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Wednesday, February 24, 2016

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LYIP Holds Annual Meeting February 18



James Brower, Lower Yellowstone Irrigation Project Manager, discussed the projects they completed over the last year, as well as what has been going on with the LYIP. They have recently begun a lawsuit against the environmentalists for not having enough research on the pallid sturgeon. They have also hired an independent company called Tetra-Tech to help them study all options that have been acquired over the years. Brower also discussed the complications with installing pumps in the Yellowstone such as carbon pollution and noise pollution, and even miles of piping that would run through designated sage grouse habitats.



Leslie Messer with Economic Development took to the stand at LYIP's 2016 Annual Meeting to thank every body for their support. Economic Development has been providing educational meetings on LYIP and arranging bus trips for public meetings.

Successfully Battling Annual Grass Invasions Focus Of ARS Talk

Submitted by Beth Redlin

Annual grass invasions into productive perennial grasslands are creating headaches for livestock producers and land managers. As the annual grasses move in, their litter provides fuel for fires, which in turn aid germination of the annual invader, eventually crowding out the more nutritious, native perennial species. It's a vicious cycle requiring substantial inputs by producers to reestablish perennial species in the face of these self-sustaining invaders.

However, in recent studies Agricultural Research Service scientists have successfully identified new solutions for producers. Those new options will be shared during the USDA-ARS Northern Plains Agricultural Research Laboratory's next 2016 BrownBagger presentation to be held on Friday, Feb. 26th at the Sidney research lab.

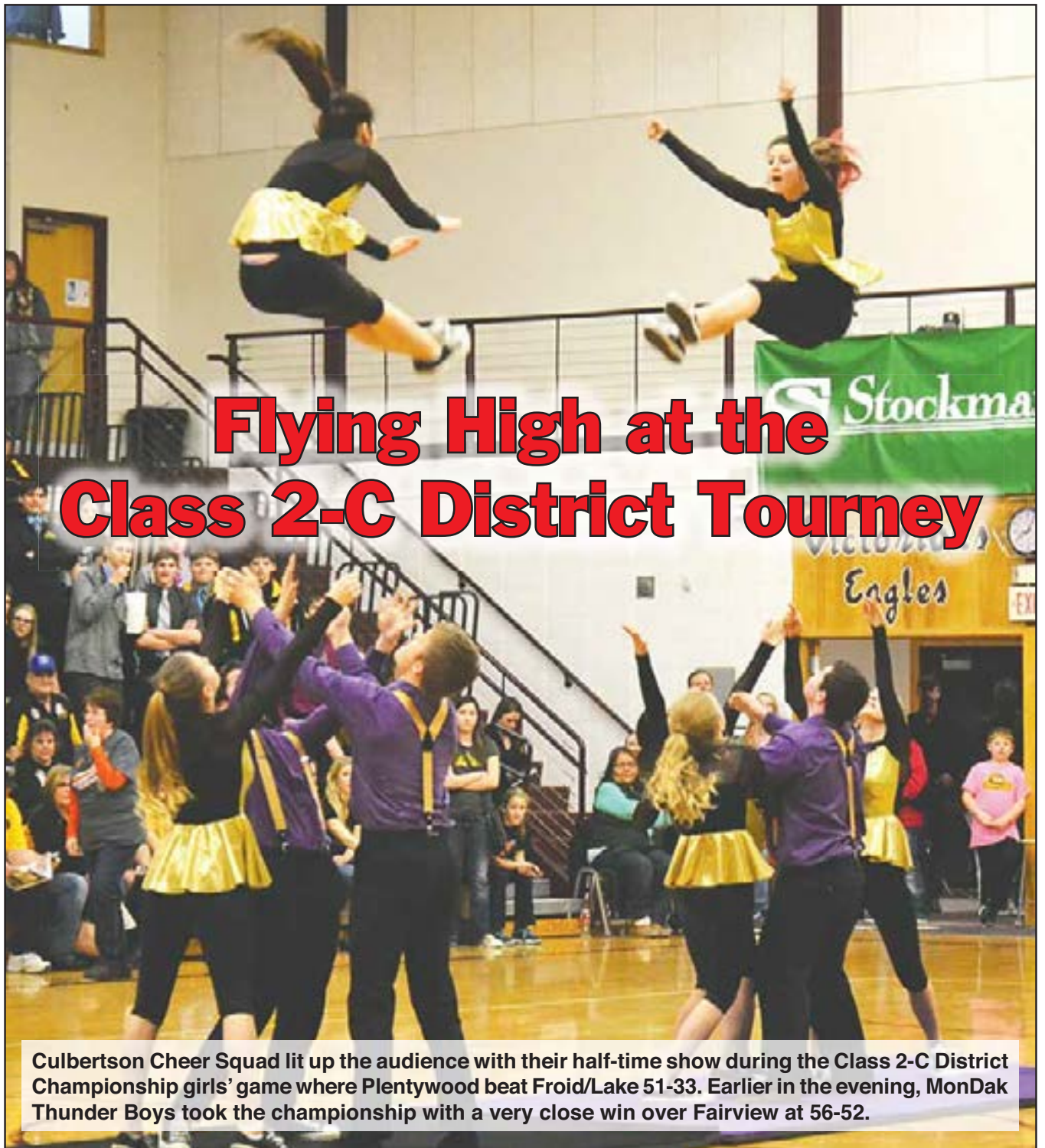
The presentation by ARS Post Doctoral Researcher Merilyn Schantz runs from noon to 1p.m at the lab located at 1500 N. Central Avenue in Sidney, MT. The event is open to the public.

"There is a significant need to identify the mechanisms sustaining invasive annual grasses, then determine perennial grasses that effectively establish in these regions, and ultimately identify management solutions for breaking this feedback cycle," Schantz says of her research. "I'll be presenting the results of two studies where we first identified the role of seed dispersal timing and frequency, seeding rate, and water availability on the competition between invasive annual and native perennial grasses, and then identified practical, ecologically-based management solutions for breaking the annual grass feedback cycle and restoring seeded perennial grasses to these degraded regions."

Learn what management solutions they've uncovered. Bring your lunch and join us Friday, Feb. 26, for this very informative presentation. We'll provide the dessert.

One program note: Dr. Shantz agreed to move up her presentation to Friday to fill in for NDSU Asst. Professor and Extension Agronomist Tom Peters who was originally scheduled to speak on that day but has had to reschedule his talk. Plans are to have him speak sometime in March, but a date has not yet been determined. Watch this paper for more information as it becomes available.

For questions or more information on NPARRL's 2016 BrownBagger Series, contact Beth Redlin at 406-433-9427 or beth.redlin@ars.usda.gov.



Flying High at the Class 2-C District Tourney

Culbertson Cheer Squad lit up the audience with their half-time show during the Class 2-C District Championship girls' game where Plentywood beat Froid/Lake 51-33. Earlier in the evening, MonDak Thunder Boys took the championship with a very close win over Fairview at 56-52.

MDU Files for a 13.3% Rate Increase; PSC Must Reach a Decision by March 25

By Meagan Dotson

In June of 2015, Montana-Dakota Utilities (MDU) filed for an electric rate increase with the Montana Public Service Commission. MDU requested additional revenue of \$11.8 million dollars, which would've been a 21.1% increase or an approximate \$14.80 per month increase to average residential electric customers; MDU is seeking to recover the cost that they have invested in pollution control projects, additional electric generation projects, and additional transmission investments and services.

The Montana PSC held Public Input Sessions in Sidney on September 24, 2015 and in Miles City on September 25, 2015. On Monday, February 8, 2016 a settlement agreement was reached between MDU, the Montana Consumer Counsel, and a large customer group that calls for additional revenues of \$7.4 million, which is a 13.3% increase and will cost the average residential customer about \$6.38 more per month. A Technical Hearing was held in Glendive February 9th and 10th and a decision by the PSC must be reached by March 25, 2016.

MDU investments include two projects to meet Environmental Protection Agency regulations. The first is the installation of a new system at the Lewis and Clark Station in Sidney to comply with the Mercury and Air Toxin Standards Rule, which was completed in the fall of 2015 at a total cost of \$16 million. Montana electric customers' share of the project is about \$3.7 million. Additionally, the installation of an air quality control system and

mercury control system in compliance with EPA Regional Haze and Air Toxin Standards at the Big Stone Plant in South Dakota was about \$384 million with Montana electric customers' share at \$21.8 million.

MDU purchased a wind farm in North Dakota, a \$220 million investment which will help the company reach renewable resource standards, and two natural gas engines near Sidney, a \$43 million investment, both of which were completed in 2015. MDU also built a natural gas-fired plant near Mandan, ND that has been serving customers since August of 2014. The additional electric generation investments were made to meet growing customer needs and replace an expired power purchase agreement. The low to zero emission additions were determined to be the most cost-effective options.

To continue reliable service and meet customer needs, MDU has invested in transmission services by building and upgrading transmission lines and substations with Montana electric customers' share being approximately \$5.2 million over the last five years.

