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Wednesday, March 18, 2015

Volume 41 • Number 5

Voice Of Watford City: Residents Of Watford City Share Personal Stories To Capture A Glimpse Of Life Amidst The Oil Boom

By Jessie Veeder Scofield,
Special Projects Coordinator
McKenzie County

A mother and daughter move to Watford City from Oregon, with a husband and fiancé in tow, in search of work and a way out of mounting debt. The men open a thriving electrical business, the women find careers in Outlaws Bar and Grill, the daughter and her fiancé buy land to build a house and the family settles in to call Watford City home.

An energetic veterinarian moves to Watford City to take over an old practice, expands to fill a need and falls in love with the community who helps him realize his vision of a much needed, appreciated and new state-of-the-art facility.

A local man uses his entrepreneurial vision to create a thriving business in his revitalized hometown.

A young woman moves home to raise her children and cattle alongside her husband and family on the ranch where she grew up.

A retired teacher finds a new, challenging and fulfilling career behind the wheel of her big rig.

Fresh starts, big ideas, fulfilling careers and stories of families settled and lives made abound among the busy streets and back roads of Watford City and other booming communities in western North Dakota's oil patch. Sit down at any restaurant in town, spend time with a teacher, a business owner or a new resident searching for work and you'll hear stories that run the gamut of hope and worry, family and career aspirations, well thought out plans, calculated risk and leaps of faith. Every story is unique, with twists and turns and reasons, but all are grounded in the fact that Western North Dakota has something to offer.

In a world of quick news and catchy headlines, journalists, film and television producers and every news outlet in between seem to be frantic to tell the story of getting rich quick, harsh living conditions, big sacrifice, big dreams, and big disappointment in oil country.

For a family looking to relocate to Watford City for opportunity, it's difficult to weed through the news stories, YouTube videos and social media commentary on the subject to get to the truth of what it's like to live in Western North Dakota, a place bursting at the seams with growth and new faces, a place with both challenges and opportunity and a potential that residents, new and old, have cultivated in many different ways.

"The story out here is not black and white," said Gene Veeder, McKenzie County Development Public Relations Director, who receives numerous calls from major news outlets for the scoop on how Watford City and its residents are faring in the wake of an economic surge that has bumped the community from 1,400 residents over the past six years to an estimated 15,000 people and growing.



"We're in the spotlight because of this unprecedented growth and opportunity, and it's exciting, but it can be frustrating to only see our challenges reflected in the news. There's always more to the story."

And so the community decided to find a way to help fill in the blanks. This fall work began to develop on "Voices of Watford City," a video based website that features the stories of Watford City residents telling their experiences in their own words.

The community hired a multi-media company out of Minneapolis and got to work gathering residents who were willing to share their story on camera.

The goal of the project is to offer a more balanced and honest view of Watford City to the media and general public and provide an informative, visual and dynamic place for those seeking information about the area to visit and get a sense of what it's like to live and work in Watford City.

The project, which was debuted at the Economic Development and Watford City Chamber annual meeting on March 4th, currently features fifteen video clips of residents in their environment talking about their experiences. Featured stories are categorized into business, community, housing, jobs and school links and highlight personal testimonies ranging from what it's like to run Wolf Pup, the new 200 child daycare facility, to the growth and role of the churches, to an inside look at living in a man camp.

And although this is a good start, the community plans to continue to develop these stories and populate the website with new voices often, with a new round of interviews scheduled for this coming summer.

"During our first visit, we were stunned to discover how different everyday life is compared to what the mass

media would have us believe," said Kara Wayne, executive producer at Crash+Sues, the media firm working to develop the site. "Watford City is a vibrant town with a real sense of community fueled by a thriving economy. We want to provide a more balanced view of what the city has to offer. Hailing from a small, fading community in southern Minnesota the project has become personal."

Personal to those developing it, and personal to those who seek the answer to the question: "Who are we and how are we building a life here?"

And when you hear the stories of the people laid out against the backdrop of a town stretching and growing with the dreams of its residents, it's clear no one is as invested in its community as those who make their lives there.

"We really do love it here," says Callie Thorne, a fourth generation rancher and mother of two in McKenzie County as she walks with her children across the barn-yard to help her husband feed the cattle. "We enjoy the opportunity that the oil boom has brought our family and my children will have even more opportunity throughout their lives because of what's happened here."

Opportunities Jeremy and Kristi Fowler didn't have at their previous home in Arkansas.

"Kristi's sister gave her a sign that says 'Arkansas, My Home Sweet Home,' and it is, it is our home," says Jeremy in a video clip that that tells the story of a job opportunity that landed him in Western North Dakota in a fifth wheel trailer before moving his family of four into an apartment. "But right now in our life, North Dakota is our home. This is where we are grounded. We have friends here that are like family to us and we want to be a part of their home here."

www.voicesofwatford.com



China Trip Focus Of ARS Brownbagger Mar. 20

Submitted by Beth Redlin,
Technical Information Specialist
USDA/ARS

USDA scientists frequently collaborate with scientists from other countries around the globe on shared problems. Recently, Sidney Agricultural Research Service Soil Scientist Upendra Sainju traveled to China to collaborate on ways to optimize nitrogen fertilization rates and straw/plastic mulching to conserve soil water and sustain winter wheat yields in the Loess Plateau in central China.

He will discuss his visit and joint research in the latest BrownBagger presentation by the USDA-ARS Northern Plains Agricultural Research Laboratory (NPARL). The event is set for Friday, March 20, from noon – 1 pm, and is open to the public.

Dr. Sainju visited China as part of a cooperative research

effort with Chinese scientist, Dr. Jun Wang, who had previously visited the Sidney laboratory in 2012 to study nitrogen carbon cycling.

According to Dr. Sainju, like here, nitrogen fertilizer is used widely to increase crop production in China, but excessive fertilization can degrade soil and environmental quality by increasing soil acidity, nitrogen leaching, and nitrous oxide emissions, a potent gas that contributes to global warming. Similarly, mulching is used to conserve soil water and enhance crop yields in dryland cropping systems in the Loess Plateau in central China. His talk will be focused on reducing N fertilization rates and the proper type of mulch to conserve dryland soil water while maintaining winter wheat yield.

