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Wednesday, December 9, 2015

Volume 41 • Number 43

## Comfort Kits Will Help Children Cope in Emergency Department at RMC

By Jaimee Green

When kids come to the emergency department at Roosevelt Medical Center, they are usually anxious and upset, either because they are sick, or someone they know is sick.

One local group is hoping to ease the often scary experience of a visit to the emergency department, by donating comfort kits to the ED to distribute to pediatric patients in need of some comfort and distraction. As a direct result, they are also helping put worried parents at ease, who are concerned about how their child is feeling, or handling the experience of an emergency medical situation.

Last week, the American Legion Auxiliary, Thomas Mann Post 81, donated half-a-dozen, hand-sewn, brightly colored bags filled with small toys, coloring books and crayons to be given to kids visiting the ED. "Our group was kicking around different ideas for community projects we would like to do and we really liked the idea of creating something that could bring the stress level of young patients down," said Julie Johnston, President of the ALA.

The comfort kits are not just bags of toys. The contents of each bag have a purpose.

"They help encourage coping behaviors, while distracting the child. They help promote relaxation, provide comfort and



enable the child to focus on something other than the reason for their emergency department visit," said Haley Henry, Legion Auxiliary Vice President and Business Office employee of RMC.

At times, a trip to the emergency department can mean an overnight stay in the hospital. "The kits can make it easier for staff to relate to the pediatric patients and keep their minds off of their illness. It's also nice for the staff to be able to give them something fun to help create a relationship of trust from the beginning," said Jessica Schmitz, Director of Nursing for RMC.

Since 2010, RMC has seen an average of 94 pediatric patients each year.

## Montana DMV Announces Appointment Only Service

Submitted by Liz Bangerter  
MVD Technical Writer

We are pleased to inform you that the Montana Department of Justice Motor Vehicle Division will be implementing appointment scheduling at all driver license offices by the end of the 2015.

The new scheduling system permits customers to better plan their day, as well as enables our staff to assist customers more efficiently and in a more relaxed environment. To best manage this process, appointments are required for all services except driver license renewals and driver license replacements; appointments are optional for these two services, but are highly recommended.

There are two options available for scheduling an appointment: Online at [doj.mt.gov/driving](http://doj.mt.gov/driving). The service is fast, easy to use, and mobile friendly. Available 24 hours a day, seven days a week.

By calling 1-866-450-8034 to schedule an appointment. Available 8:00 AM to 5:00 PM Monday through Friday.

Appointment scheduling information can be found on our website. The site lists the required documentation for each appointment type, fees and other useful information.

When customers make an online appointment they can choose to receive either a text or email confirmation, and they will also receive reminder notifications by the same method for their appointment. The confirmation also provides links to the MVD website so they can review what type of documents are required for their appointment. We want to make sure customers are aware and understand what information they need to bring so we may complete the service they need as timely as possible.

If you have any questions, please contact the Motor Vehicle Customer Care Center at (866) 450-8034.

## Christmas Coalition "Gifts from the Heart" Dec. 12

Submitted by Jakkie Waller

The Richland County Community Christmas Coalition is pleased to announce that the annual "Gifts from the Heart" gift distribution for the needy is scheduled for December 12, 2015. The event will once again be held at the Masonic Temple (on Main, across from the Courthouse) in Sidney. The hours for the distribution will be from 7 a.m. until 2 p.m. and recipients will be allowed to choose gifts for a child that resides full time in their home and is under the age of 18. Recipients must be residents of Richland County.

The Christmas Coalition also assists the Richland County Food Bank and the Fairview Food Bank in distributing food boxes. The goal is to provide every family with all the ingredients to make Christmas Dinner!

Now is the time to begin keeping an eye out for gifts for donation. Many good buys can be found and Christmas will be here before we know it. Toy donations can be dropped off at any Richland County Edward Jones offices. Hats & mittens can be donated at any Richland County financial institution. And monetary donations can be taken to Stockman Bank or by contacting Jakkie Waller for pick up.

If you or your group would like to assist in setting up, food sorting or be shopper assistants, please call Jakkie at 480-9117.

Please remember, we ask that children DO NOT accompany the parent or guardian during the shopping experience.

## Christensen is the First Female MEDA President in 107 Year History

By Meagan Dotson

Tami Christensen was voted president of the Montana Equipment Dealers Association (MEDA) on October 8, 2015, being the first female president in the 107 year history of the organization. "I'm honored to be the first woman president," Christensen commented.

MEDA is a group of equipment dealers from around the state that work to foster good relations between manufacturers, dealers, and consumers. The organization stays current on Ag related issues and is an active trade group on regulatory and legislative issues. Currently MEDA is lobbying Government for trucking regulations in regards to hauling equipment and creating options for equipment dealers when they are ready to sell their businesses and retire. MEDA, formerly known as the Montana Hardware and Implement Association, was once the largest association in the state. Farm implement, motor sports dealers, construction equipment dealers, and irrigation product businesses that are members of MEDA can enjoy benefits such as the freight discount program, educational seminars, and access organization lobbyist and Executive Director Brad Griffin.