MDU customer's benefit from the economies of scale as well as sharing the cost of providing electric service. When the cost of providing safe and reliable service becomes greater than the rates they are receiving, MDU files a rate increase request with the state regulatory commission. The last approved rate increase of 6.23% was in September of 2011.

Watford City Claims First Championship In New Gymnasium

Submitted by Kathy Taylor

Watford City Lady Wolves defeated the Parshall Braves 63-45 to claim the District 15 Championship on Monday. Not only did the Wolves claim first place but recorded the first game and the first championship in the new gym.

Watford City athletes named to the all District team and all tournament team are Mackenzie Sparby, Katie Mogen and Ricki Lindley. Katie Mogen was also named Sr. Athlete of the year for District 15 while their coach, John Zenz was named District 15 Coach of the year.



Front row: ReiAnn Lindley, Ricky Lindley, Lea Arndt, Lindsay Peterson and Kennedy Chapin. Back row: Iida Lehto, Mackenzie Sparby, Krystal Wold, Katie Mogen, Kaytlyn Grimes Alli Mogen, and Avery Sundeen.

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Insurance Producer

American Insurance Center, formerly West Plains Insurance, Inc. is adding a full-time Insurance Producer in Watford City. This position will focus on farm and ranch insurance and will generate new business, work with existing customers, and review coverage options for all customers. Excellent oral and written skills are necessary. A high school diploma or equivalent is required. A farm or ranch background with business experience is preferred. Willing to train the right person. To apply, please submit resume to American Insurance Center, Attn: Human Resources, PO Box 1020, 137 North Main, Watford City, ND 58854.



STATISTICS

LAKE WATER LEVEL REPORT

Sakakawea

Current Elevation.....	1838.2
Last Week's Elev.	1838.4
One Year Ago	1839.1
Release For Day (C.F.S.)	20,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Feb. 15	41	26	0.00
Feb. 16	37	28	0.09
Feb. 17	51	31	0.00
Feb. 18	49	33	0.02
Feb. 19	52	31	0.01
Feb. 20	50	28	0.00
Feb. 21	34	24	0.00
Total YTD Precipitation.....	0.67		

Richland County Relay for Life Bowl For A Cure

Submitted by Kelcey Fixen

The committee is excited to host Sidney's first Bowl for a Cure Fundraising Event. OK Lanes has partnered with the Richland County Relay Event Leadership Team to bring this family fun event to the community, and help fund the cure! The fundraiser will be Feb. 28, 2016, at OK Lanes Bowling Center from 11 a.m.- 6 p.m.

"We are excited to get involved with such a great program and help out the community while we are at it," Tom Orloff, owner of OK Lanes, said of the event.

Bring the family, and bowl the day away! The festivities will begin at 11 a.m., and continue till 6 p.m. \$5 a game, including shoes and all proceeds will go towards Richland County Relay for Life. In addition to the menu that the Lanes offer daily and the bar, there will also be pop, pizza, and baked goods available for free will donation. Terry Adolph, of Savage, has donated a Track M16 bowling ball to be raffled off at the event, to greater fund our mission. Raffle tickets will be available before, and the day of the fundraiser.

Arien Waller, Event Chair said, "It is very important to our Relay committee that there are functions that the whole family can attend. There aren't a lot of events going on in the area that are family friendly, so we are so excited and grateful that this event is possible."

Senn Honored By Thrivent Financial For Outstanding Performance

Submitted by Jessica Viall

Harvey Senn, LUTCF, FIC, CLTC, Sidney MT & Watford City, ND, a financial associate with Thrivent Financial, has qualified to attend the Peak Performers conference as a Sierra Level qualifier by providing outstanding financial guidance, solutions and service to members of the organization in 2015. Out of more than 2,300 Thrivent Financial representatives nationwide, 466 individuals qualified for this honor.

Senn is with Thrivent Financial's Northland Regional Financial Office, and serves members in Sidney, MT, Watford City, ND and surrounding communities.

Senn will be recognized by his peers from across the country at Thrivent Financial's annual conference in Nashville.

Senn has been with Thrivent Financial for 24 Years. He has been recognized for his performance 24 times.

Boys and Girls Club Event Tickets On Sale March 1

Ho'olu komo la kaua! Please join us!

Pull out your favorite Hawaiian shirt or muumuu and get ready for great food and fun at the annual event & auction for the Boys and Girls Club of Richland County. The Luau themed event takes place the evening of Saturday, April 2 at the Richland County Fair Event Center and the proceeds will be used toward BGCRC operating expenses for the year. There will be a single auction item dedicated to the building fund campaign.

Get ready for taste explosion!

Honorable Judge Mohr is catering this event with smoked pork and delicious sides which will be followed by delectable desserts prepared by Anita Karst. Entertainment includes the Cutting Edge Dancers, the Sidney High School drum line and the presentation of a smoked pig.

Be prepared to get your Hula on with fifty silent auction items as well as thirty live auction items. Something for everyone, even a chance to win a trip for (two) 2 to Oahu! \$50 per ticket.

General admission is \$50 with admission time at 6:15pm. V.I.P. tickets are \$100 with early admission at 5:30pm. Sponsorship tables are also available for \$1200. Sponsorship includes 8 tickets, early access, drinks & hors d'oeuvres, special entertainment by Sidney Gymnastics and first look option to buy at silent auction items.

Key speakers this year will be Jason Brothorn, board member, donor and parent; Elaine Stedman, CEO of the Boys and Girls Club; and two of the high school aides that support the Club. The annual event fundraising goal for this year is \$75,000.

Boys & Girls Club of Richland County provides a safe and positive place for kids K-12 to learn and grow. Currently, over 100 children per day utilize the program with 188 members overall. Each child at the Club receives the chance to be inspired, to realize their full potential and be responsible citizens of Richland County. Thank you for celebrating with us: Mahalo nui loa na ho'olaule'a me la kaua!

All dinner and raffle tickets go on sale March 1. To purchase yours, call the club office at 406-433-6763, email Michele Seadeek at m.seadeek@richlandbgc.org, contact a board member or committee members Kim Martin, Colleen Williams, Jodi Seitz, Johanna Bunn, Janelle Buxbaum, Suzann Radke, Jodi Berry or Jeanie Lang.

For information on sponsorships, please contact Seadeek at the club.

Free Child Development Screening Offered

Submitted by Michelle Monson

Child Find/Developmental Screening at Central School (200 3rd Ave. SE) on Feb. 29(Mon.)and Mar.1(Tue.) from 2:30-7:30 p.m. Mar. 7 (Mon.) and Mar. 8 (Tue.) from 2:30-7:30 p.m.

To have your child included in the screening, appointments are necessary and will be taken by calling the Administration Office at 433-4080 during school hours. You are encouraged to bring your child even if they attended last year. The screening is provided at no cost as a public service of the Sidney Public Schools.

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EVENTS

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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Wed., Feb. 24

4:30 - 6:30 p.m. - Adult Craft Night, Hollow Books. Ages 13+. Come craft with us while we hollow out some books. Bring a book you like or use one of ours. Richland County Library. 406-433-1917.

6 p.m. - 7 p.m. - Book Buddies. Come sing, read and craft with your 0-5 year old. Older siblings welcome. Richland County Library. 406-433-1917.

7 p.m. - Ceramic Sauce Bowl: Tree Pattern at the MonDak Heritage Center. Cost to attend is \$20.

Fri., Feb. 26

10:30 a.m. - Storytime at the Richland County Library. Ages 0-5.

10:30 a.m. - Read & Play at the Richland County Library. Books, crafts, songs and fun. 406-433-1917.

12 p.m. - Senior Commodities will be distributed at the back door of the Nutter building located at 123 W. Main. Message phone is 433-4353.

Sun., Feb. 28

11 a.m. - 6 p.m. - Richland County Relay For Life Hosts Bowl For A Cure at OK Lanes. Bring the family and bowl the day away. \$5 a frame and includes shoes. All proceeds go to The Relay For Life. Free will donations will be accepted. For more information call Kelcey Fixen at 406-373-8500 or email at kkfixen@gmail.com.

Mon., Feb. 29

10:30 a.m. - 12 p.m. - Tales for Tots. Come join us with your little one for games, songs, books and crafts. Richland County Library. 406-433-1917.

2:30 - 7:30 p.m. - Child Find & Developmental Screening. Central School 200 3rd Ave. SE. Appointments are necessary. Contact 433-4080 during school hours. The screening is free.

3:30 - 5:30 p.m. - Roblox Club. Roblox is the best place to imagine with friends. The largest user generated online gaming platform. Create adventures, play games, role play and learn with friends in a family friendly, immersive 3D environment. Richland County Library. 406-433-1917.

Tue., Mar. 1

2:30 - 7:30 p.m. - Child Find & Developmental Screening. Central School 200 3rd Ave. SE. Appointments are necessary. Contact 433-4080 during school hours. The screening is free.

3:30 p.m. - Lego Club. Richland County Library.

4:30 p.m. - Lego League. Richland County Library.

Wed., Mar. 2

5:30 p.m. - The Grief Recovery Method at the Lonsdale Methodist Church. It's an 8-week recovery session. Call Deb Prevost at 433-2389 to register.

