish July 29 and Aug. 5, 2020)

RESOLUTION REGARDING PROPERTY ABANDONED, OBSOLETE, UNDESIRABLE OR UNSUITABLE FOR SCHOOL PURPOSES OF THE DISTRICT:
At the regular board meeting on **July 21st, 2020** the trustees of the Savage School District determined that the following personal property of the district, located at 368 South Mesa Street is obsolete for school purposes of the Savage School District.
Home Economics Sewing Machines and Materials, Televisions, Storage Items and other Miscellaneous Items.
(Publish August 5, 12, 19 and 26, 2020)

The subject property is obsolete for school purpose. We no longer teach sewing for Home Economics, Televisions are not Smart TVs and are obsolete in the classroom, and storage items are no longer used. As provided in § 20-6-604, MCA, the trustees of the Savage School District hereby resolve to dispose of the property identified above because it is or is about to become obsolete for school purposes of the Savage School District. **You may indicate an interest in all or any of these items by calling the school office at 406-776-2317.**
The trustees of the Savage School District further resolve that notices of the resolution shall be published for the next fourteen days in public areas.
This resolution shall become effective 14 days after publication of the notice identified in the immediately preceding paragraph, unless appealed to the district court by a taxpayer in compliance with and as provided in §20-6-604, MCA.
Adopted by the Board of Trustees of the Savage School District **this 21st Day of July, 2020.**
Items will be available on **August 14th, 2020.**
(Publish Aug. 5, 2020)

NOTICE Montana 7th Judicial District Court Richland County
In the Matter of the Name Change of
Kodi Obergfell
Your name now
Kodi Obergfell
Petitioner
Cause No.: DV-20-58
Notice Of Hearing On Name Change
This is notice that Petitioner has asked the District Court for a change of name from
Kodi Jo Obergfell to
Matthew Joseph Obergfell
The hearing will be on 09/2/2020 at 11 a.m. The hearing will be at the Law & Justice Center, Sidney, Richland County.
July 27, 2020
Janice Klempel
Clerk of District Court

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	Surgery Certified Scrub Technician PACU Registered Nurse Sterile Processing Technician
	Visiting Nurse/Hospice Registered Nurse



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406-433-3306
www.roundupweb.com

The Roundup Help Wanted

Freelance position for reporter to take photos & write stories at a weekly regional publication. Must have computer skills, valid driver's license & reliable automobile. Short distance travel may be necessary. Required testing for: spelling & grammar (basic), reading comprehension & Microsoft Word 2010 at Job Service. For testing & generic application, contact Sidney Job Service at 406-433-1204.



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Library In Sidney Opens to Appointment Only

Submitted by Kelly Reisig, MBA, Director

The Sidney-Richland County Library will re-open for patrons to visit the library beginning Wednesday Aug. 19 in conjunction with the start of the school year. This will be by appointment only, and residents are encouraged to call 433-1917 to set up a time. Library hours will remain 10 a.m.-6 p.m., Monday-Friday. The following guidelines will be adhered to in the library:

- Per the Governor's Mandate, all patrons and staff will wear face masks.
- Library visits will be limited to 60 minutes per day. Thirty minutes of that time can be utilized as computer time.
- A limit of 10 visitors will be in the library at any given time.
- Face masks will be available by request at the desk.
- Hand sanitizer will be available for use at each circulation desk.
- All children age 9 and under must be accompanied by an adult, guardian, or caregiver who is at least 14 years of age.
- Returned library items will still be quarantined for 72 hours before the item can be checked out again.
- For those patrons who prefer curbside services, this will continue to be offered as well.

"We are blessed to have a beautiful library for our community and we welcome the opportunity to serve our county residents. Our plan has been thoroughly reviewed and vetted so that we can do everything possible to keep both our patrons and staff safe during this time", explained Kelly Reisig, director.

Corrections

In the story Richland County 4-H Plans For Virtual Livestock Sale & Animal Show that ran on the front page of the Wednesday, July 15, issue of The Roundup the online auction was listed at www.rkauction.com when it should have been rkauctionco.com. Also it should have said check the Richland County Facebook page to see if live streaming is available instead of saying there would be live stream videos. The link to the Richland County Facebook page website should have been <https://richland.msuextension.org/4h.html> instead of www.richland.msuextension.org/4h.

Josie Evanson's quote in the story is from a Facebook video posted at <https://www.facebook.com/SidneyMTChamber/videos/317497202741983>.

On page one of Wednesday, July 29 edition of The Roundup the date in the story The Maah Daah Hey Race Here to Stay the date should have been Saturday, Aug. 1 instead of Saturday, Aug. 3.