Christensen began serving on the nine member board beginning in October of 2013. She was approached by MEDA after her father retired as a sixteen year board member, and Christensen chose to follow in his footsteps, becoming the first female board member. "I think that more women are becoming involved with agriculture and taking over family run equipment businesses," said Christensen, noting that there are currently two women on the MEDA board.

As equipment dealers across Montana merge, it has become more challenging to find a diverse range of board members, but MEDA continues to focus on the welfare of its members, a high standard of business practices, and the personal and professional advancement of dealer-members.

MEDA meets twice a year, once in Billings and once in Whitefish; for more information about MEDA and how to become a member, visit them online at [www.mtretail.com](http://www.mtretail.com).



Christensen became the first woman on the MEDA board in 2013.





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*Thank You*

We would like to say thank you and extend our gratitude for the heartfelt sympathy extended to our family during this difficult time, as we mourn the death of Harold Sorensen; husband, father, grandfather, and father-in-law. We would like to thank everyone for the phone calls, messages, food brought to the house, flowers, cards, those that attended the funeral, pall bearers and ushers. We would like to offer a special thank you to the ladies of the church for the wonderful luncheon they provided. Another special thank you to Pastor David Huskamp for his comforting words and also to the Fulkerson-Stevenson Funeral Home for their special care and concern.

— Margaret Sorensen

Friends & Family are Invited to a

**90<sup>th</sup> Birthday**

Celebration In Honor of

**Ethel Hawley**

Sunday, Dec. 20th • 2-4pm  
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**The Roundup**

**STATISTICS**

**LAKE WATER LEVEL REPORT**  
Sakakawea

Current Elevation.....	1840.6
Last Week's Elev. ....	1840.7
One Year Ago .....	1840.9
Release For Day (C.F.S.) .....	13000

**SIDNEY WEATHER DATA**  
Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Nov. 30 .....	30	4	0.00
Dec. 1 .....	36	7	0.00
Dec. 2 .....	43	11	0.00
Dec. 3 .....	45	21	0.00
Dec. 4 .....	44	19	0.00
Dec. 5 .....	50	24	0.00
Dec. 6 .....	46	21	0.00
Total YTD Precipitation .....			12.95

# OBITUARIES

## Frances E. Lyons, 84, Sidney, MT

Frances Lyons of Sidney, MT, passed away Tuesday, Dec. 1, 2015 at Sidney Health Center. Arrangements are pending through Fulkerson-Stevenson Funeral Home. Remembrances, condolences and pictures can be shared with the family at [www.fulkersons.com](http://www.fulkersons.com).

# Fort Union Trading Post Seeks Comments on Expanded Park Housing/Utilities Plan

**Submitted by Loren Yellow Bird Sr.**

Fort Union is soliciting comments on the Expanded Park Housing/Utilities Plan and Environmental Assessment (EA). The EA documents the results of this plan and the potential environmental impacts associated with the preferred alternative. The comment period runs through Jan. 11, 2016.

The purpose for the Expanded Housing/Utilities Plan is to address critical shortage of employee housing that meets current NPS housing standards; increase the housing capacity of the park to adequate number of bedrooms as identified by the Housing Needs Assessment; upgrade the existing wastewater treatment system as the sewer utilities are operating at or beyond design capacities; and ancillary infrastructure requirements, to provide utility connections to proposed housing units, and provide effluent connect to proposed drain field site.

“This plan analyzes two action alternatives” said park superintendent Andy Banta. “The proposed alternatives focus on the immediate need for housing park employees.”

For more information, and for an on-line copy of the EA, visit [http://parkplanning.nps.gov/fous\\_expanded\\_housing\\_plan](http://parkplanning.nps.gov/fous_expanded_housing_plan). Comments can be submitted via that website or they can be mailed to Superintendent; Fort Union Trading Post National Historic Site; 1550 ND Highway 1804; Williston, ND 58801. Printed copies of the EA are available for review at the park visitor center.

# Registration Now Open For MSU Crop And Pest Management School

**Submitted by MSU News Service**

Registration is now open for the Montana State University Department of Plant Sciences and Plant Pathology’s crop and pest management school. The workshop, which will be held Jan. 5-7 at MSU, will focus on forage and pulse crops.

The 2½-day workshop will feature three guest speakers. Earl Creech, assistant professor of agronomy at Utah State University, will present two lectures on forage crop management; Pierce Paul, associate professor of cereal pathology from Ohio State University, will present two lectures on disease epidemiology and management; and Kevin McPhee, professor of pulse crop breeding at North Dakota State University, will present a lecture on a pulse breeding program.

MSU Extension Specialist Emily Glunk has organized a day devoted to forage crops, a new addition to the topics covered by the crop and pest management school. There will also be a hands-on practical session featuring beneficial insect identification from samples collected from alfalfa crops during the 2015 growing season.

Additionally, MSU Bozeman faculty and the superintendent of the MSU Central Ag Research Center will present on topics including plant breeding, weed, disease, insect and nutrient management.