Thur., Mar. 3

9 a.m. - The MonDak Ag Days and Trade Show. Many topics, guest speakers and presentations throughout the day. Social begins at 5 with the banquet to follow at 6 p.m. Richland County Event Center. Banquet tickets are \$40 and are available at the Richland County Extension Office, Sidney Chamber of Commerce, Stockman Bank, Tri-County Implement and Farm Equipment Sales in Culbertson, Bainville and Glasgow. For more information visit www.mondakagdays.org or Tim Fine at 406-433-1206.

Fri., Mar. 4

7 a.m. - The MonDak Ag Days and Trade Show. Breakfast at 7 a.m. Trade Show begins at 8 a.m. Many topics, guest speakers and presentations throughout the day. Richland County Event Center.

10:30 a.m. - Storytime at the Richland Public Library. Ages 0-5.

Sun., Mar. 6

11 a.m. - 2 p.m. - St. Matthew's Annual Chili Feed Cook-Off at St. Matthew's Parish Center in the multi-purpose room. Cost to attend is \$5, an auction # will cost \$5. To donate auction items or enter the chili cook-off, contact St. Matthew's at 433-2510 or Roy Fisher at 480-1341.

Mon., Mar. 7

2:30 - 7:30 p.m. - Child Find & Developmental Screening. Central School 200 3rd Ave. SE. Appointments are necessary. Contact 433-4080 during school hours. The screening is free.

Tue., Mar. 8

12 p.m. - The VFW Auxiliary 4099 will meet the 2nd Tues. of each month at noon at the VFW hall. Members can bring a sack lunch to the meeting.

2:30 - 7:30 p.m. - Child Find & Developmental Screening. Central School 200 3rd Ave. SE. To have your child included in the screening, appointments are necessary. To set this up contact 433-4080 during school hours. The screening is free.

Wed., Mar. 16

6 p.m. - 2016 Bow Hunter Education Class walk in registration and orientation. Eastern Ag Research Center. 1501 N. Central Ave. Sidney. Online registration at www.register-ed.com/events/view/71396. Orientation and all classes must be attended. Must be 12 years of age by Jan. 16, 2017 to register. Under 18 must have a parent or guardian on the first night. Class schedule is March 22-25 6p.m. - 9 p.m. & March 26, 8 a.m. - 2 p.m. This class is free. For more information call Larry Christensen 489-0589, Jim Miller 489-1653, Tom Hedegaard 489-1946 or Ron Sorenson 488-7664.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.

Sat., Feb. 27

11 a.m. - 5 p.m. - 83rd Annual Lutefisk and Meatball Dinner. Fellowship Hall at the First Lutheran Church. Delivery service until 3 p.m. and take out service from 11 a.m. -4:30 p.m. Please call the church on the day of the dinner to arrange these services at 701-572-6363. Adults \$18, Students through Junior High \$8 and Preschoolers are free.

Tue., Mar. 1

7 p.m. - Williston Camera Club. James Memorial Art Center. Join the Williston Camera Club. All levels of experience are welcome. Come learn something new or sharpen your skills.

Fri., Mar. 4

8 p.m. - Poetry Out Loud. Live open mix at the Lantern Coffee Co. 4401 16th Ave. W. Williston, ND.

Sat., Mar. 5

6 p.m. - 10 p.m. - 2016 Spring Ducks Unlimited Banquet. This event supports waterfowl and wetlands conservation. Silent auctions, live auctions and dinner. Grand Williston Hotel & Conference Center. \$40 for single ticket and \$70 for 2 tickets (price includes one year membership). Tickets can be purchased in advance at Scenic Sports. For more information call Michael or Sarah at 920-242-4353.

Thur., Mar. 10

7 p.m. - Ft. Buford History Book Club. Join other history buffs in an interesting discussion of this month's selected book. Free refreshments. Missouri Yellowstone Confluence Interpretive Center.

Shops at Fox Run businesses joining Reynolds Market with 10% off STOREWIDE in their stores are ELECTRICLAND, HIGH CALIBER SPORTS AND LUCKY BUCKLE. Shop Local and Save!

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Young Professionals of Watford City Brings Connections to the Community

By Sheridan Martin

Young Professionals of Watford City (YPWC) is an organization based on the values of community, leadership, contribution, personal growth and involvement. The group was started about 6 months ago by Kenny Leibel and a few friends, who have been living and working in the Watford City area since 2008. The idea came to be when they saw that Watford was a city built by leaders as well as an excellent community, and they wanted to give citizens a chance to advance their professional development and social skills.

YPWC already has around 50 members, where they experience a plethora of hands on learning. "In the professional world,

it is all about who you know and building those connections. Our goal at YPWC is to get you those connections and relationships for future advancements," said Kenny Leibel, head of YPWC. The vision of the association is to help provide young professionals with an environment in the community to learn, gain new skills, and socialize. "We are geared toward the ages between 20-40 years old, but anyone can become a professional. We would encourage high schoolers to join our program as well."

YPWC also wants the public to know that they are a local service group, and they have already had a few fund raising events. They are still learning and growing, and are always looking for opportunities to help the community and young lead-

ers. "YPWC can only help you grow in your career, self-respect, and relationships," said Leible. "It is a place to meet people and have fun, while all the while learning professionalism and connections."

Every month YPWC holds a social "lunch n learn" every 3rd Wednesday from 11:30 to 1:30 with a guest note speaker and presentation. Cost to attend this monthly event is \$10 for YWPC members, and \$15 for non-members. To become a member, simply go to ypofwc.com to fill out an application with a \$40 annual fee. For more information, call 803-574-9792 or email ypofwc@gmail.com.

MNAXLP

Wanted Person Of The Week

Submitted by Sidney Police Department

On May 12, 2015 a warrant was issued out of Sidney City Court for Howard Clay Davis for Aggravated DUI 3rd Offense, a Misdemeanor. Davis was originally involved in a motor vehicle accident with a motorcycle around the 100 Block of 9th Ave. NE (Truck Route) and 800 Block of 2nd St. NE on March 14, 2014 and was taken by ambulance from the scene. During the investigation it was determined that he had been operating a motor vehicle with an alcohol level over the limit. It was found that he had prior DUI convictions in the states of Idaho and Washington. A complaint was filed by the Richland County Attorney's Office on May 11, 2015 stating that the Davis committed the offense of Aggravated DUI, third offense by driving or in actual physical control of a motorcycle upon a way of the state open to the public while under the influence of alcohol, with a warrant being issued on May 12, 2015. Crimestoppers would like to remind everyone that it could be a crime to assist or harbor a person wanted on criminal charges.

Howard Clay Davis is 56 years of age. White male, 5'07", 145 lbs with hazel eyes and brown hair. Records show that Davis has lived in Montana, Idaho and Washington. The warrant for his arrest was issued on May 12, 2015 in Sidney City Court with a \$5000.00 bond set. This warrant can be served only in the State of Montana.

If you have any information about Howard Clay Davis, you are urged to call Crime Stoppers at 433-6666 or submit a Web Tip. You do not have to give your name CRIME STOPPERS will pay a cash reward of up to \$1000 and you can remain anonymous.



Howard Clay Davis

Ag Days Beef Cutting Demonstration to be held at the Richland County Fair Event Center Instead of Reynolds Market

By Meagan Dotson

Reynolds Market will be holding a beef cutting demonstration as part of Ag Day on Friday, March 4th, at 11:00am at the Richland County Fair Event Center. This is the first year that Reynolds will be taking part in Ag Days, giving people a better understanding of the processing aspect of the beef industry.

"Farming and ranching are huge part of Eastern Montana and have been the backbone of our business," said Department Manager Josh Reynolds.

Reynolds, who is the fourth generation to be involved with the business, explains that when Reynolds Market was originally founded in 1925, as with most grocery stores of the time, store owners purchased their beef directly from local producers and did all the butchering and processing at the store. Over the years F.T Reynolds and John T. Marman would open stores in Glendive, Sidney, Miles City, Circle, Richey, Terry, Beach, and Watford City. As times, so too has economy scale and cost-effectiveness and grocery stores no longer buy cattle directly from local ranchers and the work of a skilled butcher is much more behind-the-scenes.

Though Reynolds Market has done beef cutting demonstrations and tours of their department before for schools, the Boys and Girls Club, and

4H they were happy to help when they were contacted by Richland County Extension Agent Tim Fine.

Doug Hall will show how to get smaller specific cuts of beef from larger cuts, answer questions as he goes, and share interesting facts. For instance, a butter steak and a flat iron steak are the same steak cut differently from the shoulder cold. Hall owned his own meat processing business for twelve years and has worked in the Reynolds Meat Department for the last two and a half and is happy to give the twenty to thirty-minute demonstration.

For more information, contact Fine at 406-433-1206.