Richland Co. First COVID-19 Related Death July 28

By Stephanie Ler, RS, MPH, Richland County Health Department Public Information Officer

The Richland County Health Department is reporting the first COVID-19-related death in a Richland County resident. A female in her 80s passed away on the morning of July 28.

The department will not be releasing any additional information about the individual.

"We are sending our condolences to the family and friends of this mother, grandmother and friend. We ask that Richland County residents continue to be vigilant in following guidelines to keep our community safe, and to continue taking measures to protect yourself. The virus is here and it is serious", said Brittney Petersen, Richland County Health Department Administrator.

The COVID-19 Information Line remains open and staffed. Your questions can be answered by a knowledgeable public health staff member by calling 406-433-6947.

Sidney Public Schools Substitute Training Aug. 13

Sidney Public Schools is sponsoring a required workshop for all individuals planning to work as substitute teachers during the 2020/2021 school year. All K-12 substitute teachers are strongly encouraged to attend this annual training as it serves to identify many of the procedures and expectations of substitute teachers. Training will be held Thursday, Aug. 13 at 3 p.m. in the high school library cafeteria. Individuals not able to attend this training need to contact the administration office at 433-2366.

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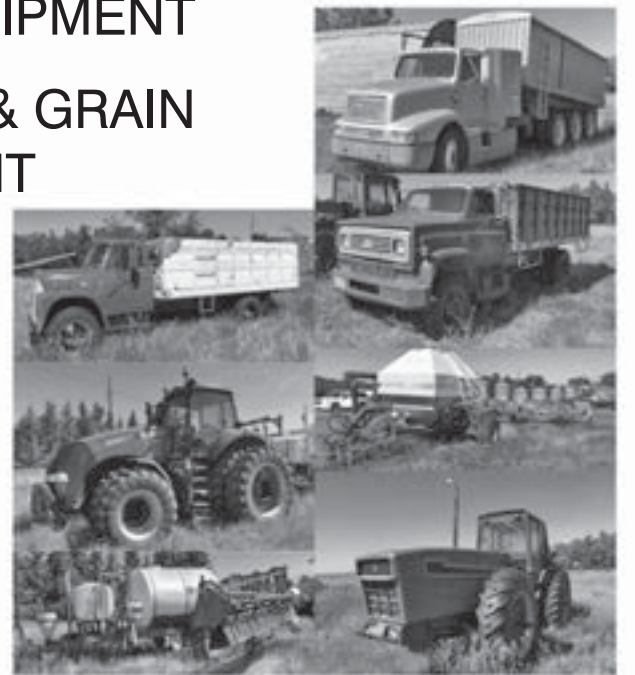
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Reynolds Market A Unique Work Environment

By Bill Vander Weele
Sidney Chamber
Executive Director

(The following is part of a partnership between the Sidney Area Chamber of Commerce and Agriculture and Richland County Job Service Employers Committee to promote area employers as they seek employees).

Reynolds Market is one of the most popular stops in Sidney, and store officials believe part of the reason is because of the high quality of their employees.

Reynolds offers a good variety of positions including cashiers, stockers, deli employees, bakery staff and meat cutters.

“When I interview people, I like to make it unique,” Loren Kutzler, Reynolds Market store manager, said. “I like to visit and see where they might fit in at.”

A personality trait that is required at Reynolds is for

employees to be outgoing. “The one thing you need to be is friendly,” Kutzler said. He noted about 3,000 people come to the store each day so it would be difficult to be bashful.

There certainly isn’t much of an age requirement at the store. Reynolds’ approximate 110 employees range from age 14-80. “It makes for a unique work environment,” Kutzler said. Many “retired” individuals love working a few hours each day at the business.

Kutzler also enjoys giving students a first job so

they can learn the responsibility of earning a paycheck. About half of the employees are full-time staff members. About 10 employees have worked at Reynolds for more than 20 years. Benefits include health, life, dental, vision, 401K and vacation time.

He noted that during challenging times, employees try to help out whether it’s financially or by providing other type of support.

“I’ve always tried to make it a family atmosphere,” Kutzler said.



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MT 200 Fairview Construction Project Update

The concrete paving phase of the project is complete. Crews are now moving on to the asphalt placement phase, which is expected to wrap up this week. Crews anticipate installing signs this week with striping scheduled to occur from Aug. 10-13. The traffic light at the 6th Street intersection is scheduled to be

turned on Aug. 13. Motorists are asked to remember that traffic on MT 200 (Ellery Ave) remains two-lane, two way while traveling on the new asphalt despite not having clearly defined lanes striped. There are no additional traffic impacts planned for motorists traveling through the area and traffic will con-

tinue flowing. Traffic will remain reduced to two-lane, two-way traffic but the highway will remain open to traffic during construction. The traveling public is asked to prepare for occasional delays of up to 15 minutes and is reminded to slow down and watch for work crews and equipment in the construction zone.