In addition to his research discussion, Dr. Sainju will also

share some of the sights and sounds of China he discovered during his trip.

Bring your lunch and join us for this informative scientific travelogue. We'll provide the treats!

NPARL's 2015 BrownBagger series is held in the lab's Tech Transfer Room on Fridays, from noon to 1 p.m. The lab is located at 1500 N. Central Avenue in Sidney, MT.

Remaining speakers in the 2015 BrownBagger series include:

March 27 – Ashok Alva, NPARL Soil Scientist, "Nutrient and Irrigation Best Management Practices for Potato"

April 3 – Lance Vermiere, ARS Range Ecologist, Miles City, MT, TBA

For more information, contact Beth Redlin at 406-433-9427.

MNAXLP



SHS FFA Students Attend Livestock Sale

Sidney High School FFA students, L to R, Garret Leland, Chris Gartner and Kyle Topp, visited the Sidney Livestock Market Center last Wednesday to observe the sale. The students are familiar with the Center, having been there many times before but they were there to watch and learn.

All three students participate in 4-H as well as being very active in FFA. Gartner is a junior who has a market beef. He plans to continue his education in diesel mechanics or agri business. Sophomore Leland also has a market steer in 4-H. He plans to go to college in agri business and then return to the family farm. Topp is a freshman with multiple 4-H projects including chickens, horses, a dairy cow and a market steer. She plans to attend a veterinary college after graduation.

Big Sky Concert Series Brings Family Friendly Alex Zerbe, "The Zaniac" To Perform March 26th At The MonDak Heritage Center

Submitted by Jill Hill,
Northeastern Arts Network

The Northeastern Arts Network Big Sky Concert Season ends in a bang on Thursday, March 26th with Alex Zerbe – "The Zaniac". Alex is a two-time Guinness World Record holder who was voted Seattle's Funniest Prop Comic. He has appeared on prime-time television in three countries including the hit NBC TV shows, "America's Got Talent!" and "Last Comic Standing." Alex is a Hacky Sack World Champion, half of the award-winning comedy act, Brothers from Different Mothers, and, as if that wasn't

amazing enough, he was ranked Seattle's 3rd Best Air Guitarist! Alex Zerbe's comedy show is a dynamic array of amazing stunts, physical comedy and audience participation.

A self-described "human cartoon", his show isn't only for the kids in the family. "I try to make my show like the movie Shrek, super entertaining for the kids but there's a whole other level of comedy for teens and adults," says Zerbe.

Don't miss the finale of the season! This concert will be held at the MonDak Heritage Center at 7:00 p.m. Tickets can be purchased at

the door, \$15/Adults, \$13/Srs., and \$10/Students. For additional concert information contact Candy Markwald 406-488-4155, Jill Hill 406-489-4304, or Karen Boehler 406-433-4375.

The Big Sky Series is made possible in part by through grant support from Montana's Cultural Trust, Montana Arts Council, National Endowment for the Arts, the Montana Performing Arts Consortium and the Western States Arts Federation (WE-STAF).

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CIRCLE OF SAFETY

“Found Metal Finds Fused Glass” Exhibit Opening March 20th

Submitted By Kim Simmonds, Executive Director Mondak Heritage Center

Montana artists Peggy Ames Nerud and Mary Knapp will be on hand Friday, March 20 at 7pm to present their collaborative exhibit, “Found Metal Finds Fused Glass” at the MonDak Heritage Center. This opening reception is free and open to the public. Refreshments will be served. These two friends and

artists work together, each in their own medium, from studios 250 miles away from each other. Peggy works with found metal and Mary works with glass. This pairing has been somewhat complicated, since Peggy’s sculptures are typically made for the rugged outdoors of Montana landscapes and Mary’s glasswork is more modern and sleek, made for interiors. The outcome is one-of-a-kind pieces that inspire and awe the viewer.

The exhibit runs March 20 through May 2 at the MonDak Heritage Center. The Center is open Tuesday through Friday, 10:00am to 4:00pm and Saturday 1:00pm to 4:00pm. For more info, visit www.mondakheritagecenter.org or call 406-433-3500.

For further information please contact Kim at the MonDak Heritage Center, ksimmonds@richland.org or 406-433-3500.

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BPA Easter

Nevaeh Harris, 3, receives an Easter Egg from the Easter Bunny at the BPA Easter Carnival on Saturday, March 14th at Sidney High School.



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A Little Bit Country

Forums For Gardeners

Staff of the North Dakota State University are offering a series of forums to gardeners across the state. A team of 12 university experts will present information on timely topics in gardening and landscaping. In Williston the forums will be held at the Williston Research Extension Center located approximately 4 miles west of town. In Tioga, the forums will be held in the Pinnacle meeting room. The forums will be held Monday and Tuesday nights, March 23, 24, 30 and 31 from 6:30 – 8:30 CDT. Presentations will be broadcast before live audiences in Fargo and to other sites via interactive video network. Gardeners may also participate online on home computers.

Contact Kim Holloway at 701-774-4315 for information on the Williston event. For the Tioga forum contact Mary Froelich at 701-577-4595. Pre-registration is required for both sites. This can be done at www.ag.ndsu.edu/springfever/.

Wheat Midge Populations

Except for pockets in northwest North Dakota there is a decreased level of overwintering wheat midge larvae across the state for the 2015 season. The high risk pockets of 800 to 1200 midge larvae per square meter are concentrated in Mountrail and Divide Counties. Areas with moderate risk of 501-800 midge larvae per square meter are located in only Williams County.

The above numbers were found through a survey of 196 soil samples from 21 counties analyzed by the entomology department of NDSU. More details and population maps can be found at www.ag.ndsu.edu/williamscountyextension.

If an early spring planting occurs (prior to 200 growing degree days for wheat midge) wheat development likely will be ahead of wheat midge emergence, resulting in no damage to the crop.

Donations & Volunteers Needed For Watford City Lions Club Sponsored Easter Egg Hunt April 4th

Submitted by Jan Dodge

Traditionally the Watford City Lions Club has sponsored the Easter Egg Hunt for young children, Saturday, April 4th. We are planning to continue that tradition. But, we are sorely in need of help.