Registration costs \$195 and covers workshop supplies, morning and afternoon refreshments, parking and a pizza dinner at Colombo’s. Credits will be available for private and commercial/government pesticide applicator and crop consulting.

To register, visit the website: <https://www.montana.edu/pestmanagement/>.

For questions or additional information, contact [kwanner@montana.edu](mailto:kwanner@montana.edu).

# SHS BPA Holiday Goodie Trays Available

Business Professionals of America are offering Holiday Goodie Trays. These trays will include a large assortment of holiday cookies, candies, bars, etc. Delivery will be the week of Dec. 14. Payment is due upon delivery.

Orders may be mailed to:

BPA  
c/o Elaine Stedman  
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1012 4th Ave SE  
Sidney, MT, 59270

Orders may also be called in at 433-2330 or 480-5719 or emailed to Elaine Stedman at [estedman@sidney.k12.mt.us](mailto:estedman@sidney.k12.mt.us) \$30 for 12” tray or \$40 for a 16” tray.

**The Roundup**

**Do you have news or photos you would like in The Roundup?**

**Richland ..... Meagan Dotson**  
County 406-478-0517

**Roosevelt... Sheridan Martin**  
County 406-529-4031

**McKenzie..... Kathy Taylor**  
County 701-842-6188

**EVENTS**

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## RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

**Wed., Dec. 9**  
7 p.m. - Deck the Walls: Monogrammed initial string art class at the MonDak Heritage Center. Cost to attend is \$15.

**Thur., Dec. 10**  
2 p.m. - West Side first graders will be performing, Alphabet Christmas. West Side Gym.

**Fri., Dec. 11**  
11:30 a.m. - Richland Red Hatters Christmas lunch at the Meadowlark. RSVP by Dec. 9. Contact Sylvia at 406-798-3882 or Margaret at 406-488-4613.

**Sat., Dec. 12**  
7 a.m. - 2 p.m. - The Annual Gifts From the Heart will be held at the Masonic Temple located across from the Richland County Courthouse. Recipients will be able to choose gifts for a child that resides full time in their home and is under the age of 18. Must be a resident of Richland County. We ask that children do not accompany the parent or guardian during the shopping experience.

9:30 a.m. - Peoples Congregational Church will be having a bake sale with an auction at 10 a.m. Free refreshments will be served. Everyone is welcome. 405 10th Ave SW. For more information call 406-433-3707.

2 p.m. - 3:30 p.m. - Kid’s jewelry present-making class at the MonDak Heritage Center. Cost to attend is \$15.

**Mon., Dec 14**  
6:30 p.m. - 8 p.m. - Sons of Norway is sponsoring Scandinavian cooking classes. Enjoy some food and fellowship at 714 East Main.

**Tue., Dec. 15**  
12 p.m. - 4 p.m. - Walk-in Handprint ornament. Stop by the MonDak Heritage Center with your children and we will make a handprint ornament with them out of clay. We will fire the ornament and paint it to look like Santa. \$15 per ornament. No appointment necessary.

2 p.m. - West Side second graders will be performing, Flakes. West Side Gym.

7 p.m. - K-5 Christmas Program at Fairview School.

7 p.m. - Wine glass painting class at the MonDak Heritage Center. Cost to attend is \$15.

**Wed., Dec. 16**  
1 - 3 p.m. - Open House honoring Russ Fullmer. At the Eastern Ag Research Center, North of Sidney; in the green building on the East side Hwy 200N. Hosted by the Sidney Sugars Agriculture Dept.

7 p.m. - Wood burning class at the MonDak Heritage Center where you can create your very own snowflake ornament. Cost to attend is \$15.

**Thurs., Dec. 17**  
7 p.m. - Adult pottery painting class at the MonDak Heritage Center where you can create your own travel mug. Cost to attend is \$30.

7 p.m. - 6th - 12th grade Christmas Program at Fairview School.

**Fri., Dec. 18**  
9 a.m. - 12 p.m. - Senior Commodities will be distributed at the back door of the Nutter Bldg. 123 W. Main. Message phone is 406-433-4353.

**Sat., Dec. 19**  
2 p.m. - 3:30 p.m. - Kids pottery class at the MonDak Heritage Center where kids can make their own Winter Scene Trivet. Cost to attend is \$15.

## McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone.

**Sun., Dec. 13**  
7 p.m. - First Lutheran Church Choir Presents: The Heart of Christmas by Peter Choplin. The Heart of Christmas is the Christmas story in songs and narrations. Please join us as we celebrate the Christmas season.

## WILLIAMS COUNTY

**Wed., Dec. 9**  
7 p.m. - Jeremy Camp performing featuring Jamie Grace and a message from Nick Hall at New Hope Church. Admission ranges from \$12-\$45.

**Fri., Dec. 11**  
5 - 8 p.m. - Williston Economic Development would like to invite everyone to their Holiday Celebration at the Downtown Plaza. Everyone is invited.