Guest Opinion: Would We Defend Our Courthouse From Riots And Firebombing?

By Tom Halvorson
We should tolerate firebombing federal courthouses in Portland no more than we would tolerate firebombing the law and justice center in Sidney. Both house our courtrooms. We bring our cases to both places.

Remember the irrigation case? It would have abolished irrigation here. We were heard before the Ninth Circuit Court of Appeals in one of the federal courthouses in Portland. We won a reversal in that building that saved our way of life.

That is not an isolated case. I took an appeal for Richland County to defend our county revenues against oil companies and railroads. We were heard before the Ninth Circuit in a federal courthouse in Portland. We won a reversal in that building which saved resources for the betterment of our community.

Those are our cases in our courthouses.

What happens when riots attack the courthouse for more than two months? The courts cannot do their business. The business is our business. It is our cases, our irrigation, our county revenues. The riots are against us.

Suppose all the things that are happening at the Mark O. Hatfield federal courthouse in Portland were happening at our law and justice center that houses our district court, youth court, justice court, and small claims court? Our state court cases go there. Our federal court appeals go to Portland and San Francisco.

Would we defend our law and justice center against pipe bombs, improvised explosive devices, Molotov cocktails, commercial mortar fireworks, flares, and other incendiaries? We would stop rioters from trapping people inside the building and trying to set it on fire? Would we accept outside law enforcement help if our local law enforcement was outnumbered and facing projectiles of concrete, brick, metal, glass, wood, rocks, and frozen water bottles? Would we accept police tactical responses to attacks with bleach, hockey sticks, golf clubs, power tools, sledge hammers, metal spikes, and lasers. In Portland alone, three officers have been blinded permanently by rioters using lasers.

The explosion of one

device that struck the front door of the Hatfield courthouse was both heard and felt over a block away. Suppose you heard that and felt it in Sidney. What would you think is the right response?

What is all this rioting adding up to? A local television station’s website in the Twin Cities catalogued the destroyed buildings in just those two cities documenting names and addresses. So far it is over 1500. Businesses have been ruined permanently. Jobs have been lost permanently. Neighborhoods have become uninsurable and unpoliceable. In Seattle’s CHAZ/CHOP rebellion, innocent bystanders have been shot. Some have been killed. Emergency medical responders were prevented from serving. Citizens had to improvise transport to a hospital.

It is time for us to stop looking at this as somebody else’s problem in a faraway place. This is our problem, our business, and our responsibility. It is our courthouse where we conduct our business and where our judiciary maintains our free republic. Burn down the courts and you won’t have a country.

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MID-SUMMER

Special Section

Fun Things To Do This Summer Watford City, Sidney, Williston

By Tieheena Lemerond
COVID-19 has put a damper on many activities, but there are still plenty of family fun events to take in.

Watford City
Thursdays - Sept. 3 – Watford Market, 5:30-7:30 p.m., 501 7th St SE. Visit local vendor booths while listening to live music from local artists. The Lions Club

will be selling \$5 burger plates.

Thurs., Aug. 6 – Sip N' Paint Rooster at the Rough Rider Center. Did you know that having a rooster in your kitchen brings good luck? Cost is \$35. BYOB. Register at www.eventbrite.com/e/sip-n-pain-rooster-tickets

Saturday, Aug. 8 and Sun., 9 – Mario Lamoureux

Kids Hockey Camp at the Rough Rider Center. Visit www.lamoureuxhockey.teamsnapsites.com/watford-city/ to register

Saturday, Aug. 8 – Bakken Summer Ride - Lake Sakakawea Float. Hosted by North Dakota Petroleum Foundation. Proceeds will benefit Oilfield Helping Hands. Noon-5 p.m.

Float at your own pace and meet other boaters between Skunk Bay, McKenzie Bay, and Indian Hills!

Friday, Aug. 14 – Family Fun Fest starting at 4 p.m. on Main Street. There will be food vendors, a car show, cornhole, spikeball, live music, merchandise vendors and face painting.