This has been a fun event for children ages 0 - 9 years old, where they have been able to come to the Good Shepherd Home Lawn and pick Easter Eggs, meet the Easter Bunny, do face painting, and each receive a goodie bag as well. It has always been

well received by the children, parents and particularly great entertainment to the residents of the Good Shepherd Home!

However, we need not tell you that as everything in our community, this event has increased in size over the years. Currently we are planning for 500 children.

Our request to you, is generally a request of help. We need a sharing of help in all forms for this "good will" event. You may contribute monetarily to help purchase items for the goodie bags

and/or you may help with the event itself. It is planned to be on Saturday, April 4th at 1pm.

Also, I want to note a Thank You to anyone that may be already participating!

Thank you for your consideration!

Please email, phone or mail to the following address if you can help in any way.

The Watford City Lions Club
PO Box 782
Watford City, ND 58854

Pancake Benefit for Jeremy & Ashley (Liebel) Wedge

Sun, Mar 29 • 9:30am - 1pm
Civic Center, Watford City
Silent Auction | Bake Sale

Jeremy Wedge, 29 years old, is undergoing treatments for (3) stage 4 cancerous brain tumors. Jeremy & Ashley have a daughter, Hannah, who is 2½ years old & a baby due in March.

All funds raised will go towards helping with medical expenses.

To donate, or for more information, contact Cari Liebel at 701-770-2287. Donations may also be made at First International Bank, Watford City.

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A male wrestler in a maroon singlet is pinning a female wrestler in a blue singlet on a red mat. The male wrestler is on top, leaning over the female wrestler, with his arms extended to hold her down. The female wrestler is on her back, with her arms extended forward. The mat is red with white lines.

A photograph of a wrestling match on a red mat. A wrestler in a blue singlet (Zander Dean) is in a dominant position, controlling his opponent who is wearing a red singlet. The opponent is on the mat, and the wrestler in blue is leaning over him, holding his arm. The background is a plain wall.

Zander Dean controls his Kalispell opponent at the AAU State Folkstyle Tournament in Great Falls. Dean won the Midget 70 weight class.

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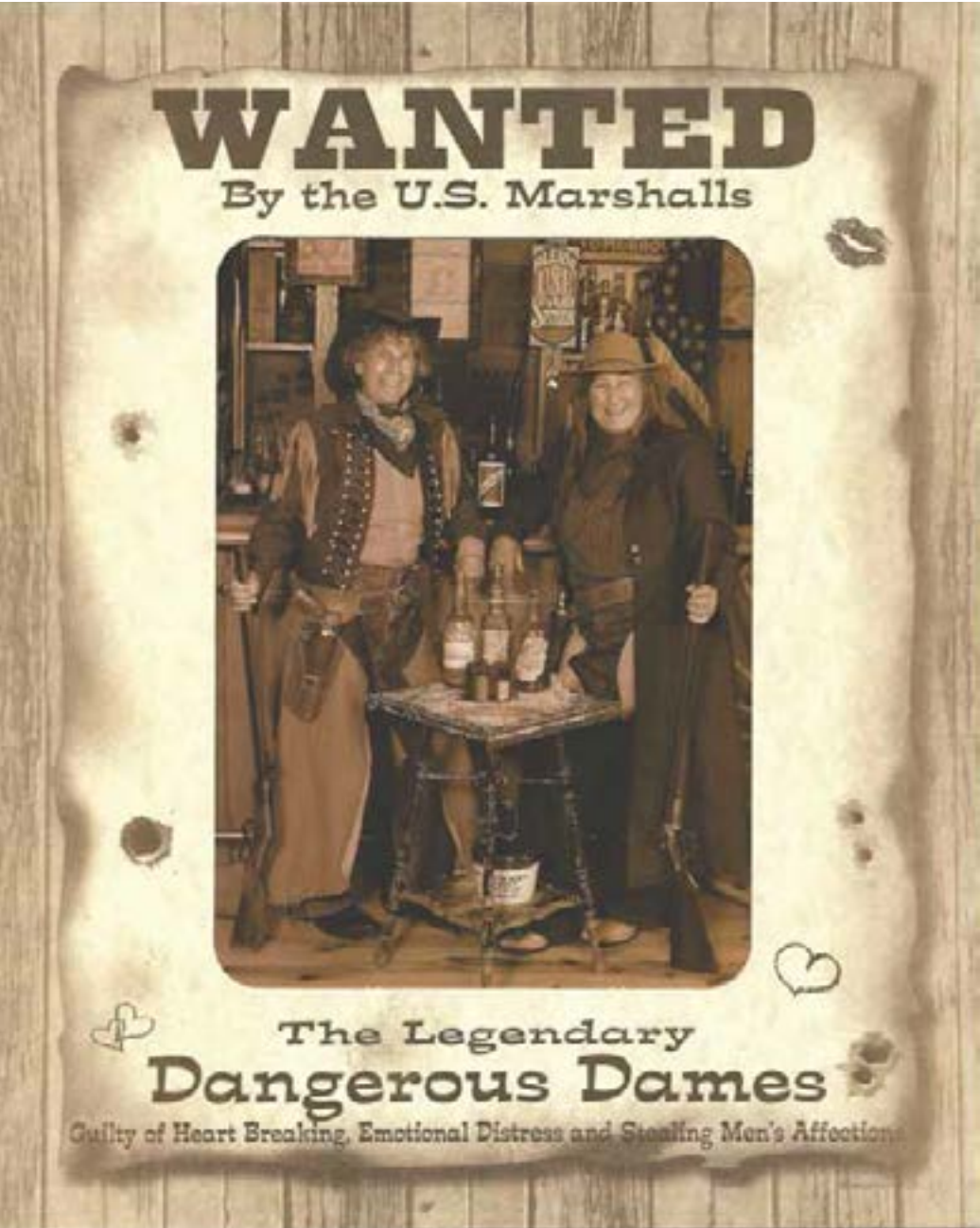
Sister Trips

By Lois Stephens

Nothing beats a sister trip. These excursions provide an opportunity for my sister and me to travel someplace different, visit the area for a few days, lounge in a motel room, eat a few meals in a restaurant, and to reconnect and share thoughts about anything and everything. These reflections can range from discussing our fears and worries to comparing reactions about the most recent books we have read. We do not schedule many activities in advance of our sister trip, and we keep the distance we travel to our destination within reasonable (for us) driving time. The whole point is to spend time together and to keep the pace leisurely and fun. We accomplish what we planned to see when we originally mapped out our trip, possibly we take in a few other events as well, and then we turn around and go home again. All the while we enjoy the other's company, even if we sometimes end up sitting in companionable silence for hours.