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Jamie Carlsen Named ROI Employee Of The Year

By Meagan Dotson

Jamie Carlsen was recently named Richland Opportunity Incorporated's (ROI) Employee of the Year. Carlsen is the Supported Living Manager and has worked for ROI for almost seven years. All of her duties involve helping individuals live independent and satisfying lives and include assistance with bill pay, setting up appointments, transportation in Sidney and out-of-town daytrips to surrounding towns such as Williston. She even prepares meals for a couple individuals that don't like to cook simply because she enjoys doing it. Carlsen has ten people that

she lends a hand to in day-to-day tasks and says that any of those people would be more than willing to help her in any way they could. "You become close with the people you work with; they become like family. We work here because we care about our people and we want their lives to be the most that they can be by teaching them how to live their own lives. At some point it ceases to be a job and just becomes what you do," said Carlsen adding that she is available anytime and can always be called when needed. "The office is for paperwork. My real job is outside of the building in the community and the community is wonderful with our folks and does a great job looking out for them, too."

This is the first time that she has been named Employee of the Year, but humbly admits that everyone at ROI should've accepted the award right along with her because



From left to right: Edith Brademeyer, Jamie Carlsen and Dan Peters.

everyone is equally important to make ROI what it is. "During the oil boom we couldn't get help but the slowing economy has now eased the employee crunch; everyone here has stepped up, stuck with it, and they continue to do a great job," she commented. "ROI is a great place because of everyone's hard work."

Carlsen, who was born in Anaconda, MT and has lived in Sidney for the last 32 years, spends her downtime with her husband, son, daughter-in-law, and their son who live in Sidney as well. Having her grandson around to play with is quite possibly her favorite kind of entertainment and she admits that as long as no one gets hurt and nothing is destroyed, it's pretty much ok with grandma.

"This is a good grandma-job," she laughed, "you always feel needed!"

In the entrance of ROI, these words are painted on the wall: In this place and with these people I feel safe. This isn't just an idea Carlsen takes up when she walks in the door, but an attitude that is inherently within her.

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Winner Of American Legion State Oratorical Speech Contest Off To Nationals

By Sheridan Martin

Saturday, January 30th 2015, sophomore Iida Lehto of Watford City, ND took 1st at the American Legion's State-

wide Oratorical Speech Contest on the United States Constitution. Previous to the state competition, Lehto dominated at both local and regional competitions; now after winning state, she will be on her way to compete at Nationals April 15-16 in Indianapolis, Indiana.

The Oratorical Speech Contest is where contestants present an 8-10 minute speech on a section of the Constitution of their choice. Lehto's speech tells the story of the Constitution from the perspective of the first three words, "We the People". Lehto's goal is to try and get people to look at the Constitution as the way the people want their public servants to work for them, because that is what the Constitution is; a charter to allow government to exist provided it serves the "general welfare"

of the people, and the other purposes that are listed in the Preamble of the Constitution.

Lehto has received \$1,900 in scholarship money for her wins in the competition so far, and she will receive another \$1,500 at Nationals just for participating. At Nationals, Lehto will present her 8-10 minute speech, and later have to present a 3-5 minute speech on 1 of 4 amendments randomly drawn from a hat. 1st place winner at Nationals will receive a scholarship for \$18,000.

Lehto is also an outstanding student. She has many speech and drama awards from 2014 to present, is on varsity basketball as a sophomore, and is a 4.0 student with highest honors.

Left to right: Jerry Samuelson, American Legion Oratorical Chairman, Iida Lehto, North Dakota State Champion for American Legion Oratorical Speech Contest, and Bud Goldsmith, ND American Legion Department Commander.

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February Proclaimed American Heart Month in North Dakota

MNAXLP

By Tieheena Shank
Governor Jack Dalrymple has proclaimed February 2016 as American Heart Month in North Dakota. In recognition of American Heart Month, the North Dakota Department of Health (NDDoH) continues to raise awareness about the importance of prevention, early detection, and treatment of heart disease.

Heart disease is currently the leading cause of death in the state of North Dakota and in the United States. Every minute counts when someone is having a cardiac emergency. "It is important for individuals to be able to recognize a cardiac emergency, know how to dial 9-1-1 to access first responders immediately, begin cardiopulmonary resuscitation (CPR), and have public access to Automated External Defibrillators (AEDs)," said Shila Thorson, Stroke and Cardiac Systems of Care Coordinator for NDDoH. The North Dakota Cardiac System recently formed the Cardiac Ready Community program based on these important elements which promote survival from a cardiac event, such as cardiac arrest. Powers Lake was the pilot community for the project and has recently been designated a Cardiac Ready Community by the NDDoH.

One major risk factor for heart disease and stroke is hypertension, also known as high blood pressure. According to the Centers for Disease Control and Prevention, about 1 of 3 U.S. adults—or 67 million people—have high blood pressure. Only about half (47%) of these people have their high blood pressure under control. North Dakota's clinical, community, public health and state partners have been collaborating to implement evidence-based practices to identify, control and improve blood pressure.

"Hypertension, the 'silent killer,' often has no signs or symptoms, so many people are unaware they have it. If left



Pictured: (front) Amy Davis, Gov. Jack Dalrymple, Jake Douts, (back) Melanie Carvell, Shila Thorson, Krista Fremming, Tom Nehring, Charlie Jeske, Jen Miller, and June Herman.

undetected and untreated, the condition can cause damage and lead to heart attacks, strokes, and other serious diseases," said Thorson. "The North Dakota Department of Health encourages all adults to have their blood pressure screened as the disease can affect any age group including young adults." The American Heart Association defines normal blood pressure as less than 120/80 mm Hg.

Not all heart disease can be prevented due to uncontrollable risk factors such as age, ethnic background and family history of heart disease. However, simple lifestyle changes such as eating a diet low in fat and salt, maintaining a healthy weight, exercising regularly, quitting smoking and limiting alcohol use can reduce the risk of suffering from heart disease.

For more information, contact Shila Thorson at 701.328.4569 or smthorson@nd.gov.

Williston Is Still Open For Business

By Shawn Wenko
Executive Director
Williston Economic Development

Over the past several years, the city of Williston has had quite a story to tell. We became the fastest growing small city in the Nation. We tripled the size of our population. Tripled the size of our land mass and a single word called the "Bakken" propelled this community onto a global stage.

The past 15-months have been a different scenario as crude oil prices have plummeted to record lows. We are seeing layoffs. The restaurant sector we worked so hard to build is now seeing 30 percent reduction in business activity. Hotel occupancy hovers around the 30th percentile. Apartment vacancy rates are reaching upwards of 40 percent. Our days once spent in the Economic Development Office selling Williston to business investors as the fastest growing small city in America have been replaced with re-assuring the same investors that Williston still has a future of prosperity.

We have been here before. Based on our experience, if any community is prepared to handle this, it is Williston. We may be down; but we are definitely not out. Rome wasn't built in a day; and neither will the City of Williston. The State, City and private businesses have invested billions of dollars in roads, service

infrastructure, housing, water and industrial capacity.

We cannot base our success or failure of this community on what we have seen over the past 15 months. In fact, if you analyze statistics from Williston in 2007 compared to Williston in 2015, you would find the growth numbers to be quite impressive. Building permit valuations have increased from \$42 million in 2007 to \$182 million in 2015; 3rd quarter sales tax collections have gone from \$118 million in 2007 compared to \$528 million in 2015; 1,334 businesses and 25,000 jobs have been created since 2007; school enrollment has climbed 64 percent; our unemployment rate hovers around 2.3 percent and there are still quality jobs available.

Along the way, we have built an impressive infrastructure that has caught the attention of globally diversified industries. We have built a premier public recreation facility, a new high school will open this fall and Williston State College has revitalized its campus plus it offers free tuition to high school graduates from five northwestern North Dakota counties.

Do I believe 2016 is going to be a quiet year? Yes. However, the oil and gas industry, as it has always done in the past, is going to recover from this. We are at a crossroads in developing the future of the City of Williston. We can choose to dwell in the now or we can plan for the future. I for one will choose the latter.

Thank you all for your patience and support. It is up to us to persevere during this time of challenge.

Williston is still open for business!

The 35th Annual Quilt Show Is Now On Display At The MonDak Heritage Center

Submitted by The MonDak Heritage Center

New this year is the addition of needle-work. Stop in to view the show Tuesday through Thursday from 10 a.m to 4 p.m, and Saturdays, 1-4pm. The show is open now through March 12. On March 12 from 1-4 p.m, we will have an open house to showcase the beautiful works of art.

Special thank you to Luanne Williams and Bill Forrester who helped to hang the quilts and needle work!

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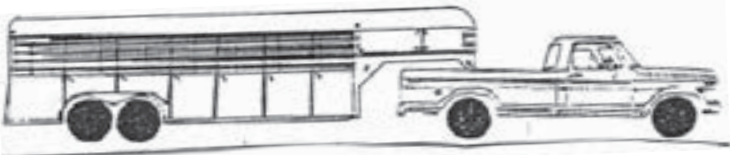
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We Salute The Richland Rangers

Termites



Names not available.

All photos courtesy of Picture Perfect.

Mites



Front (L-R) Mark Berg, Asle Everett, Makenna Haralson, Carter Heggum, Jarrett Averett, Bridger Ligon, Miguel Trevino. Back (L-R) Kalen Price, Morgan Kidnopp, Landry Larson, Garrett Youngquist, Aaron Filler, Brady Collins, Parker Verhaselt, Jori Horsburgh, Aram Garcia. Coaches not pictured: Justin Collins, Tim Averett, Larry Herman.