Monday, Aug. 31 – Couples Golf Scramble and Crab Dinner 5:30 p.m. – 10:30 p.m., Fox Hills Golf Course. Relax with drinks and appetizers on the course while playing a 9-hole scramble. Following the scramble will be a delicious crab dinner. Cost is \$125 per couple and includes two drinks on the course, appetizers, and crab dinner. Register at www.tickettailor.com/events/sixshooterllc

Sat., Sept. 5 – Spinning Pole Arena Youth Playday starting at 10 a.m., 12481 21st St NW. Entry fee \$5. Youth rodeo featuring barrels, poles, flag race, speed race and dummy roping. Call 406-853-5779 for more information.

Williston
The Williston Area Recreation Center (ARC) is open and operating at 75% capacity. Monday – Friday: 5 a.m. – 8 p.m.; Saturday 7 a.m. – 7 p.m.; Sunday: 1–7 p.m.

Saturday, Aug. 8 – Chokecherry Festival Car Show, Spring Lake Park, 10 a.m. – 4 p.m. Awards will be given out to the top three favorite cars. There will also be a raffle for a Traeger Grill package.

Thursday, Aug. 20 & Friday, Aug. 21 – 2020 API Golf Tournament, Eagle Ridge Golf Club. Proceeds will be used to pay for scholarships, as well as donations to local charities and non-profits.

Saturday, Aug. 22 – 15th Annual Fun Run. Hosted by Fire and Iron Station 116. This promises to be the biggest and best ride to date. Starts at noon.

Friday, Aug. 28 - Bakken Xtrem: - Mon-Dak's filthiest 5K! Get wet and get dirty. Challenging obstacles with mud, mud, and more mud. Food, drinks, music, and swag. Youth teams,

competitive teams, family teams, and competitive wave. Register at <https://www.willistonparks.com/bakkenxtrem>

• Adult/Youth Registration 5K - Includes a T-shirt, meal in the party zone, finishing prize, and a race medal.

• Kids Registration 1 Mile - Includes a T-shirt, meal and finishing medal

• There will be prizes for the Competitive Wave Winners!

Competitive wave divisions include:

• Top three male & female in the following age groups: 16-25, 26-35, 36+

• Top three teams. Results will be based on a points system. The top five fastest times on each team will be counted.

Sidney
Friday, Aug. 7 & Saturday, Aug. 8 - 11 a.m.-6 p.m. - Food Vendors Tasty Treats Reese & Ray's IGA Parking Lot - Pella Pantry will be selling whole pies, \$20 (apple, cherry, peach, rhubarb), for more information call

Continued on next page.



Watford Market is held Thursdays through Sept. 3. (Photo from Watford Market Facebook page)

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Fun Things To Do... Cool Down on Hot Summer Days with Hard Serve Ice Cream

Continued from page 7A.

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Saturday, Aug. 8 - Sidney Sidewalk Sales - Shoppers are encouraged to take part in "COVID-ing the Streets."

Saturday, Aug. 8 - Draggin' Main - Cruising for our First Responders. Hosted by KGCX 93.1 FM and 406 Audio Vision. 7-9 p.m. This even showcases and honors the Richland County first responders. Pizza by the

slice and chips and salsa available to purchase. Join in on the Scavenger Hunt through town.

Wednesday, Aug. 12 - Cool Off With Cops. The Richland County Housing Authority and the Sidney Police Department presents Cool Off With Cops 2-4 p.m., Wednesday, Aug. 12. Kids, come have fun and get to know our community law enforcement. Enjoy ice cream treats and fun yard games. This event will be held at the Sunset Village Community Lawn across the street from RCHA, 1032 6th St. SW, Sidney.

Thurs., Aug. 13 - Block

Party - Friends in Low Places. Merge Fashion + Lifestyle. Drinks, Music, Community, and Fresh Looks. Attendance is limited. <https://get.mnbdby.ly/ZZGaH4gKt8>

Friday, Aug. 14 - Sip N Paint at Mimi's, 6 p.m. Cost is \$30. Register at <https://mimiskitchen.co/collections/cooking-classes/products/miss-penny-s-creations-sip-paint-friday-august-14th-6pm>

Saturday, Aug. 15 - Sidney Jaycees 43rd Annual Demolition Derby, 5 p.m. Richland County Fair & Rodeo Grounds.



The old fashioned soda fountain in Larsen Service Drug , Watford City.

Summer days can be especially hot in August. Wearing a mask out in this weather can make things even worse. Luckily local businesses in the area provide some hard serve ice cream options to provide refreshing relief from the heat.

Larsen Service Drug Watford City

Larsen Service Drug, 244 Main St N, is home to an old fashioned soda fountain in the rear of the store next to the pharmacy. The soda fountain provides a daily fix of shakes, ice cream sodas, sundaes and more. They offer 11 flavors of hard serve ice cream and a menu of specialty shakes & sundaes. Call ahead at 701-444-2410 to place your order & take it with you on the go.