Our sister trips began when our parents still walked this earth. My sister and I would drive across the country together once a year to visit them, and while we both detested the long two and a half day trip, it did allow us time alone together. We found we could share our deepest fears, disappointments, and joys. Cooped up in a moving vehicle for ten plus hours at a time, then sharing a motel room at night, truly did test one's mettle and gave us a glimpse into what kind of relationship we really had, and we discovered it was a very strong bond indeed. The fact that we could make this trip year after year without any problems whatsoever marring our relationship made me realize just what a connection we share as sisters, and how much I appreciate the fact that she is an integral part of my life.

After we lost both parents within a five month span, we decided to continue our sister trips together, only this time we wouldn't turn it into a marathon drive. At our age, we prefer a drive of six hours or less, and even six hours can sometimes push the buttons on our limit of sitting and watching the countryside roll by. We get tired, stiff, and sore if we sit for long stretches. Besides, the object isn't to drive, but to relax and share time together. The destination sometimes really doesn't matter; it is getting there and home again together that renews us.



You are never too old to whoop it up and have a good time. This sister trip was one of the best ones we have had together. For those of you who don't know either one of us, I am the young woman on the left, my sister is the gorgeous one on the right, both of us equally dangerous.

Continued on next page.

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Sister Trips Cont...

Keeping the driving distance in mind, we decided we could easily visit many interesting places in Montana, North Dakota, Wyoming, and South Dakota, so we did precisely that. We visited Medicine Rocks in Montana, we traveled to Malta and walked through a wildlife refuge, and one year we toured the Shell Canyon, Wyoming area. I remember portions of that trip vividly. I drove through the canyon, where the roads consisted of steep switchback up and down sharp curve driving. My sister kept exclaiming about the gorgeous scenery. I wouldn't know. Through clenched teeth I told her to take pictures, as I was too busy white-knuckling the steering wheel trying to negotiate the curves and turns in the road and wondering each time we headed downhill at a sharp incline just how good my brakes really were on my older truck.

We also went to South Dakota a few years ago with the sole intent of touring the Prairie Berry Winery located near Hill City. I had heard positive comments about this winery from locals who had visited it, and since my sister and I both enjoy a good glass of wine, I thought this might make an ideal excursion both of us would greatly enjoy. I researched the area, the winery itself, and had enormous pleasure just planning for this trip and reading about the winery. How can you not anticipate a visit when the winery offers a selection that includes wines with names like Lawrence Elk (a black current semi-sweet wine with an unusual history behind the name), Calamity Jane (a sweet red), Blue Suede Shoes (a blueberry zinfandel

mix), Gold Digger (a delightful pear wine), and Pink Slip (a moscato type wine) and of course their signature Red Ass Rhubarb wine.

This sounded like a trip to end all trips, so we enthusiastically set a date, made reservations at a cabin which turned out to be a motel built in sections, not what I would call a cabin at all, we planned our picnic lunch that we would eat en route, and decided on the snacks each would bring for the trip. After all, no sister trip is complete without the trail mix, muffins, chocolate bars, and other assorted goodies necessary to get us from point A to ;point B without starving to death along the way. We two little older ladies really do appreciate our treats and will pack enormous bags of food to carry with us on our journey.

The big day arrived. We left in mid-morning, ate our snacks and enjoyed our little picnic lunch as we traveled to South Dakota. As we neared our destination we missed our turn and had to stop and ask directions (fortunately we were two older ladies wanting directions, not a little old lady with a little old man who would refuse to stop and inquire, otherwise we would still be driving...)

We eventually ended up at the lodging where I had previously made reservations. The cabin itself was somewhat of a disappointment if you really wanted a cabin atmosphere, but we didn't care. We had a fridge, a microwave, and a stove, more than enough to keep our perishables from spoiling and at the same time giving us a way to cook the bacon and eggs we had brought with us for morning breakfast. Note: our parents taught us well, and for us cheapskates, we usually take our own food and buy only one or two meals at a restaurant. The remainder of our meals we bring with us and heat up or cook in our motel room. This makes the trip affordable for us both.

The next morning we decided to drive through parts of Custer National Park. We spent an enjoyable morning and part of the afternoon touring the park, stopping to hike parts of the many trails, enjoying the points of interest, exchanging a few words with other tourists, and just relaxing and reveling in a leisurely day spent in the company of not only a sister but also a dear friend.

By midafternoon we finished up at the park and headed to the Prairie Berry Winery. We thoroughly enjoyed ourselves. The winery gives guests five free samples of wine, with each guest selecting the five wines he or she would most like to taste. The winery also offers daily lunches and of course one can purchase a glass or two or three of wine to accompany that meal.

We perused the wine list and each of us made our individual selections as to the wine we wanted to sample. I liked several of my selections but was not overly impressed with a few of the others. To my surprise, not only

did I especially like the buffalo berry wine, (it resembles a Chardonnay), but it also turned out to be a white wine. I figured it would be red.

We also decided to eat our evening meal there. What a treat! We both ordered the sweet potato sausage soup which I highly recommend. Of course I felt compelled to order a glass of buffalo berry wine to go with my supper.

What fun we had! After we left the winery, I confessed to my sister that I really wanted to stop at the photo shop I had seen in Hill City; you know the kind I am talking about, the type of shop where patrons can dress up as floozies or cow girls, or whatever, and have their pictures taken. I even offered to pay for the entire experience, which is saying a lot if you know what a skin flint I am when it comes to spending money.