**Sat., Dec. 12**  
1 p.m. - 5 p.m. - First Lutheran Church Annual Bake Sale at 916 East Main. Pie and coffee at 1 p.m. and at 2 p.m. the bake sale begins.

**Sun., Dec. 13**  
1:30 p.m. - 5 p.m. - Christmas at the Confluence at the Missouri-Yellowstone Confluence Interpretive Center. Music will be provided throughout by the Lisenbee Blue Grass Band, Christmas Tubas, Liberty School Bell Choir and Jm and Chery Lingefelter. Admission is free. This event includes refreshment as well as a make-and-take craft project. For more information contact Kerry Finsaas at 701-572-9034.

**Thurs., Dec. 17**  
7 p.m. - Fort Buford History Book Club at the Missouri-Yellowstone Confluence Interpretive Center. Free Refreshments. Please call in advance. 701-572-9034.

**Fri., Dec. 18**  
9 a.m. - 4 p.m. - Confluence Quilters monthly meeting at the Confluence Center. All experience levels invited and instruction provided. Bring your own lunch and unfinished projects. 701-572-9034.

**Sat., Dec. 19**  
9 a.m. - 4 p.m. - Confluence Quilters monthly meeting at the Confluence Center. Bring your own lunch and unfinished projects. 701-572-9034.







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## Artist Elene Weege Joins Blue Buffalo Exhibit at the MonDak Heritage Center



Elene Weege moved to Stevensville, MT from Wisconsin in 1998, after retiring from a medical business profession to pursue a career as a full time artist. Weege spent five years studying art at two campuses of the University of Wisconsin as a returning student and focused on oil painting and photography. She has exhibited at the Blue Buffalo Art Show and Sale, Cody, WY, Western Heritage Annual Art Shows, Great Falls, The Montana Professional Artists Association Annual Shows, Hamilton, and the Pastel Society of the Northern Rockies, plus many other juried and invitational art shows.

Recent exhibits include the Paint the Parks Mini Competition where two paintings depicting America's Nation Parks were juried and were in a yearlong traveling exhibit, the Missoula Art Museum Auction and Fund Raiser, The Yellowstone Art Museum Auction, and the Waterworks Art Museum, Miles City where she received 2nd place in their Annual Exhibit, Works on Paper. Weege's work is in a number of private collections across the country and can be seen at Art Focus Gallery, Hamilton and Montana Art and Framing, Missoula.

## Tentative ND 2016 Season Opening Dates

- Submitted by North Dakota Game & Fish**
- To help North Dakota hunters prepare for hunting seasons in 2016, the North Dakota Game and Fish Department annually provides its best estimate for opening dates for the coming year. Dates become official when approved by governor's proclamation. Tentative opening dates for 2016 include:
- Spring Turkey - April 9
  - Dove - September 1
  - Deer and Pronghorn Bow, Mountain Lion - September 2
  - Sharptail, Hun, Ruffed Grouse, Squirrel - September 10
  - Youth Deer - September 16
  - Youth Waterfowl - September 17
  - Early Resident Waterfowl - September 24
  - Regular Waterfowl, Youth Pheasant - October 1
  - Pronghorn Gun - October 7
  - Pheasant, Fall Turkey - October 8
  - Mink, Muskrat, Weasel Trapping - October 22
  - Deer Gun - November 4
  - Deer Muzzleloader - November 25

MNAXLP


## You Are Invited

### Open House Honoring Russ Fullmer

After 30 years of service in the sugar industry, Russ is retiring.  
Please join us for an open house in his honor.  
Hosted by the Sidney Sugars Agriculture Department.

### Wednesday, December 16<sup>th</sup> – 1:00 to 3:00 PM

At the Eastern Ag Research Center, North of Sidney; in the green building on the East side Hwy 200N



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# MSU-Developed Varieties Are Top Planted Wheat Crops In Montana This Year

**By Jenny Lavey**  
Montana farmers planted wheat varieties developed by the Montana State University Montana Agricultural Experiment Station (MAES) more than any other variety in 2015, according to the United States Department of Agriculture.

USDA statistics show that Montana planted 5.8 million acres of wheat this year, with 2.2 million acres of spring and winter wheat varieties developed by MAES. MSU wheat varieties accounted for approximately \$500 million of \$1.2 billion wheat sold by Montana farmers in 2015, according to MSU wheat breeding specialists. Some wheat varieties developed by MSU are sold by private companies. Montana exports 20 percent of agricultural products as foreign exports and 75 percent of its wheat to Asian markets, according to the USDA. "This data clearly demonstrates that our producers and consumers value wheat varieties developed by Montana State, and that these varieties bring enormous value to the Montana and global economy," said Charles Boyer, MSU vice president of agriculture. "Our faculty scientists have deep experience, which provides the foundation for developing varieties that meet challenges and de-

sires not only of Montana grain growers, but to the world market as well. Our university breeding program is vital to the state's highest-grossing industry, and we're committed to working with and alongside our producers for a robust grain industry in Montana." Montana producers choose to plant MAES varieties because they are specifically adapted to Montana's climate and several are resistant to common diseases and pests found statewide, said Barry Jacobsen, associate director of MAES. "Our breeding program develops varieties that are specifically bred for Montana's climate and pests, while at the same, they are high-yield, high-protein and have exceptional baking quality, so they perform well for our growers and customers," Jacobsen said. "Our varieties also have consistent protein content and noodle and bread making qualities, so desired by our global markets."