Long X Visitor's Center/ Pioneer Museum, Watford City

The Long X Visitor's Center in the Pioneer Museum, 100 2nd Ave SW. The visitors' center has a



Brooke Morrill serves up a dish of strawberry rubarb to a lucky customer at Nutt N Better Ice Cream Shop.

variety of eight flavors of hard serve ice cream. Enjoy a few scoops and tour the museum to take in local history. The basement has been renovated with new oil & gas and agriculture displays.

Yellowstone Marketplace Sidney

The Yellowstone Marketplace, 102 N Central. They offer six flavors of hard serve ice cream, many float flavors, numerous snow cone flavors and various varieties of fudge. Stop in during the hot August after-

noons in downtown Sidney for a refreshing treat.

Nutt N Better Ice Cream Shop Sidney

Nutt-N-Better, 212 2nd St SE. Nutt-N-Better has a huge variety of hard serve ice cream flavors, 22 in total. They sell waffle & cake cones, dishes, shakes, floats and novelties. Outdoor and limited indoor seating is available. Hurry in to satisfy your sweet tooth soon before they close for the season on Aug. 15.

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API Hole-In-One Winner

The MonDak API Golf Tournament was held June 26 & 27. Chapter President Terry Williams (left) presents Bruce Prevost a check for \$10,000 for winning the hole-in-one prize. (Photo submitted)

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Never Leave A Child Alone In A Car..."Not Even For A Minute"!

Submitted by Jon Ebel
Public Information
Officer, DPHHS

The Montana Children's Trust Fund's (MT CTF) "Not Even for a Minute" Campaign encourages parents and caregivers to never leave children unattended in or around vehicles. Leaving a child alone in a vehicle for even a short amount of time can lead to heatstroke, dehydration, overheating, hyperthermia, injury, abduction and even death.

"This is an issue that needs the close attention of all parents and caregivers to prevent these tragedies from occurring," said "Not Even for a Minute" Campaign organizer Melissa Lavinder, MT CTF.

Since 1998, a total

of 863 U.S. children have died of heatstroke in hot cars - 14 this year to date. On average, one child dies from heatstroke in a vehicle nearly every 10 days in the United States. A total of 52 children died from heatstroke in 2019.

"Temperatures in cars skyrocket quickly, and if left in a hot vehicle, a young child's body temperature may increase three to five times as quickly as an adult's, 80% of the increase occurring in the first 10 minutes," Lavinder said.

Lavinder said cracking windows, even to eight inches, has minimal effect on the temperature inside a car and the vehicle can reach very dangerous temperatures within just a few

minutes. On a 73° day, the internal vehicle temperature can reach 90°F within 10 minutes and nearly 100°F within 20 minutes.

In these extreme conditions, children can die or suffer a permanent injury. In fact, children have died from heatstroke in cars at temperatures as low as 60°, 88% of children who have died from vehicular heatstroke are age three or younger.

"Believe it or not, routines and distractions have caused people to mistakenly leave children in cars," Lavinder said.

Some of the trends for vehicular heatstroke deaths are:

- About 46% of the time when a child was forgotten, the caregiver meant to drop the child off at a daycare or preschool.
- Thursdays and Fridays — the end of the workweek — have had the highest deaths.
- Nearly 75% of children who are forgotten and die are under 2 years old.
- In order to prevent these car accidents, follow these safety tips.
- Make your child as visible as possible.
- Place your purse, briefcase, or whatever is to be carried from the car in the back seat with your child.
- Set a reminder on your cell phone or computer to be sure you dropped your child off at day care.
- Ask your childcare provider to call you if your child hasn't arrived as scheduled.
- Use drive-through

convenience provided by banks, restaurants, and other businesses.

- Pay at the gas pump. Prevent trunk entrapment and other accidents.
- Teach your children the dangers of a car and let them know that it is not a toy or playground.
- Always lock your car, even at home, and remind your friends and neighbors to do the same.
- Put your keys in a safe and secure place out of children's reach.
- Check vehicles and

car trunks immediately when a child is missing.

If you see an unattended child in a car, dial 911 immediately and follow the instructions that emergency personnel provide. EMS professionals are trained to determine if a child is in trouble.

If you would like to be involved in the "Not Even for a Minute" Campaign, contact Amber Barnes at 406-444-5915.

About the Children's Trust Fund: Montana Children's Trust Fund strategi-

cally supports initiatives to effectively strengthen Montana's families and keep children safe from abuse and neglect. These initiatives work to ensure that Montana children are born into and raised in safe, stable, and nurturing environments. MT CTF provides Montana with programs, activities, and resources for parents and families that seek to strengthen their families. In fiscal year 2019, MT CTF provided direct preventative services to over 3,400 individuals across Montana.