We entered the photo shop; two slightly tipsy older ladies just out for a good time, and had no trouble deciding immediately we were tough cowbells, not wimpy dance hall girls. We dressed the part, complete with six shooters in holsters at our waists and holding trusty rifles in our arthritic fingers, chuckling and smirking the entire time.

The lady who ran the business took a lot of photos. Once we selected the picture both of us felt did us the most justice, I decided to have one of those bathtub pictures taken as a gift for my husband. You know, one of those pictures where the lady in the tub looks like she wears nothing at all, and has one booted leg slung over the side of the tub, holding a six shooter ready for action.

What a hoot. I think the lady who took the pictures enjoyed herself as much as we did. With the Prairie Berry winery expedition under our belts, we did not feel any inhibitions whatsoever. Of course, even with no wine in our systems, my sister and I tend to speak our minds. In my opinion, we are old enough to have earned the right to say it as we see it.

After our photo shoot, we returned to our cabin, spent a peaceful night reading and working pencil puzzles, went to bed at a decent time for older folks, and returned home the following day.

When I presented my husband with the bathtub picture, he looked at it for a few seconds, stared at me and said "Were you wearing anything at all other than the boot when this picture was taken?"

I smiled smugly and replied, "Of course not." I then added, "Oh by the way, the photographer was a man."

I will cherish the look on his face for the rest of my life. And no, I did not provide the bathtub picture for this story. I am too old to go through a divorce.




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A person's dreams, goals, and future plans do not stop at retirement nor while aging. The care of a loved one as they move through the next stages of their life or when a sudden illness occurs can be overwhelming and devastating.

Bridging Milestones, a Geriatric Care Management company, is a local resource that can help. Staci Miller, owner of Bridging Milestones explains that the company acts as an advocate and liaison with seniors and their

family members, physicians, attorneys, home health agencies, long term care facilities, hospitals and hospices.

"A relationship with a professional geriatric care manager can allow children and grandchildren to be just that, enjoying the time they have with their seniors while someone else manages the situation." The care manager can address the immediate problem, remain connected once the crisis passes and get involved again as the situation requires it.

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In good times and crisis situations, Bridging Milestones is available to bring compassion and solutions to your senior family member. Staci Miller states, "The reward is seeing the look in our families' eyes that says we've really done something – we have made a difference."

For more information on geriatric care management go to www.bridging-milestones.com.

Fairview Memories

THE FAIRVIEW NEWS	THURSDAY APRIL 18, 1957	AN INDEPENDENT NEWSPAPER
<p>Six Directors Named For Community Park Thurs, Apr 18, 1957</p> <p>The adoption of by-laws and the election of six directors took place at the annual meeting of the Sundheim Community park held Tuesday night at the Cartwright hall.</p> <p>The meeting was in charge of Morton Sponheim who also read the proposed by-laws. These were slightly changed and adopted and will become the organizational guide.</p> <p>The new directors were elected and an organizational meeting has already been called for this Saturday night at Kay's Café at 8 p.m. According to the by-laws there are six directors, three for a one year term from Sioux and Yellowstone townships and from Fairview. Those elected were: (2 year term is given first) from Sioux township, Avre Briar, Morton Sponheim; from Yellowstone township, Henry Bauman and Louis Stepan Sr., from Fairview, Glenn Davidsen and W.W. Wintermute.</p> <p>Those previously serving on the park board were Sponheim, Bauman, Stepan, Melvin Sandy and</p>	<p>John Miller. All the members contributed excellent service to the board this past year in beginning it's activities.</p> <p>The outgoing park board submitted a report of negotiations with Ole Sundheim for additional land. The members voted upon the question and it was decided that additional land between the highway and railroad bridge should be added to the park. Mr. Sundheim gave 10 acres and there are approximately 15 acres of land that fits into the block. Mr Sundheim agreed to sell this for \$1000 and it was voted to purchase same. Money raising events and contributions will be necessary to acquire this land but it was believed that is should be bought now to shape up a desirable tract for park purposes in the future.</p> <p>Pat Watterson Named March of Dimes Chairman Thurs, Jan 31, 1957</p> <p>Pat Watterson, local elevator manager, has been named March of Dimes chairman for the Fairview area, according to information received. Fund raising efforts will</p>	<p>be conducted this next week. Millions of dollars are needed in March of Dimes funds to aid thousands and thousands of patients for whom the Salk vaccine came too late.</p> <p>"Let's finish the job!" This is the theme announced by March of Dimes chairman Watterson, for the campaign that will be carried on.</p> <p>The "job" is two-fold: To raise funds for repair of the damage that polio has done to thousands of Americans in the past and to prevent the disease from crippling more thousands in the future.</p> <p>March of Dimes spokesmen explain that an estimated 80,000 persons have been left handicapped by polio, throughout the length and breadth of the United States; and they point out that the job of conquering the disease cannot be considered finished until these patients have been helped to regain normal and productive lives.</p> <p>The second objective of the campaign is to promote the widest possible use of the</p>

Salk vaccine, which was developed under March of Dimes sponsorship and which has been proven safe and effective many millions of times over.

Commenting on the 16,000 cases of polio reported in 1956, Basil O'Connor, president of the March of Dimes organization, said:

"We of the March of Dimes are determined that 1957 shall not see a repetition of the polio record of 1956. Even so, we know there will be attacks of the disease, and we must provide for the care of all who need it."

"We must also remember," Mr. O'Connor added, "Those persons for whom the vaccine came too late. When we give to the March of Dimes, We are helping those who need help and protecting those who don't."

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We are pleased to welcome all the friends of the Noyes Drug in becoming the operators and owners of this well known Fairview business establishment. We ask for your continued support and hope that we may serve you well in the years ahead and will merit your confidence. We naturally welcome new customers, as well.

A JOB WELL DONE

It did not take us long in this community to know that both Mr. and Mrs. Clarence Noyes were highly respected individually and in their business. We wish to compliment them for the many years of service to this community and extend to them best wishes for the years ahead.