Girls 19U



Front (L-R) Jenna Baxter Lexi Berube. Middle Row (L-R) Ashlyn Kessel, MacKenzy Bjork, Cortney Hecker, Breanna Frank, Jordan Baxter, Brooke Franklin, Jordan Tyler. Back (L-R) Rian Cobb, Aubrey Kessel, Danielle Steinley, Chelsea Metcalf, Micala Morehouse, Bryana Christianson.

Girls 12U



Front Row: Kassidy Olson, Scout Hofer, Samara Hofer. Middle (L-R) Claire Frank, Rowan Ellingson, Whitney Van Hook, Tana Kostelecky, Jocelyn Daniels, Taylor Stewart. Back Row: Rebecca Aldrich, Jaylene Baxter, Hadley Garsjo.

Squirts



Back (L-R) Mason Kindopp, Seth Donner, Justin Filler, Elijah Brown, Corben Holler, Cooper McNally, Hayden Conn, Garrett Larson, Jonathan King. Middle row (L-R) Gunnar Kostelecky, Drew, Ellingson, Brock Schlothauer, Blake Johnson, Will Sparks, Keaton Kostelecky, Logan Schumacker, Kale Witt. Front row Jed Calvin. Coaches: Mike Fink and Jason McNally.

Jr. Gold

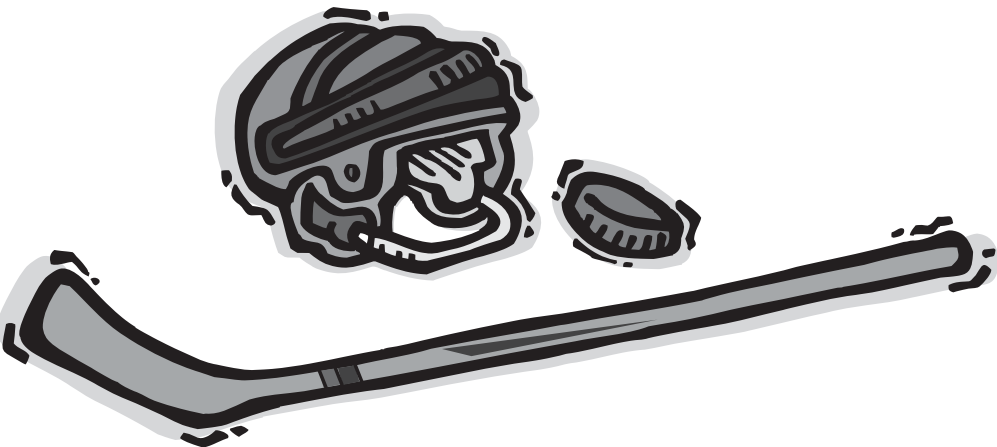


Front (L-R) Ethan Petrik, Preston Wilhem, Cayden Hecker, Chase Metcalf, Trent Schilling, Lane Wold, Kyler Garsjo, Peyton Tofte, Ian Aldrich. Back (L-R) Skyler Petrik, Matt Folstad, Conner Fink, Kyle Mueller, James Haraldson, Kade Houtari, Bill Steinley, Jade Erickson, Dylan Johnson, Chase Morehouse.

PeeWee



Front Austen Taylor. Middle (L-R) Grady Larsen, Shay Erickson, Wes Van Hook, Landon Schumacker, Tate Hazen, Graylin Martin. Back(L-R) Parker Mindt, Casey Rehbein, Jaxson Franklin, Trevin Trudell, Logan Boyer, Braden Kindopp, Shandyn Gurney. Coaches not pictured: Justin Boyer and Dawn Rehbein.



Bantam



Front Julian Imhoff. Middle (L-R) Bryce Wold, Braden Kindopp, Tate Weiferich. Back (L-R) Kaleb Jimison, Parker Tofte, Nicolas Trevino. Coaches: Avery Aamoth and Mitch Olson.

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1:30PM.....CIRCLE VS SCOBEY
6PM.....S-W-H VS MONDAK
7:30PM.....LUSTRE VS FROID/LAKE



Back (L-R): Mead Blake, Mitchell Shaide, Ben Hardy, Tanner Reynods, Josh Hurley. **Middle (L-R):** Austin Calvert, Alex Schriver, Taryn Candee, Pat Hardy, Cody Asbeck, Jon Lebsock, & Rex Reynolds. **Front (L-R):** Carson Cayko, Gerit Johnson. **Not Pictured:** Dalton Watson.



Back Row (L-R): Ethan Hendrickson, Adam Buxbaum, Chris Azure, Austin Pederson, Noah Nickoloff. **Middle Row (L-R):** Eric Hendrickson, Brayden Olson, Joey Bawden, Logan Nickoloff. **Front Row (L-R):** Shay Bridges & Lance Bengochea.



Back (L-R): Coach Triplett, Sean Williams, Ian Fatzinger, Kelvin Hill, John Helmuth, Casey Watson, Coach Barnhart. **Middle (L-R):** Manager Quinn Ligon, Brock Frisbie, Timothy Wright, Brock Miller, Tyler Brown, Manager Hunter Watson. **Front (L-R):** Blake Lien, Tyler Thiessen, Seth Prevost, Gabe Bonsioroski.



Back (L-R): Manager Sydney Dethman, Coach Lance Brekke, Anistyn Young, Ryah Young, Mackenzie Dethman, Haley Labatte, Abbie Deubner, Asst. Coach Paul Deubner. **Front Row (L-R):** Tawnee Robertson, Momori Nakamura, Paige Robertson, Morgan Mason, Sydney Labatte, Natalya Opsahl, Olivia Opsahl.



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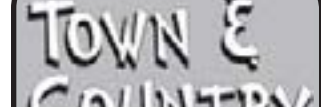
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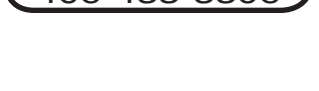


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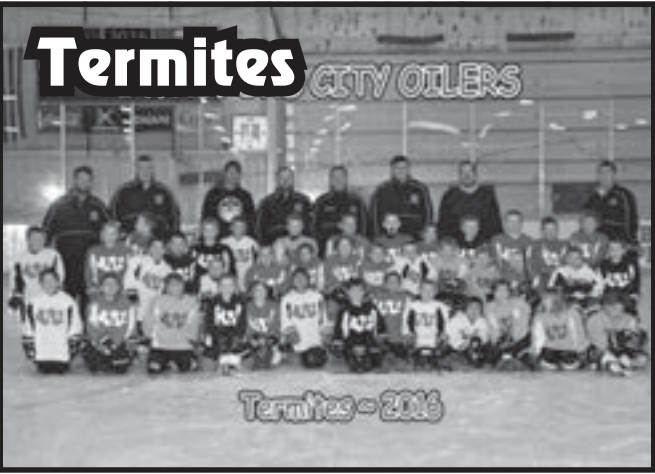


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We Salute The Watford City Oilers



Termites

Front: Ashlyn Mayden, Trytin Helfrich Quinton Kirchoff, Sharidan Proffitt, Emry Wold, Parker Kirchoff, Jett Taylor Scott Zendejas, Easton Ralph, Shawn Sax, Lenora Arnold, Anna Harris, Trip Lorenz

Middle: Connor Hawkins, Jessa Nelson, Colton Maxwell, Peyton Tschetter, Chasen Samuelson, Breylen Pruitt, Angela Kobeski, Mckinley Kelly, Degan Leidtke, Jager Shattuck, Paxton Schaff, Christian Norbeck, Sierra Blegen, Eldon Beard, Easton Samuelson

Back: Gave Thorgramson, Jack Sanford Mason Hopwood, Kaleb Pickering, Elijah Sweval, Kyle Swimley, Karissa Elliot, Brody Smith, Cody Sanford, Cooper George, Gunner Tamez



Jr. Gold A

Front: Jackson Voll, Cody Kirkland, Rait Elliot, Eric Hellandsaas, Kallen Ladue Bruington, Derrike Hayden, Tyler Uhlich, Brett Skarda

Back: Coach Wyatt Voll, daniel Tatum, Justice Berdahl, Colton Macdonnell, Castenada, Lane Kinden, Sean Larsen, Ferari, Cooper Berquist, Bridger Morken, Leiseth, Austin Johnson, Coach Dave Hansen



Bantams

Front: Rylee Kirkland, Fox Dodds, Evan Tepsa, Jaden Quale, Preston Larsen, Jackson Dodds, Kyle Carlson

Back: Coach Chad Brown Dylan Thomas, Shelby Parramore, Kris Higgins, Darrien Dunn, Tayson Grotte, Travis Tepsa, Blake Zimmerman, Coach Chaz Mosby