Sidney-Richland County Library Offers New Print Service

Submitted by Kelly Reisig, MBA, Director

Sidney - The Sidney-Richland County Library will begin to offer a new and convenient way to print your documents and photos, thanks to a grant from the Montana Department of Commerce. Patrons will now be able to print from their smartphones, tablets, laptops, or even from home in just a few easy steps. Patrons can then arrange to pick up and pay for their print jobs through curbside services. Designed in partnership with PrinterOn, the world's largest cloud-based printing provider, this service works seamlessly with the Library's print management software, EnvisionWare.

"We already had an increasing number of patrons who wanted a way to print from their own device. With COVID-19 this only increased. The new service provides an almost completely contact-free way for patrons to print necessary legal documents or resumes, for example. It fits perfectly with the Trustee's strategic plan to continue to provide Library services in our community despite the challenges of a pandemic", explained Kelly Reisig, director.

For more information patrons can call 433-1917 or send an email to sidneyupublib@richland.org.

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Turn Your Backyard Into A Safe Space For Healthy Play

(BPT) - As Americans across the country retreat to their homes to help slow the spread of COVID-19, many are rediscovering the value of their yards as places to take in fresh air, engage their children in outdoor games and enjoy physical activity in a safe environment.

Three tips for safe, healthy outdoor fun for the family:

Kids who can no longer participate in organized sports activities or meet their friends at the park need creative ways to burn off energy at home. Unplugging and stepping outside can be good for the whole family's

physical and mental health. Consider these three tips as you explore ways to take advantage of the green space around your home.

Educate: The backyard offers a great setting to learn about plant biology and the creepy crawlers that call our lawns home. Take a magnifying glass to your lawn and explore the habitat nestled between the blades.

Exercise: Lace up your sneakers and take to the yard for a 30-minute workout or arrange an obstacle course on the lawn for the kids. Encourage children to compete for the fastest time or create a course of their own.

farmers and turf specialists. Interseed for a thicker lawn. Lawns that are sparse or have worn patches coming out of winter can be interseeded when the soil warms up in the spring. In addition to enhancing the overall appearance of the lawn, interseeding will help keep turf dense, which is a natural defense to keeping pesky weeds out.

Simply rake away lawn debris or accumulated thatch, broadcast seed widely or target bare spots on your lawn and irrigate regularly until the seed germinates. Be sure to use a high-quality seed that is a good match for your geographic region and your lawn's soil type, sun exposure and irrigation patterns. Seed can be ordered online and shipped directly to your home from most home improvement retailers.

growing lawn will stress the plants and potentially cause problems all season long, so make sure you never cut off more than one-third of the grass blade height at a time. A good rule of thumb for most species is to mow when the grass reaches a height of about 3 inches. That means you can cut it to 2 inches - or you can even leave it a little taller to protect the growing point at the base of the blade and improve your lawns wear tolerance.

Feed your lawn. Grass-cycling - leaving the clippings on the lawn after you mow and allowing them to decompose - can save you time and provide up to 25% of your lawn's fertilizer needs. To meet the rest of your turf's nutrient requirements, you'll likely need to fertilize in the spring and fall. The spring application should be relatively light and should feature slow-release nitrogen fertilizer to avoid causing rapid but weak growth, which can make the lawn less durable.

If you're among the many Americans seeking activities for energetic kids, suddenly finding time for long-delayed home improvement projects, or just needing a breath of fresh air, step out the backdoor and take advantage of your home's lawn. By engaging in a few DIY spring lawn projects now, your lawn will be ready no matter what summer brings!

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“Get Up To Speed On Motorcycles” Cool Off This Summer Exploring North Dakota’s Refreshing Waters

**Submitted by Don Smies
Injury Prevention Specialist
DUI Task Force Coordinator**

In order to reduce motorcycle crashes and save more lives, Richland County Injury Prevention/ DUI Task Force and Richland County Health Department is teaming up with the U.S. Department of Transportation’s National Highway Traffic Safety Administration (NHTSA) to launch a new “Get Up to Speed on Motorcycles” safety campaign to help save lives on our roadways.