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“Embracing Change TOGETHER”

By Les Anderson, Community-Wide Conference Steering Committee Chairman

The 7th Annual Community-Wide Conference is coming up March 19 & 20 at St. Matthew’s Parish Center and conference organizers are excited about this year’s offering. This year’s conference has been divided into TWO sections—a “Community Engagement Rally” on Thursday from 5:30 – 7:30 PM and a “Community Planning Forum” on Friday from 8 AM – 4 PM. Both components will feature Keynote Speaker and Facilitator Karen McNenny from Missoula, MT. Karen is a nationally recognized professional speaker specializing in community development, customer service training, and employee engagement. She will inspire, educate and entertain conference participants with her presentations.

Early in the planning process conference organizers felt that this year’s theme should highlight the changes taking place in our community. In the past few years Richland County residents have experienced a number of changes associated with increased oil activity in the region. Some of these changes have been good and some have been not so good, but change is change and it will occur. The Conference theme focuses on the community members’ greatest challenge “Embracing Change Together.”

“Change” is the center word in this year’s theme and a central focus of this year’s conference. Conference participants will take a look at many of the changes that have occurred in Richland County over the past few years. A special “Photo Voice” project will be presented that highlights how residents answer the question, “What does change look like in Richland County?” Thursday evening will feature the “Photo Voice” project along with “Information Stations” highlighting the work of several “Action Groups” that are working to address the challenges associated with some of the changes our community is experiencing. In addition, Keynote Speaker Karen McNenny’s message will be “Community Is The CURE--to Everything.”

Although “change” is the central word in the theme, the main emphasis is found in its “book-ends”—“Embracing” and “Together.” The conference is not just about “change” but about EMBRACING change. The call is for community members to actively embrace what is inevitable—change. We do this in an effort to “manage” the change rather than be “managed” by it! To embrace change is to wrap our arms around it and direct the process as much as we can toward a favorable outcome. That’s the charter of the Steering Committee responsible for this conference and the goal

of the community-building process.

Friday’s sessions will focus on the third element “Together.” After a welcome/message from County Commissioners, Keynote Speaker Karen McNenny will share a talk entitled “Move Your Community from Passive to Passionate.” Afterwards, “breakout sessions” will be held to address FOUR of the major items of concern expressed by community members who responded to a survey sent with last year’s tax statements. Topics are: Education, Safety, Health & Recreation. This will be a time for conference participants to come up with specific ways to address the challenges that change brings. The conference will conclude with a call to get engaged in the community-building process. TOGETHER we can EMBRACE CHANGE and move forward as a stronger, safer, better community.

Community members are encouraged to pre-register for the conference. Complete information is available at www.richland.org (click on the “puzzle pieces”) or at the County Health Department. Participants can pre-register either online or in person at the Health Dept. or they can call the Health Dept. at (406) 433-2207 to register by phone or to find out more about the conference.

Baby Boomer Generation Will Double To More Than 70 Million By 2030

By Tie Shank

According to the U.S. Administration on Aging, the number of adults age 65 and older will double to more than 70 million by 2030. The rapid change in demographics as the baby boomer generation ages will place increasing demands on the nation’s health-care system. Chronic diseases affecting physical health and cognitive functioning impact a higher proportion of older adults, decreasing their quality of life and increasing health-care costs. As the population ages, chronic diseases may affect all body systems, including the

eyes, brain and heart. For example, the prevalence of blindness or low vision among Americans age 40 and older is expected to double by 2020 as the population ages. The Centers for Disease Control and Prevention stresses that preventive public health strategies can help reduce illness.

A team created the Nourishing Boomers and Beyond program in 2013. By fall 2014, classes were being offered in more than 20 counties. In addition to face-to-face classes, resources are provided through a website, e-newsletter, Facebook page and

Pinterest. The topics include strategies to nourish and exercise these organs/body systems: muscles, brain, bones/joints, skin, digestive system and eyes. The Nourishing Boomers and Beyond website at www.ndsu.edu/boomers has a monthly theme and “4 Things to Do” (links to credible websites with interactive activities), along with handouts, recipes and links to social media.

One of the featured recipes for March is Oatmeal and Apple Muffins - This healthy recipe comes from NDSU Extension Service.

Finding the Truth – Nourishing Boomers Lesson—March 25

Submitted by Marcia Hellandsaas, NDSU Extension Agent McKenzie County

“Time-tested,” “Lose weight without effort,” “What do you have to lose?” Does this health information sound familiar? Yes, we are bombarded with information about nutrition and/or health! How do we separate fact from fiction?

Attend “Finding the Truth” lesson to find out. This session will be held on Wednesday, March 25 at 11 am at the Watford City Senior Center.

This lesson will help you learn about nutrition and health information sources. An activity with vintage advertisements will be included to show you know times have changed. The role of food and dietary supplements in our diet will be explored as well as some Internet hoaxes. Questions to ask yourself as you ponder nutrition and health information will be discussed. Websites that offer free evidence-based information about health and wellness will be distributed.

Food sampling and recipes will be included.

For complete information, please contact the McKenzie County Extension Office at 701-444-3451 or email marcia.hellandsaas@ndsu.edu.

Oatmeal and Apple Muffins

Ingredients

- 1 c. quick-cooking oatmeal
- 1 c. buttermilk
- 1 egg, beaten
- 1/2 c. brown sugar
- 1/4 c. canola oil
- 1 c. all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 c. apple, diced, not peeled (about 1 small apple)
- Optional topping (1 Tbsp. sugar and 1/4 tsp. cinnamon)

Directions

Preheat oven to 400 f. Mix oatmeal and buttermilk in a large bowl and allow to stand for 15 minutes. Add beaten egg, brown sugar and oil to the oatmeal mixture. In a separate bowl, mix flour, baking powder, soda, salt and cinnamon. Add the dry ingredients to the wet ingredients and mix just until combined (Over mixing may result in lower-quality muffins with peaked tops and tunnels). Finally, gently stir in the apples. Spray muffin tins with nonstick spray (or use oil to grease them). Fill the muffin cups about two-thirds full of batter. Sprinkle the tops with cinnamon-sugar mixture. Bake for 15 to 18 minutes, until lightly browned and a toothpick comes out clean.

Makes 12 servings.