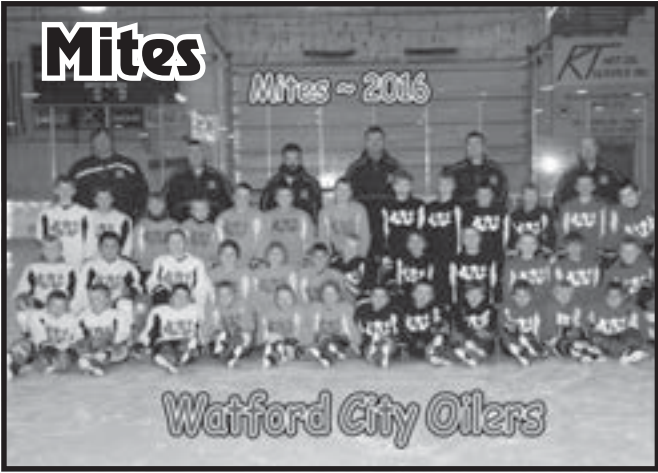


Girls 10U

Front: Jayden Cunningham, Lyrik Olson, Hannah Mayes, Cashe Proffitt, Alyssa Mayden, Amara Fink, Meghan Sandry

Back: Ariana Elliot, Emma Tomlinson, Lanie Hall, Emma Carlson, Mya Sandry, Louise Haugan

Coaches: Jackson Voll, Brian Hall, Brady Lieseth



Mites

Front: Brody Carns, Sebastian Sweingenson, Cameron Maxwell, Kade Williams, Eastyn Wold, Lyrick Olson, Bradyn Strom, Nolan Kimball, Pryce Proffit, Mason Wollan, Rylan Westerfield, Zion Campbell

Middle: Corbin Sites, Isiah Castenada, Hunter Erwin, Epharin Arnold, Zeek Meuchal, Kaidan Culbertson, Kade Ziemendorf, Blake Norbeck Elijah Katt, Levi Christianson, Caleb Mason, Kollin Klang

Back: Jacob Colby, Andrew Buford, Devan Danials, Dakota Erickson, Brendan Hauser, Koltin Williams, Aiden Pelton, Zach Tomlinson, Taylor Katt, Mayson Strom, Gavin Wirtz, Nathan Reber, Cash Berdahl



PeeWee

Zarret Ryckman, Caleb Nelson, evan Tepsa, Kairan Olson, Dakota Wollan, Kyle Carlson

Back: Coach Joey Olson, Billy Elliot, Cooper Johnson, Bradley Hernandez, Matt Roles, Shannon Miles, Alex Lundby, Coach Billy Carlson



Girls 19U

Front: Jeanine Miller, Jordan Bushard

Middle: Gracie Hall Abby Mccauley, Bridget Alex, Teddi Dwyer, Tot Miller

Back: Ashleigh Voll, Sheridan Johnson, Kat Lundberg, Katie Henson, Quinn Voll, Tiana Dwyer, Shawnte Haugan



Girls 14U

Front: Wyonna Yarlott, Rayna Blegen, Raven Reeves, Jeanine Miller, Dede, Haley Carlson, Lanie Hall

Back: Coach Brian Hall, Lily Olson, Gracie Hall, Ashleigh Voll, Sheridan Johnson, Katie Henson, Elise Dodds, Quinn Voll, Tianna Dwyer



Squirts

Rodney Thornburg, Carson Voll, John Blegen, Zaden Ryckman, Gavin Mccauley

Back: Addison Quitt, Tyler Lieseth, Jack Yarlott, Bryson Hernandez, Calvin Haugen, Gideon Campbell, david Campbell, Dave Hansen, Alex Hansen, Justin Voll

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A Mother’s Son

Submitted by Teresa Asbeck Chatterton

I am not sure how to start. Do I start at the end or the beginning? I thought that I would start at the end then go back to what I believe is the beginning.

My son Ryan James Chatterton committed suicide on November 25th 2015. He shocked his family and friends because none of us saw this coming. He left us all wondering WHY? I am going to piece together his story as best as I can through my eyes and the eyes of many of his friends and family.

I am thinking back and I believe that 1 ½ years ago is when I had first caught Ryan doing pot. He swore to me that he had only been doing it recreationally and that there was nothing to worry about because he wasn't addicted to it and "geez mom people cannot get addicted to pot". I was extremely worried about him because his father was an addict and had died at the young age of 53. I have always worried about my boys because I do believe that addiction is somewhat hereditary. I have always told them they had to be extra careful because that was not the life I wanted for them and I knew their father would never want them to live the life that he had.

A few weeks had passed and I caught Ryan with pot again. I had flushed his pot that he bought down the toilet a few times, boy did that make him mad. I started purchasing the over the counter drug test and started testing him once a week until he tested negative. I did not let him go to a few of the

wrestling tournaments until he was clean. It was in January of 2015 that he tested clean. He was very moody and angry in the time it took him to get clean. It had gotten to the point that all we did was argue about his drug use.

In the month and a half that it took him to get clean I had been in very close contact with his coach. We had a meeting with Ryan about the dangers of doing drugs. I knew that he really looked up to his coach so I thought that maybe he could get through to him. He told us all that day that he was going to quit doing drugs but he didn't.

One day I dropped Riley off for his semester test at school and thought I would go snoop in Ryan's truck to see if I could find any evidence of him still smoking pot. I pulled into the school parking lot and as I was driving down the one side of the parking lot I saw someone come out of the wrestling room door and proceed to get into Ryan's truck. I pulled to the end of the cars and parked. I watched for a bit but could not tell who it was or what they were doing because I was too far away. I think he spotted me and got out and went back into the school. I went to Ryan's truck. As I was walking to it the kid peeked back out the door and then went back in right away because he saw me. When I opened the door his truck reeked horribly of pot. I took the keys and locked his truck and proceeded to the principal's office. I talked to both the principal and vice principal that day. We went to the computer room to pull video footage up on the cameras to see who the kid was. I knew he had a black jacket and black hat on. I also knew the kid who had come out of the door right after the unidentified kid had entered. Well

first we tried to pull up the archived stuff for the outside cameras but they couldn't and had not been able to for a while from what I was told that day. Then they used the inside camera for that hallway and figured out which kid it was. I had never heard of him and didn't know who he was. I took them to the truck and unlocked it so that they could smell it, they were like someone definitely just smoked pot in here. We looked around for any evidence of the pot or paraphernalia but could not find any. We went back in the school and they tried to find the kid but he was nowhere to be found. They asked if I would come back the next day and have a meeting with them and the kid, I agreed. I told Ryan that I was going to have a meeting with them and he just laughed said I shouldn't even bother going because they couldn't do anything to the kid anyway. I was like whatever I am going and I am sure he will be in a lot of trouble. Well I couldn't believe it but Ryan was right. The suspected individual denied smoking pot in Ryan's truck, he said he was getting his charging cord and they believed him. Apparently their hands are tied when it comes to drugs, if they do not find the drug or paraphernalia they cannot do anything. I was appalled I just could not believe what I was hearing. They wanted to know why I was looking in Ryan's truck and I told them because he was smoking pot and I was snooping to see if there was any evidence of him still using. I told them that I had even been drug testing Ryan and the principal told me it was all "hearsay" coming from his own mother. First of all why would I lie about my son doing drugs? I was trying to get him help! It is really hard to tell your kid no to drugs

when they know they can go to school stoned and still be able to play sports even if they are on drugs and all of the kids know it. So why would they think anything is wrong with drugs if no one at the school seems to care?

My next step was to contact the school board because I just couldn't believe that nothing happened to that kid. At this point I was not just worried about my son but all of the children in this community. I have talked to several kids in this community and I will tell you right now you would be in shock if you knew everything that I did. There is a serious problem with drugs in that school. I talked to one school board member, he had me talk to another. They did not want me to go to a school board meeting they wanted me to contact the police and tell them everything that I had told them. I felt like they did not want to do anything about it. I told them I thought they were just pawning me off on the police, of course, I was told that was not the case. They said that they would start a committee regarding the drugs in the high school and they would call me to be on it, I have still not received that phone call. What truly is the drug policy in our school system and is it being enforced?

Ryan decided that it would be better to go live with one of his friends because all I ever did was talk about drugs and he was sick of it. At this point I already thought that Ryan was addicted and needed treatment. I agreed to let his friends try to help him. About a week after he moved out I went to the house he was living at to test him. He did not want to be tested and tried to get his friend's younger brother to pee for him. I then stood in the bathroom

until he peed and of course it was positive. At that moment my heart just sank, I knew he could not quit because he was addicted. Against my better judgement, I let him stay with his friend because state wrestling was just around the corner. After I had tested him at his friend's house he pretty much disowned me. I truly felt like my back was against the wall because nobody else was holding Ryan accountable for anything he was doing except me, making me the bad guy. When I went to the tournaments he would just ignore me because he was mad at me. I still went and videoed all of his matches which he would watch over and over again. I am sure that is how he fine-tuned his wrestling technique.

The wrestling season was coming to an end. It was time for state and Sidney had a great looking team. It had always been Ryan's dream to win a state title. Well this was his year. As his championship match started my stomach was in knots because I knew how very bad he had always wanted to be a state champ. I was prepared for the match to go to the final seconds. It was just crazy. He pinned the other wrestler in the first period with his signature move the "Chattystack". It was absolutely amazing to see how happy he was. I swear that smile of his lit up the entire stadium. I was so proud of him. I loved to watch him wrestle, you see he just kind of had his own funk about him he wasn't your typical wrestler and it was truly amazing to watch him wrestle.