According to the USDA, Montana is the fourth-highest state for total planted wheat in the country, fifth in the nation for winter wheat production and the second-largest spring wheat producer in the country.

2.4 million acres of winter wheat were planted across Montana this year. MAES winter

wheat varieties accounted for 59 percent, or 1.4 million acres of total planted winter wheat acreage across the state. The top-seeded varieties were Yellowstone, Judee and Decade, respectively.

2.6 million acres of spring wheat were planted across Montana this year, with 32 percent, or 810,000 acres, seeded with a MAES-developed spring wheat variety. For the fifth year in a row, Vida, a hard-red spring wheat developed by MAES, was the most commonly planted spring wheat across the state. Vida accounted for 16.8 percent of all planted spring wheat in 2015, while additional MAES spring wheat varieties accounted for 13.2 percent.

The Montana Agricultural Experiment Station and the MSU College of Agriculture Department of Plant Sciences and Plant Pathology host a world-renowned plant breeding program that emphasizes both traditional and molecular approaches in plant breeding and genetics that emphasizes high yields, pest resistance and high quality. More information about the breeding program is available at <http://plantsciences.montana.edu/>.

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**SALES EVERY WEDNESDAY**

**Dec. 16 ....All Class Cattle Sale - 8:00am & Stock Cow Sale - 12:00 pm**  
Stock Cows need to be in by Tuesday 12:00 PM

**STOCK COW SALE CONSIGNMENTS:**  
Poplar MT: 50 Bred Heifers, A'ded to OCC Moderate 874, Calving March 15th for 5 to 10 Days, 1050#s  
Sidney MT: 110 Head of Black & Red Cows 3 to 5 Year Olds, Bred Black & Char, Calving March 20th for 60 Days  
Sidney MT: 35 Head Red Bred Heifers, Bred Red, Calving March 20th for 60 Days  
Sidney MT: 50 Head Red Heifers Bred Black Calving March 20th for 45 Days  
Sidney MT: 35 Black Baldie Bred Heifers, Bred Black Calving April 5th for 45 Days  
Watford City ND: 65 Black Bred Heifers, Calving March 20th in 15 day cycles  
Watford City ND: 45 Black Cows, Bred Black & Hereford, 8 to 10 Year Olds, Calving April 1st for 60 Days  
Alexander ND: 42 Black Bred Cows, Bred Black, Mixed Ages, Calving April 1st  
Watford City ND: 20 Black Bred Cows, Bred Black, Mixed Ages, Calving March 20th  
Fairview MT: 37 Hereford Bred Heifers, Bred to Leland Red Angus Bulls, Originated off 1 Ranch, Calving March 25th  
Watford City ND: 35 Black & BWF Bred Cows, Bred Black Angus & Black Simm, 3 Yr Olds to Short Term, Calving April 1st  
Fairview MT: 15 Black Bred Cows, 2 to 10 Year Olds

**Dec. 23 .....NO SALE ~ MERRY CHRISTMAS**  
**Dec. 30 .....NO SALE ~ HAPPY NEW YEAR**  
**Jan. 6 .....All Class Cattle Sale**

**Tim Larson: 406-480-2666 | Dustin Cymbaluk: 701-220-0813 | Roger Nygaard: 406-650-7410**

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# North Dakota Winter Fishing Regulations

**Submitted by North Dakota Game & Fish**

North Dakota anglers are encouraged to refer to the 2014-16 North Dakota Fishing Guide or the State Game and Fish Department's website for winter fishing regulations. In addition, anglers can visit the Game and Fish website, [gf.nd.gov](http://gf.nd.gov), for an extensive list of fishing questions and answers.

Some winter fishing regulations include:

A maximum of four poles is legal for ice fishing. However, when fishing a water body where both open water and ice occur at the same time, an angler is allowed a maximum of four poles, of which no more than two poles can be used in open water.

Tip-ups are legal, and each tip-up is considered a single pole.

There is no restriction on the size of the hole in the ice while fishing. When a hole larger than 10 inches in diameter is left in the ice, the area in the immediate vicinity must be marked with a natural object. See regulations for more information.

It is only legal to release fish back into the water immedi-

ately after they are caught. Once a fish is held in a bucket or on a stringer, they can no longer be legally released in any water.

It is illegal to catch fish and transport them in water.

It is illegal to leave fish, including bait, behind on the ice.

Depositing or leaving any litter or other waste material on the ice or shore is illegal.

Any dressed fish to be transported, if frozen, must be packaged individually. Anglers are not allowed to freeze fillets together in one large block. Two fillets count as one fish.