According to NHTSA, motorcyclists accounted for 13.6% of all traffic fatalities in 2018, while motorcycles make up just 3% of all registered vehicles in the United States. In 2018, 4,985 motorcyclists were killed in motor vehicle crashes, a 4.7% decrease from 2017 when 5,229 motorcyclists were killed and more than 89,000 injured in motor vehicle crashes. To give you a more local view, in Montana 22 motorcyclists were killed in 2019. As of the writing of this report, July 28-2020, 18 motorcyclists have lost their lives this year alone in motor vehicle crashes. Folks, if we keep this trend up we are in danger of breaking the 10-year high death toll for motorcyclist of 34 in 2013. As a state, our average for the last 10 years is 23 deaths, with the lowest being 17 in 2016.

Anyone who rides a motorcycle will tell you how vehicle drivers can unintentionally become huge dangers to their safety. By gaining a basic understanding of motorcyclists’ riding behavior, motorists can drive more safely when motorcyclists are on the road with them.

With thousands of deaths each year, motorcyclists are overrepresented in crashes and fatalities. Per vehicle mile traveled, motorcyclists are 27 times more likely than passenger vehicle occupants to die in a motor vehicle crash, and 5 times more likely to be injured.

Even the smallest momentary lapse in awareness by a motorist can result in the death of an unseen motorcyclist. Misunderstanding, misjudging or overlooking a motorcycle can cost someone his or her life. We hope this new “Get Up to Speed on Motorcycles” safety campaign will help both motorists and motorcyclists begin to understand the driving behaviors that can help keep all of us safe.

Data shows the most harmful event for motorcycles involved in fatal crashes were collisions with motor vehicles in transport. Because they are small and have greater maneuverability than cars and trucks, motorcycles can be difficult to see or spot on the roadway, and motorists have difficulty judging their distance and speed. Motorists making left turns at intersections are one of the most common causes of motorcycle crashes, due to motorists’ difficulty judging the distance and speed of motorcycles.

A motorcyclist’s slowing/braking is not always obvious to motorists. Motorcycles decelerate faster than vehicles, so motorcyclists will often downshift instead of applying the brake, especially when driving around a curve. This means the brake lights will not be engaged to signal motorists of deceleration or an upcoming stop. You can tune in to the Health Department’s Face Book page over the next couple weeks for eight short clips about the “Get Up to Speed on Motorcycles” safety campaign.

The perfect complement to a sunny, hot summer day is by getting out on the cool waters of North Dakota’s lakes and rivers. Water lovers have their choices: Escape the crowd in one of Lake Sakakawea’s many bays; take a thrilling kayak ride down the Missouri River from Garrison Dam to Bismarck; slowly canoe the Little Muddy Canoe Trail east of Williston; traverse the Red River separating North Dakota from Minnesota; or boat around Devils Lake or Lake Metigoshe with the wind blowing through your hair.

Once you leave any of the boat launches on 180-mile-long Lake Sakakawea, you might not see another soul all day, if that’s how you want it. Pull into a bay to swim, tan, fish, ski, picnic and watch an occasional sailboat drift by. Or if you’re so inclined, open the throttle for a run up or down the lake to enjoy lunch at a state park or resort.

Devils Lake is known as a fishing destination, but it’s much more than that. The largest natural lake in North Dakota is brimming with resorts that offer boat rentals for a day of fishing or just plain old boating. Channel your inner explorer and kayak the steady current of the Missouri River, just like Lewis and Clark. Put in below Garrison Dam and follow the current to Fort Mandan at Washburn – reconstructed home of the Corps of Discovery – and on to Cross Ranch State Park. Come ashore for a night under the stars in a yurt, cabin or tent. Then it’s on to Bismarck-Mandan. Don’t have a canoe or transportation? Don’t worry; Cross Ranch can set you up with both.

Other options: Paddle the gently flowing Sheyenne River within forested Fort Ransom State Park. Rentals and shuttles are available and lodging includes full-service yurts.

Explore the twisting Red River at Fargo and see how many species of birds flutter through or nest in the trees along the banks.

Jamestown Reservoir has seven boat launches, from which to launch in. Paddle out to the Island by Lakeside Marina for 24 holes of disc golf.

Lake Tschida, between Elgin and Glen Ullin, has 10 boat ramps and is popular with swimmers, paddle boarders, boaters and canoers and kayakers.

Harmon Lake near Mandan is popular with stand-up paddle boarders. The lake has a kayak launching dock and Paddle On Adventures provides rentals. Kayak and canoe rentals are also available at Lake Metigoshe State Park for those wanting the paddle around in the scenic Turtle Mountains along the U.S.-Canada border. Don’t sit around steaming in the summer sun, not when these options are available for summer fun in the water.



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When Is The Best Time To Plant?