He continued to stay with his friend until May 2015 when they found out he was doing drugs and told him he had to leave. He came to me to come home but he still did

not see that he had a problem. I told him he had to follow the rules and no drugs. I told him that if I caught him again that he would either have to go to treatment or move out. It was about a week and I caught him. He still believed that he did not need treatment at this time. I had to call a police officer and make him leave. That was one of the hardest things I have ever had to do. I wanted him to know that I was not going to put up with it. Tough love right?

He then ended up moving in with another friend, I think he ended up getting kicked out of that house in August of 2015. He then moved in with yet another friend but ended up having to leave due to landlord issues. I think he stayed at a hotel for a while, he also lived out of his truck for a little while.

He contacted me towards the end of October 2015 and said that he missed us and wanted to come home. He came and talked to me for 4 hours. It was so nice, I got one of his awesome hugs and he told me that he wanted to get clean. So I agreed to let him come home. Oh how I had missed him while he was gone. He had been gone for the past 9 months and I thought he had finally figured out that the pot was bad for him and that it had been basically ruining his life for the past 9 months.

In the last month of his life while he was home for the most part he seemed happy. He was so excited for wrestling to start. He was ranked nationally this year. I knew that he was still doing drugs and told him you know I am going to test you in a month and you should be clean. I told him if he really wanted to succeed at quitting he needed to stay away from the people that he did it with but



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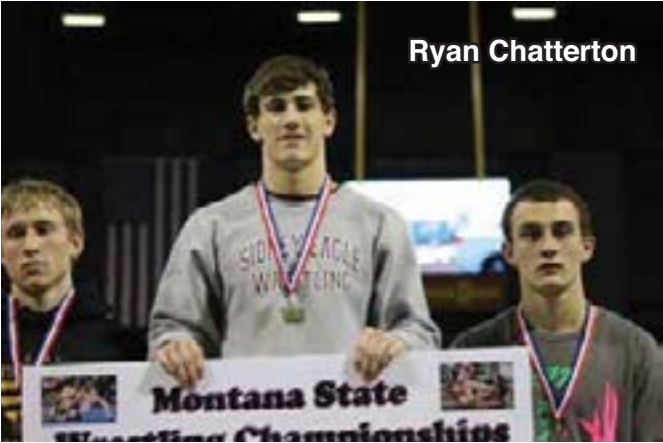
he always said it was his choice. I had even asked him if he thought that he needed anti-depressants and he was like no I'm fine. I told him that it was ok to take them because I took them and that they do help if you are depressed but he still denied needing them.

On the 16th of November he wrecked his truck on his way home at about 5:30 pm. He called me and told me he went in the ditch I asked him what happened and he said he was distracted. By the time that I got to him he said that a couple of does had ran out in the road and he had swerved to miss them. The weird thing was there were no skid marks or evidence of braking. I knew just by looking at him that he was stoned but of course when I asked him if he was he denied it. I asked him if there was any pot in his truck and if there was he should probably get it and put it in mine but he also denied that. While we waited in my truck for the cop to get there I asked him if he thought God was trying to tell him something. He was like "what do you mean?" I told him "I know that you are stoned even though you will not admit it to me, but do you think maybe he is trying to tell you to wake up before it is too late?" I was like "you just wrecked your pride and joy because you are addicted to pot!" He could never admit when he was doing it but I always knew just by looking at him. He did not want anyone to know that he had wrecked his truck, he kept it on the down low. I know he was very ashamed of himself after he wrecked his truck.

He had been going to wrestling practice and had all passing grades in school which wasn't the norm with him. On Monday the 23rd he came home stoned and he did not want at look at me. He was so messed up I asked him are you seriously stoned right now and he actually admitted it. I asked him if he was going to go to treatment or find a new place to live. He went down to his room. I went down there later and argued with him trying to get him to see that he needed help but I still couldn't get him to admit it. Late that night he sent me a text that I read Tuesday morning that said. "Hey could you do me one last favor and call the school and tell them I am sick and I will be gone when you get home." I figured that he found another place to live and was moving out. I tried to get him to go to school that morning but he wouldn't go. I left and went to a doctor appointment and wasn't gone for very long and when I got home he was surprised to see me. He was like "aren't you working today?" I told him no. So he pretty much hung out in his room all day except to come up and eat.

On the morning of the 25th everyone was gone from the house and I was the last to leave. Ryan was still sleeping when I left. I was going into town to get groceries. While I was in Shopko I received a phone call from a friend of his that was worried about him. He had sent him a snapchat and told him that he loved him. Instead of finishing my shopping I decided to go home and check on him. On my way home Riley called me, Ryan had texted him that he loved him. I told Riley I was worried about Ryan and about the phone call I had already received. Riley was then headed home too. I then got a text from Ryan he said "I love you" I said it right back and his next text said "Don't forget that." I said "why would I?" But he never texted back. I prayed all the way home. When I got home I ran through the house calling out his name but no answer. I ran downstairs he wasn't in his room. Where was he? I ran back upstairs and saw a file on the TV stand, I opened it and saw Ryan's letter to his brother. My heart sank I ran to the door to the deck and opened it went out and could not believe what I saw.

There he sat in a patio chair with his senior hoody and sweat-pants, socks on the outside of his sweats, a pair of brand new gray Nike shoes, his Bengal's comforter wrapped around him, his class



ring on, his wrestling pillow, in his pocket he had his father's ashes, his driver's license and another little boys obituary. That little boy meant the world to Ryan, he loved him so much. Ryan had a very difficult time when this precious little boy passed away.

I am certain he had just done it moments before I got there, I could still smell the gun powder. I told him repeatedly that I loved him I held him all the while my heart was breaking. I had called 911 and they wanted me to stay on the line but I was home by myself. I kept telling them I have to go I need to call someone, I finally hung up on them. I called my boyfriend he couldn't believe what I was telling him. I looked up and saw my other son coming down the drive and all I could think was find something to cover Ryan with I did not want his brother to see him like that. I found a blanket and got him covered before Riley got there thank God. When he came around the corner of the deck I told him don't come any closer. I went to Riley and gave him a hug and told him that Ryan was gone. It was absolutely the worst feeling ever. Thank God he had a couple of his friends with him they stayed with Riley. I just did not want to leave Ryan's side even though I knew he was gone I needed to be by him. Then the cops got here and they made me leave.

I went into my house and grabbed his folder with his suicide notes in them and sat on the couch with them. I started to read them one by one still in total disbelief of what had just happened. I never thought that he was going to do anything like this, I never picked up on any sign that he was that unhappy or that he was contemplating suicide. What did I miss? Why didn't I know? Why couldn't he reach out to me or anyone else for help? What was so bad that he thought suicide was the only way out? What did I do wrong as a parent? Why did God take him from me?

He glued a fortune from a fortune cookie to the front of the folder that said "Sorrow of parting will bring happiness of reunification". In his letter to his brother he said that he didn't know what was wrong with him and that he didn't feel loved by anyone even though he knew Riley and I loved him. In the letter that he wrote to me he told me it was his final goodbye and that he had been contemplating suicide for a year and a half. He said he never felt more useless to so many people, he thought that he was a terrible human being and that the world didn't need people like him in it. He said that all he was doing when he smoked weed was trying to get away from everything in life. He also questioned my love for him because he didn't think that I loved him unconditionally.

In the letter that he wrote to everyone he said that he was sure that quite a few of you would be saying "wow he was such a good looking kid and a champ wrestler, he had it all going for him so why did he do it?" The person that we all saw, the happy ole chatty on the outside was not how he felt on the inside. He had been tearing himself apart. He just thought that he was a terrible person. He said that he would take a lot of things back if he could but even then he thought he would still be writing his suicide letter. He said that he didn't want any of his family or friends to

feel at fault because he had done this to himself. He gave a special shout out to several of his friends and families. He apologized to all of his friends for leaving on such short notice and that he was just broke as a person and hoped that everyone would be able to understand. He also gave a shout out to his coach and apologized for ditching him his senior year and he was sorry for ditching the team. He said that he just couldn't continue to live this life anymore. He said that he was sorry to every last one of you for his terrible decision. He wrote his name and 18 years young and never forget.

He also put April 7th 1997-November 24 2015. So he really planned on doing it the day before he did.

I think that I will call this portion the aftermath. Ryan was very particular about his phones and always had pass codes on them at all times. He never wanted anyone looking in his phone, he always said that it was his business. What is really crazy about all of this is he took the time to take the pass codes off of both of his phones he had been using. One of the phones was from when he did not live with me and the other he started using after he moved back home. After going through the phones and finding all of the things that were in there that he never took the time to delete, it was obvious to me at that point that he finally wanted me to know the truth or at least a portion of it. It was absolutely mind blowing the things that my family and I saw on his phones.

Well I can tell you that I had a lot of emotions running through my body. They were so many that I was trying to deal with all at the same time. I was pissed off, very angry, started putting blame where it didn't belong, shocked at finally finding out some things were true that I had always believed were but that several individuals had lied about, the pictures, the videos, finding out how little I really knew about my precious son. And the kicker of them all still trying to deal with the death of my son!!