The daily limit is a limit of fish taken from midnight to midnight. No person may possess more than one day's limit of fish while on the ice or actively engaged in fishing. If a situation occurs when an angler engages in fishing overnight, the first daily limit must be removed from the ice by midnight prior to continuing to fish.

The possession limit is the maximum number of fish that an angler may have in his or her possession during a fishing trip of more than one day.

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— Michael Lewis, Tesoro-  
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Michael Lewis



## Important Dates for 2016

January 19, 2016 – Participant Online Registration closes

January 26-28, 2016 – Conference at Bismarck Events Center

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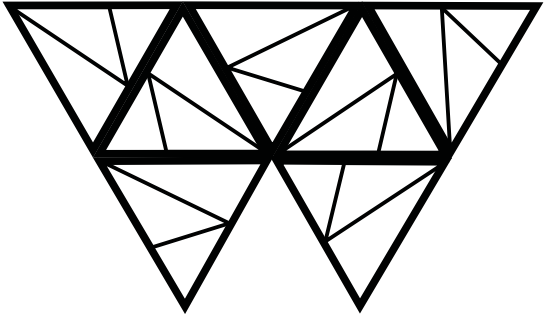
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# Sidney Gymnastics Dickinson Meet Results

Sidney Gymnastics Club competed at the Milo Dullum Qualifier in Dickinson, ND on Dec. 5 – 6, 2015. Competing teams were: Dakota Star (Mandan, ND); American Gold (Fargo, ND); Bismarck Gymnastics; Northern Pacific Gymnastics (Miles City, MT); Devil Dog Gymnastics (Glendive, MT); Eastern Montana Gymnastics (Circle, MT); Gymmag-ic Gymnastics (Minot, ND) and Sidney Gymnastics Club.

## Level 3 Competition:

Team competition: 1st place tie, Dakota Star and Bismarck Gymnastics, 109.550; 3rd, American Gold, 107.900; 4th SGC, 107.100; 5th, Northern Pacific, 105.700

Competing for SGC: Lacie Setling; Makyya Beyer; Riley Jimison; Ella Jordan; Kenzie Gaffield; Kylie Schoepp and Macy Tjelde.

## Top Ten Individual Placement by Event

All Around: 4th, Lacie Setling; 7th, Riley Jimison; 10th, Ella Jordan

Balance Beam: 3rd, Lacie Setling; 4th, Makyya Beyer; 7th, Ella Jordan

Floor Exercise: 4th, Riley Jimison; 8th, Makyya Beyer

Vault: 2nd, Riley Jimison; 2nd, Makyya Beyer; 6th, Kylie Schoepp; 7th, Macy Tjelde; 10th, Ella Jordan; 10th, Lacie Setling

Uneven Bars: 4th, Lacie Setling; 9th, Kenzie Gaffield; 10th, Makyya Beyer

## Level 4 Competition:

SGC took four first time Level 4 Competitors to the meet. They competed against more experienced teams with over ten gymnasts, some of which were competing for their third season. SGC didn't

place in the top three team at the Milo Dullum, but they showed great potential for the future with Kambre Kloker placing first overall on beam out of 58 competitors; Allison Axtman placing 2nd on floor exercise out of 58 competitors and Taylor McPherson placing 4th on balance beam out of 58 competitors. Also competing for SGC was Allison Thiel.

The Level 4 competitors were placed in two flights of 29 for competition.

Level 4 Flight One Individual Competition, Top Ten placement by Event

All Around: 6th Taylor McPherson; 8th, Kambre Kloker; 10th, Allison Axtman

Vault: 7th, Taylor McPherson

Floor Exercise: 2nd, Allison Axtman; 7th, Kambre Kloker

Balance Beam: 1st, Kambre Kloker, 2nd, Taylor McPherson; 9th, Allison Axtman

Uneven Bars: 8th, Taylor McPherson

MNAXLP

Left: Level 4 gymnast Kambre Kloker on beam

Below: Allison Axtman during her floor routine.



Left: Level 4 gymnast Allison Thiel on bars

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# Lunch Menus

**Sidney School**  
**Thurs., Dec. 10:** Chicken fried steak, potatoes & gravy, corn, peaches, dinner roll.  
**Fri., Dec. 11:** Chili, cinnamon rolls, pears.

**Mon., Dec. 14:** Hot ham & cheese, potato, cheesy broccoli, fresh fruit.  
**Tues., Dec. 15:** Hamburger gravy over potatoes, green beans, pears, hot roll.  
**Wed., Dec. 16:** Spaghetti, tossed salad, cheese bread, applesauce.

**Froid School**  
**Thurs., Dec. 10:** Tacos w/ lettuce mix, refried beans, wholegrain tortilla chips, pears, salad bar, milk.  
**Fri., Dec. 11:** Chicken noodle soup, bologna on whole grain buns, salad bar, fruit, milk.  
**Mon., Dec. 14:** Chicken supreme, egg rolls, fortune cookies, mandarin oranges, salad bar, milk.  
**Tues., Dec. 15:** Chili w/crackers, corn, cinnamon rolls, apple-sauce, salad bar, milk.  
**Wed., Dec. 16:** Christmas dinner, sugar cookies, salad bar, milk.