Per Serving: about 160 calories, 6 grams (g) of fat, 24 g carbohydrate, 4 g protein, 230 mg sodium, and 1 g fiber



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 For an appointment call 701-857-7385




Mark Noel, DO
Ear, Nose and Throat
March 5th & 19th
 For an appointment call 701-857-5986




Erdal Diri, MD
Rheumatology
March 10th & 24th
 For an appointment call 701-572-7711




Kerena Crowe, CNM
Certified Nurse Midwife
March 18th
 For an appointment call 701-857-7385




Muhammad Sethi, MD
Endocrinology & Lipidology
March 4th
 For an appointment call 701-857-2324




Ravindra Joshi, MD
Orthopedic Surgeon
March 6th
 For an appointment call 701-572-7711




Emad Dodin, MD
Cardiology
March 12th
 For an appointment call 701-572-7711



Samir Turk, MD
Cardiology/Pacemaker
March 25th
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Aaron Albers, DPM
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Sidney Cub Scout Pinewood Derby Results

zxSidney Cub Scouts Pack 143 held their Pinewood Derby recently.

Tiger Cub Den - 1st place, Shane Goergen • 2nd place, Nicholas Jorstad • 3rd place, Christian Rasmussen.

Wolves Den - 1st place, Corey Christensen • 2nd place, Evan Hampton • 3rd place, Korby Koon.

Bears Den winner Michael Jorstad.

Webelos Den - 1st place is Shane Hagwood • 2nd place, Tyler Olson.

Overall Pack Winners - 1st place, Shane Goergen • 2nd place, Shane Hagwood •3rd place, Corey Christensen.

Pictured are the Open Class Derby Winners (Open to friends and family of Cub Scouts) - 1st place, Shane Hagwood • 2nd place, Shane Goergen •3rd place, Hailey Christensen.



Sidney Tendo Tae Kwon Do & Judo School Places At 33rd Annual Park's Invitational In Billings

Submitted by Mike Berg

Five members of the Sidney Tendo Tae Kwon Do & Judo School traveled to Billings on Saturday, March 14th to participate in the 33rd annual Park's Invitational Tae Kwon Do & Judo Tournament.

This tournament was held at the West High School Gym and was hosted by Park's Tae Kwon Do School and directed by 9th Dan Master Suk Byung Park.

Tae Kwon Do results for Sidney students are as follows: Brielle Baxter in the 7 year old, yellow belt division placed 3rd in forms and 3rd in sparring. Corey Christensen in the 8 year old, blue belt division placed 2nd in forms and 2nd in sparring.

In the Judo randori, free fighting, due to limited numbers of competitors divisions were made by weight rather than belt. Shawn Daleske in the heavy weight, white thru black belt, adult division placed 3rd. Casey Christensen in the light weight, brown belt and black belt, high school division placed 3rd.



Pipeline Reclamation, Spills And Spill Remediation Workshop

By Tie Shank

On Tuesday, March 31, the Richland County DES, USDA Northern Plains Agricultural Research Lab, Richland County NRCS Office and Richland County Extension Office will be joining forces to conduct a pipeline reclamation workshop. This workshop will begin at 9:00 AM and lunch will be provided.

The theme for the workshop is 'reclamation,' and although there will be some education presented in regards to restoring ground to its original state after a pipeline has been constructed, the primary focus for this year's workshop will be spills and spill remediation. The majority of the presentations will be focused on the proper procedures and protocol to follow should a spill occur.

Deb Gilbert, Richland County DES coordinator, will kick off the program with a presentation on the calls she received in 2014. The remainder of the workshop will be comprised of industry professionals, government officials, researchers, and landowners who will focus on;

• *Federal, State, and local requirements and notification*

requirements by pipeline companies in the event of a breach

- *What materials are transported via pipeline and how to recognize and respond to a breach should one occur*
- *How rivers "live" and change and how the National Weather Service can assist in a situation with a pipeline on land or water*
- *Studies from ARS scientists Erin Espeland (plant ecologist) and Marilyn Schantz (rangeland restoration ecologist) on restoration successes and failures*
- *How to restore rangeland soil back to its original production potential after a saline spill*
- *A panel of landowners who have dealt with various types of spills (pipeline, truck etc.) will discuss the successes and challenges associated with cleaning them up and remediating the soil.*

The cost for this workshop is \$10 per person and includes lunch. The workshop will be held at the Event Center at the Richland County Fairgrounds. For more information, and to register, contact Tim Fine at the Richland County Extension Office at 406-433-1206

or send an email to timothy.fine@montana.edu.



Image from www.alyeska-pipe.com

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New Parking Rules to roll out May 1 in Downtown Williston

Williston Economic Development

by Barbara Peterson

The City of Williston is about to make some major changes to the way people park in Downtown Williston. Beginning May 1 there will be time limits on the streets and in the parking lots, fines for violators and weekday enforcement; there will not be, however, a new parking ramp yet.

"We don't need new parking yet, but we need to start thinking about it," said Williston City Planner Rachel Ressler.

The Williston Planning and Zoning Department and Rich and Associates have been studying parking demand in Downtown Williston for nearly a year. The project was recently completed and Ressler presented details from the 95-page study to City Commissioners on Monday, February 9, 2015. The conclusions may come as a surprise to some.

"What we need to do is rearrange where people park, which should open up more parking for customers," said Ressler.

The project looked at a 36-block area that has 3,205 parking spaces; 1,128 public on-street spaces and 632 public off-street spaces. The area identified as Zone 1 (the core shopping district located on Broadway and Main Street) currently has a deficit of just 3 parking spaces while Zone 2 (the area that is within a walkable distance to the core businesses) has a surplus of 399.

"I actually thought we had a surplus in Zone 1," Ressler admitted. According to her summary for commissioners, "The highest occupancy was 52 percent between 10 a.m. and 12 p.m. The study pointed out that often, if a parking lot or street is 80 percent full, the human brain reads it as being 100 percent full, which leads to people driving around looking for spaces, adding even further to the perception that the downtown parking is full."

The analysis gave the Downtown Williston Parking Committee and City Planners ways to improve the current parking situation as well as methods to identify future parking needs if there is new growth.

"The study provided the City with a matrix to evaluate the impact of any new development or changing uses on downtown parking," said Ressler.