By Andy Kuester, Handy Andy's Nursery
Williston, ND

One of the most common questions we receive at the nursery is, "When is the best time to plant?" As I write this, the month of July is drawing to a close and we'll soon be into August. It's surprising just how fast this summer has gone! The month of August usually has us starting to think about school and a return to our "indoor" environments. We are also approaching THE best time to last for an extended period of time. Examples of such items would be; trees, shrubs, certain lawn grasses, and other non-woody plants. You might also think about the gardening term

For those of you who've forgotten what a "perennial" is, I'll give you just a brief reminder. A "perennial" plant is known to last for an extended period of time. Examples of such items would be; trees, shrubs, certain lawn grasses, and other non-woody plants. You might also think about the gardening term

"annual". Remember that the annual only exists for ONE season. They flower to produce their seeds, so the seeds can sprout next year and the next generation can grow.

The best time to plant ANYTHING that is a "year after year" or "perennial" plant, is actually the fall. Up here in Northeast Montana and Northwest North Dakota, we are accustomed to a "grain-growing" mentality. Most of those crops we grow are annuals. These crops only live for a season. They are planted in the spring and harvested in the fall. While not ALL agricultural crops are this way, many that we think of, are.

Since this is what we are accustomed to we have to train our minds to the concept of "perennials". Like annuals, perennial plants do not grow "all the time" either. They grow for a season

and then rest.

Spring: In the spring these plants burst forth with all kinds of new growth, putting forth leaves in all kinds of ways, eager to feed and strengthen themselves for another season. Providing ample and consistent water in the spring of the year will mean more and more vibrant new growth for these plants. The spring season is also a time for fertilizing these plants. A consistent dose of fertilizer or nutrients will mean good strong and healthy leaves. These leaves will then become the home of the plant's "production" and source of food. The roots carry the water up to the leaves where the leaves take in the sun and use the light and water to produce food. That food is then sent down the plants' stems and back to the roots. These plants will continue to produce new growth until mid-summer.

Summer: At or around the 4th of July most of these plants stop producing new leaves and instead begin to focus their energy back into the roots for winter storage. At this time, certain fertilizer blends can be "unhelpful" in our northern climate as they can focus the plant BACK into the production of leaves when they really should be starting to prepare for winter.

Fall: Why then is the fall the best time to plant? Well, one primary reason is that these perennial plants suffer less stress during this time of year. Anytime you plant something in a new space you disturb the roots by moving it. This means some minor "transplant shock" for the plant. Transplant shock is a fancy term for minor damage that occurs to roots. When the roots are disturbed it can make it difficult for these plants to feed their leaves and thus difficult for

the leaves to produce the food that the plants need.

Spring plantings often mean transplant shock during a time when the plant will have to endure the most stress, the hot part of the summer. Droopy or wilted leaves can often evidence this. During hot summer months make sure your plants do not have a lack of moisture available to them.

Planting in the fall moves the transplant shock to a time period that is generally much cooler. Temperatures in mid-August to early September are often much milder than they are in July.

In addition to temps being cooler, it is also a time when the soil is starting to cool off as well. Warm temperatures in summer can warm up the soil to temperatures above 60° making root development challenging as many of the organisms in the soil that help plants

do not perform favorably to temperatures that are well above 60°F.

The Short Answer: So as some of you might be thinking, "get to the point". I will! The best way to determine when to plant in a climate is to look at your "First Average Frost Date". You then want to walk that date backward by 6-8 weeks. This puts those of us in North Dakota and Montana at the dates of Aug. 15 to around Sept. 15. Planting at this time of year allows for plenty of good root development before winter and you also keep transplant shock to a minimum during the hot summer months.

As always we are happy to be a resource for quality plant products as well as helpful gardening advice. We look forward to your next visit! Until then, good luck and happy growing!



Richland County Farmers Market Every Saturday

By Bill Vander Weele, Chamber executive director

The Richland County Farmers Markets, sponsored by the Richland Federal Credit Union, is something that area residents can look forward to attending each week.

Richland County Extension Agent Tim Fine explains that the vendors selling produce are located in the Richland County-Sidney Library's parking lot from 8 a.m. to noon each Saturday.

"We will go until we have our first hard frost," Fine explained of how many Saturdays that the Farmers Market takes place. "Usually it's the middle or the end of October."

Fine noted that more vendors would certainly be welcomed to participate. Proper social distancing takes place "The vendors typically do well," he said.

Vendors can sell produce along with homemade arts and crafts. Food items not allowed include pickles, salsa and meats unless if they are certified packaged.

Fine said the amount of vendors usually increases around this time of the summer when more produce is ready to be sold.

Contact the Extension office to become registered as a vendor for Farmers Market. The vendors then must be approved by the health department.

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