**Bainville School**  
**Thurs., Dec. 10:** Meatloaf, baby bakers, corn, pears.  
**Fri., Dec. 11:** Gravy mashed potato bowl, fruit.  
**Mon., Dec. 14:** Chicken sandwich, gems, fruit.  
**Tues., Dec. 15:** Slush burgers, potatoes, fruit.  
**Wed., Dec. 16:** Chalupas, taco bar, fruit.

**Culbertson School**  
**Thurs., Dec. 10:** Chicken fried steak, mashed potatoes, gravy, roll, corn, fruit, and milk.  
**Fri., Dec. 11:** Pizza, fruit, and milk.  
**Mon., Dec. 14:** Italian dunkers, marinara sauce, salad, fruit, and milk.  
**Tues., Dec. 15:** Corn dogs, tater tots, pork n beans, fruit, and milk.  
**Wed., Dec. 16:** Taco salad bowls, olives, tomatoes, fruit, and milk.

**Richey School**  
**Thurs., Dec. 10:** Egg rolls, mandarin oranges, broccoli, milk.  
**Fri., Dec. 11:** Meatballs, mashed potatoes, gravy, fruit cocktail, milk.  
**Mon., Dec. 14:** Chili, cinnamon roll, corn, mandarin oranges, milk.  
**Tues., Dec. 15:** Christmas dinner.  
**Wed., Dec. 16:** Beef strips, scalloped potatoes, peas, pineapple, milk.

**Lambert School**  
**Thurs., Dec. 10:** Tater tot hot dish, salad, buns, fruit cocktail, milk.  
**Fri., Dec. 11:** Soup and sandwiches, fruit, milk.  
**Mon., Dec. 14:** Taco, fresh veggies, jell-o, milk.  
**Tues., Dec. 15:** Ham, baked potatoes, corn, buns, peaches, milk.  
**Wed., Dec. 16:** Chicken pattie, mashed potatoes, gravy, green beans, pears, milk.

**Fairview School**  
**Thurs., Dec. 10:** Chicken patty on bun, potatoes, peaches, milk.  
**Fri., Dec. 11:** No school.  
**Mon., Dec. 14:** Sloppy joes, diced potatoes, carrots, milk.  
**Tues., Dec. 15:** Tomato soup, grilled cheese, peas, mandarin oranges, milk.  
**Wed., Dec. 16:** Pizza, salad, pineapple, pudding, milk.

# Sidney High Speech & Drama Results



Danny Johnson, Sarah Turek, Camden Berka, Scottlynn Anglesey & Clay Carpenter

SHS Speech & Drama team headed to Wolf Point this last weekend. The team competed against 10 Schools.  
Drama placed 1st in class A Sweeps and Speech placed 2nd in class A sweeps. The drama team results: Humorous Solo: Scottlynn Anglesey placed 1st, Dramatic Solo: Laura Elmore placed 3rd, Classic Duo: Camden Berka & Sarah Turek placed 1st, Michael Stevens & Kaitlyn Tibbits placed 3rd, Luke Turek & Jaz Hodge placed 4th, Humorous Duo: Tess Ler & Tessa Hill placed 2nd, Dameli Aimbetova & Tianna Earle placed 5th, Tyler Berka & Katrina Meldahl placed 6th. Speech Team Results: Impromptu: Clay Carpenter placed 1st, Kasey Gorder placed 3rd, Expemp: Danny Johnson placed 1st, Zach Sommerfeld placed 2nd, Josh Delaney Competed. The team competes at Billings Central this upcoming weekend  
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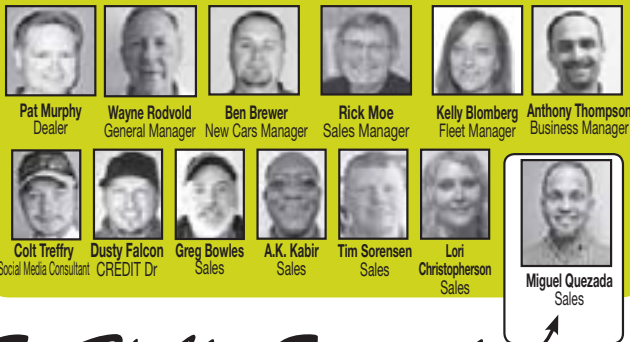
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# Holiday Healthy Eating