What am I supposed to do now? Why would Ryan unlock his phones for me? Why did he want me to see what was on the phones? What am I supposed to do with all of the information that I found on his phones? Did he just finally want me to know the truth about what he had been doing? Was he trying to show me what possibly led him to his decision to commit suicide? Or could it be that he wants me to tell his story because he couldn't (because he was too proud and too ashamed to admit any of his weaknesses)?

I have talked to several of the children in this community since the death of my son. Just trying

Continued on page 13A.



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'04 Cadillac.....	Deville, 4-Door, Maroon	\$5,500
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'95 Chevy	1/2 Ton, Reg. Cab w/Snowplow	\$6,500
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'89 Dodge.....	Dakota Reg. Cab, Maroon/Silver	\$1,500
'02 Dodge.....	Dakota, 4x4, Crew Cab, Silver	\$7,500
'03 Dodge.....	Stratus, 2 Door, Burgundy	\$4,500
'12 Dodge.....	Grand Caravan, 56K	\$18,000
'93 Ford	1/2 Ton, 4x4, Ext. Cab, Red	\$3,500
'95 Ford	1/2 Ton, 4x4, Ext. Cab, Blue/Silver	\$3,000
'96 Ford	1/2 Ton, 4x4, Crew Cab, Red	\$5,500
'97 Ford	1/2 Ton, 4x4, Super Cab, White	\$6,700
'98 Ford	Expedition, 4x4, Black	\$3,000
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'01 Ford	1/2 Ton, 4x4, Crew Cab, Blue	\$6,000
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'04 Jeep.....	Grand Cherokee, 4x4, Black	\$8,000
'07 Pontiac	Grand Prix 4-Door, Black	\$6,000
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Local Partnerships Prevail For Boys & Girls Club Of Richland County



Ron Utgaard, Reynolds Market store manager, left, and Fred Lake of Blue Rock Products present a check of \$3,530.80 to the Boys & Girls Club of Richland County. The donation comes from the sale of Pepsi products at Reynolds Market and is an ongoing fundraiser partnership with Blue Rock for the club

Submitted by Michelle Seadeek

Since 2010 a strong partnership between Reynolds Market and Blue Rock Products has helped support activities at the Boys & Girls Club of Richland County (BGCRC). Ron Utgaard, store manager, has taken this idea of community, which is prevalent at Reynolds, and along with Fred Lake of Blue Rock, developed the 12pk Pepsi match. A portion of each 12 pack Pepsi sale is donated by Blue Rock to Boys & Girls Club of Richland County and Reynolds Market matches that donation. These two companies, through this partnership, have donated over \$23,000 to BGCRC youth programs since the partnership began.

"Could you imagine how much more could be raised for the Boys & Girls programs if other businesses got on board with something like this," Utgaard said.

Michele Seadeek, development director of the club says, "Understanding the immediate needs of our community and working together to help find a way to fulfill that need is what local businesses continue to do for the Boys & Girls Club of Richland County. Our club currently supports over 190 members and with a rapidly growing teen program, partnerships like this one are more valuable to each child we can help."

MNAXLP

Lunch Menus

Sidney School

Thurs., Feb. 25: No school.

Fri., Feb. 26: No school.

Mon., Feb. 29: Corn dog, oven wedges, pears.

Tues., Mar. 1: Spaghetti, tossed salad, garlic toast, fruit fluff.

Wed., Mar. 2: Chicken nuggets, potatoes & gravy, mandarin oranges, dinner roll.

Savage School

Thurs., Feb. 25: Super nachos.

Fri., Feb. 26: Hamburgers.

Mon., Feb. 29: Sloppy joes.

Rau School

Thurs., Feb. 25: No school.

Fri., Feb. 26: No school.

Mon., Feb. 29: Ham & potato casserole, carrots, peaches, milk.

Froid School

Thurs., Feb. 25: Pigs in a blanket, potato wedges, green beans, apple slices, salad bar, milk.

Fri., Feb. 26: Grilled cheese sandwiches, tomato soup, salad bar, fruit, milk.

Mon., Feb. 29: French dip sandwiches, peas & carrots, salad bar, fruit, milk.

Tues., Mar. 1: Chicken fajitas, refried beans, tossed salad, taco bar, fruit, milk.

Wed., Mar. 2: Stromboli, carrots, dessert, fruit, salad bar, milk.

Bainville School

Thurs., Feb. 25: Fish, french fries, bean medley, mandarin oranges.

Fri., Feb. 26: No school.

Mon., Feb. 29: Sweet and sour meatballs, egg roll, stir fry veggies, pineapple.

Tues., Mar. 1: Tortellini, mixed veggies, garlic bread, strawberry fluff.

Wed., Mar. 2: Meatloaf, baby bakers, broccoli normandy, peaches.

Culbertson School

Thurs., Feb. 25: Baked potatoes w/bacon & cheese, tater tots, corn, fruit, milk.

Fri., Feb. 26: No school.

Mon., Feb. 29: Ham & cheese sliders, raw veggies, fruit, milk.

Tues., Mar. 1: Tater tot casserole, fruit, milk.

Wed., Mar. 2: Egg rolls, sticky rice, broccoli, fruit, milk.

Richey School

Thurs., Feb. 25: Meat balls, mashed potatoes w/gravy, green beans, mandarin oranges, milk.

Fri., Feb. 26: Taco salad, peaches, chocolate chip cookie, milk.

Mon., Feb. 29: Chicken burger, fries, peas, peaches, milk.

Lambert School

Thurs., Feb. 25: Scalloped potatoes & ham, corn, buns, cake, milk.

Fri., Feb. 26: Hamburger gravy, corn, buns, peaches, milk.

Mon., Feb. 29: Slushburgers, green beans, fruit, milk.

Fairview School

Thurs., Feb. 25: Chicken noodle soup & sandwiches, cupcakes, fresh fruit, peas, milk.

Fri., Feb. 26: No school.

Mon., Feb. 29: Popcorn chicken over mashed potatoes, corn, bun, apples, milk.

Watford City School

Thurs., Feb. 25: Chili, cinnamon roll, fresh veggies.

Fri., Feb. 26: Quesadilla pizza and corn.

Mon., Feb. 29: Cheeseburger and french fries.

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MNAXLP

Sidney Wrestling Club Competes in Choteau & Butte

Submitted by Lisa Gordor

The Sidney Wrestling Club had a big weekend. Sidney Middle School Coach and Montana Wrestling Committee Chairman, Shane Gordor, coordinated and took two teams, Sidney Eagle Force, and Team

Delta Force (an Eastern Montana Team with Sidney, Poplar, Circle, Glendive, Terry and Miles City wrestlers) to Great Falls Friday night for a dual versus the Great Falls Middle School. Sidney's Eagle Force Team was victorious with a

60-48 win. Team Delta Force matched up in a mix and match in Great Falls and the team was successful overall.

The teams then traveled on to Choteau, Montana for Saturday's dual team action. Scores for Sidney's Ea-

gle Force: Sidney over Castle Rock 56-39; Sidney over Browning 89-18; Sidney over Shelby 99-18; in the semi-final dual Sidney fell to Sudden Victory 39-63 which put the in for 3rd and 4th versus Team Delta Force. Sidney's Eagle Force won the dual against Delta Force 66-34 to finish 3rd at the Choteau Duals. Delta Force team scores: Delta over Havre 52-47; Delta over Valier 70-34; Delta over Choteau 83-21; in the semi-final Delta fell to Hel-

ena which put them up against Team Sidney. Delta Force finished 4th. Other coaches for the teams were Sidney's Ty Graves, Troy Jensen, Ryan Waters, Circle's Ty Taylor, and Miles City's Mike Etchemendy. The teams got back on the bus and headed for Butte, Montana and the Butte Cyclops tournament for wrestling action on Sunday. Individual results are as follows: Sidney Wrestlers 1st, Kade Graves, school boy 105; 1st,

Jett Jones, cadet 152; 2nd, Nathan Romo, novice 105; 2nd, Aden Graves, school boy 85; 2nd, Trey Schepens, school boy 190; 2nd, Keelan Geiser, cadet 182; 3rd, Zander Burnison, novice 120; 3rd, Chase Waters, novice 130; 3rd, Everett Jensen, junior 113; 4th, Riley Waters, school boy 120; 4th, Brodey Skogen, school boy 144; 6th, Zander Dean, novice 80.

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Jaret Aisenbrey pins his Browning opponent at the Choteau Duals. The Sidney Eagle Force team placed 3rd at the tournament. (Photos by Kari Jones)



Jordan Darby looks for the fall against the Delta Force wrestling team at the Choteau Duals.

Sidney Basketball Action



Cade Strasheim goes up for a basket in Glendive last Saturday night. The Eagles ended their regular season in Glendive with this game. The Eagles lost to the Red Devils 40-25.



Lexi Haggerty lays the ball in for two. The lady Eagles lost to Glendive on Friday with a score of 47-43. They ended their season that night also. Photos by Kathy Johnson.



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