Submitted by Gina Heckey

The holidays can be a tough time for healthy eating. From the pies to the twice baked potatoes to the bacon wrapped everything, no matter which way you look there's a reason to stray from your healthy diet. For some reason people tend to put off healthy eating during the Holidays, maybe it's because their New Year's Resolution is and always has been "start eating healthy." The thing is, when you look up the definition of diet the first description says the kinds of food that a person, animal, or community habitually eats. When most people refer to a diet they're referring to restriction of what they eat, and as a nutritionist this is something I wish we would all move past. A diet is something that should taste amazing, be fresh, filling and colorful, nurture our bodies and bring pleasure to our lives. It's not something that we should hate to be on and look forward to coming off after we lose 20 pounds just to mysteriously gain it back a few months later. A diet should be full of a variety of fresh vegetables, fruits, protein, nuts, seeds, grains and water. The point being this- even pie and cookies can fit into a healthy diet if you stay realistic about it. All year long. The absolute most important things when it comes to maintaining a healthy diet are portion control and moderation. Without proper portion control we lose track of what foods and how much food we've eaten in a day. We tend to have three or four

portions of the stuffed mashed potatoes and then guilt ourselves into not eating any of the broccoli raisin salad or baked sweet potatoes. If you were to allow yourself a little bit of everything (be realistic about the little part), without splurging on the things you know to be calorically dense and nutritionally pathetic, why would that not fit into a healthy diet? A healthy diet is not about surviving on celery sticks and string cheese, it's about understanding that the food we eat needs to provide good nutrition to our bodies and peace to our minds. Portion control means not overeating and moderation means not over doing it on the foods that should be considered special treats. A healthy diet should make you happy and feel good, if your diet doesn't then I'd recommend you consider what changes could be made. A diet is not something that should start and stop, a diet is something that should last forever and only get better as you learn more about good nutrition and healthy lifestyles. The members of the Richland County Nutrition Coalition love the Holiday season. We have some recipes shared on our Pinterest page and other health tips posted on our Facebook. We have come up with three Holiday tips to get you through this Holiday season leaving the guilt behind: Eat a light meal before you attend any Holiday party. It's similar to the tip of not grocery shopping while hungry. The hungrier you are at these dinner parties the harder it

will be to pass up seconds or thirds on some tasty but calorie-packed foods. Don't opt out of the "healthy" dishes that you see vegetables in. The non-starchy vegetables are very low in calories and are great fillers in Holiday dishes. Some examples of non-starchy vegetables include broccoli, cauliflower, asparagus, Brussel sprouts, beets, carrots and lettuce. Keep an eye on these dishes though, they're often mixed with other high calorie ingredients like mayonnaise, creamed soups and dressings which cause calories to add up fast. Drink water. Skip out on the punch, juice and other sugary drinks. They provide no nutrition and a lot of calories to an already high-calorie meal. If a lower calorie meal is what you're after try to limit or avoid alcohol too. Alcohol is high in calories- as a matter of fact there is about 7 calories in every gram of alcohol and to put that into perspective there's 4 calories in a gram of carbohydrate. Whether you're already eating a healthy diet, interested in making the wonderful transition or not quite ready to take the leap, keep in mind portion control and moderation this holiday season. Like us on Facebook and check out our Pinterest page at [www.pinterest.com/1rcnc1](http://www.pinterest.com/1rcnc1). The mission of the Richland County Nutrition Coalition (RCNC) is to identify and address food and nutrition needs of the community. RCNC strives to emphasize and encourage education and personal growth in the area of nutrition. For more information on the Richland County Nutrition Coalition, or ways to be involved, contact Gina Heckey at 406.488.2273. MNAXLP

# Retailers Need License By January 1 To Sell Alternative Nicotine Or Vapor Products

Submitted by Mary Ann Dunwell

The Montana Department of Revenue is notifying convenience stores and other retailers about a new law requiring a license by January 1, 2016, to sell alternative nicotine or vapor products. The department is mailing 1,800 postcards to retail outlets telling them they need to have the new Alternative Nicotine or Vapor Products License by January 1 to sell the products. "These products are commonly referred to as e-cigarettes, vapor cigarettes or vapes," said Jim McKeon, Department of Revenue Unit Manager. "Even if you currently sell these vapor products and have a retail tobacco license, you will need this new alternative nicotine or vapor products license in order to continue selling these vapor products in Montana." There is a \$5 fee to apply for the new license. You can apply and pay online through our eStop Business Licenses service at [http://revenue.mt.gov/home/businesses/estop\\_licensing](http://revenue.mt.gov/home/businesses/estop_licensing). If you prefer, you can mail in your application using our fillable Form MA - Master Application Form for eStop Licenses, which you can download at this link: [http://revenue.mt.gov/Portals/9/businesses/eStop\\_licensing/Form\\_MA.pdf](http://revenue.mt.gov/Portals/9/businesses/eStop_licensing/Form_MA.pdf) Mail your payment and completed form to eStop Business Licenses, PO Box 8003, Helena, MT 59604-8003. "Whether you apply through our convenient online eStop portal or through the mail, I encourage retailers to apply now. Don't wait because January is right around the corner and you won't want to be without the necessary license for your business," said McKeon. If retailers have questions or need help applying, they can contact our customer service center by email at [DORestop@mt.gov](mailto:DORestop@mt.gov), call toll free at 1 (866) 859-2254 (in Helena 444-6900), or visit [revenue.mt.gov](http://revenue.mt.gov).

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