The first new parking regulations will be rolled out on

May 1. The biggest changes will include new 90-minute and three-hour parking zones; no reserved parking in public lots; and \$20 parking fines for violators. A new full-time parking enforcement officer will patrol the area Monday through Friday from 9 a.m. until 5 p.m. The Williston Police Department will be accepting applications soon for the new position.

"Parking issues are not bad because it means people are utilizing downtown," said Ressler. "The goal is to make it easier for customers to find parking in those prime spots."

The new rules will encourage employees who are used to parking on the street to get in the habit of parking in the lots. The parking enforcement officer will mark the tires of vehicles parked in time-restricted

spaces and ticket violators. The first two weeks courtesy tickets will be issued to encourage future compliance.

New signage will be posted to clearly mark the time restricted areas and public parking lots.

Ressler said the study identified six sites for a potential parking garage. "Each has its unique challenges, from land acquisition to the need to bury multitudes of power lines. The study also provided a calculation to determine how big the garage will need to be if it becomes necessary."

The Downtown Parking Demand Study is part of the Williston Downtown Plan. The complete file will be available soon. In the meantime, Ressler advises: "Stay tuned for more exciting announcements about downtown..."

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Thurs., March 19th: French toast, hash browns, sausage links, applesauce.

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Mon., March 23rd: Hot ham & cheese, cheesy potatoes, mandarin oranges.

Tues., March 24th: Chicken taco, salad, fresh fruit.

Wed., March 25th: Spaghetti, cheesy breadstick, romaine salad mix, peaches.

Thurs., March 19th: Cook's choice.

Fri., March 20th: Soup, bread, fruit.

Mon., March 23rd: French dip, fries, veggies, fruit.

Tues., March 24th: Pasta hotdish, steamed vegetables, peaches.

Wed., March 25th: Cook's choice.

Thurs., March 19th: Croissant sandwiches.
Fri., March 20th: NO SCHOOL.
Mon., March 23rd: Taco hot dish.
Tues., March 24th: Chicken ala king.
Wed., March 25th: Mini corn dogs.

Thurs., March 19th: Hot ham & cheese, chips, fruit salad, milk.

Fri., March 20th: Hobo stew, cheese, crackers, buns, graham crackers, milk.

Mon., March 23rd: French dip, baked potato, creamed corn, apple crisp, milk.

Tues., March 24th: Chicken ala king, salad, pineapple upside down cake, milk.

Wed., March 25th: Poor boys, fresh fruit, fresh veggies, milk.

Thurs., March 19th: Ham, scalloped potatoes, mixed vegetables, pineapple chunks, milk.

Fri., March 20th: Tuna croissants, salad, mandarin oranges, milk.

Mon., March 23rd: Chessy chicken broccoli casserole, fruit cocktail, milk.

Tues., March 24th: Chili, corn bread, peaches, milk.

Wed., March 25th: Beef and cheddar sandwiches, french fries, mandarin oranges, milk.

Thurs., March 19th: Taco salad, pretzel with nacho cheese, fruit cocktail.

Fri., March 20th: Chicken drummie, baked potato bar, mixed veggies, mandarin oranges.

Mon., March 23rd: Pizza casserole, green beans, fruit cocktail.

Tues., March 24th: Meat pockets, peas, applesauce.

Wed., March 25th: Corn dogs, gems, peach cups.

Thurs., March 19th: Pizza, lettuce mix, salad bar, fruit, milk.
Fri., March 20th: Tomato soup, grilled cheese sandwiches, salad bar, fruit, milk.
Mon., March 23rd: Chicken nuggets, smiley potatoes, fresh carrots, salad bar, fruit, milk.
Tues., March 24th: Clam chowder soup, bologna sandwiches, salad bar, fruit, milk.
Wed., March 25th: Bean burritos, chips and cheese, lettuce mix, relish bar, apple dessert, fruit, milk.

Thurs., March 19th: Pizza, fresh fruit, carrots.
Fri., March 20th: NO SCHOOL.
Mon., March 23rd: Chicken nuggets, hash brown gems, applesauce, pretzel.
Tues., March 24th: Tomato soup, grilled cheese, carrots, fresh fruit.
Wed., March 25th: Hamburger casserole, bread, broccoli, pears.

Thurs., March 19th: Chicken nuggets, peas, biscuit, melon.
Fri., March 20th: NO SCHOOL.
Mon., March 23rd: Goulash, green beans, bun, salad, applesauce.
Tues., March 24th: Sub sandwich, peaches, corn, salad.
Wed., March 25th: Loaded potato soup, peas, salad, oranges.

Thurs., March 19th: Slush burgers, chips, fruit, veggies.

Fri., March 20th: Fish, potatoes, broccoli normandy, peaches.

Mon., March 23rd: Chicken stir fry, rice, egg rolls, pineapple.

Tues., March 24th: Salisbury steak, hash browns, peas & carrots, pears.

Wed., March 25th: Ham roast, scalloped potatoes, broccoli, fruit cup, roll.

Robert E. "Bob" Lee, a rancher from Judith Gap and respected leader in the agricultural community, will receive an honorary doctorate in animal and range sciences from Montana State University during the university's spring commencement, set for May 9. Lee will deliver the charge to graduates at both the morning and afternoon commencement ceremonies.

Lee and his wife, Kathy, own and operate the Robert E. Lee Ranch Company, a diversified cattle and grain operation located in the foothills of the Snowy Mountains in central Montana. The ranch has been recognized for its

approach to managing its natural resources, including rangeland and water resources. It is also well-known for the tours it offers to groups from across the state and nation, as well as around the globe.

"Mr. Lee has a distinguished record of service, and he has repeatedly demonstrated his commitment to education through sharing what he has learned at his ranch with thousands of others," said MSU President Wade Cruzado. "His leadership in the agricultural community is respected in his community, across the state and nationally, and Montana State is privileged to recognize him with the highest commendation the

university confers.”

Lee served as chairman of the Montana Board of Livestock from 1999-2005, as well as chairman of the Montana Grazing Lands Conservation Initiative steering committee and Montana Governor's Rangelands Resource executive committee. He has also served on the Natural Resources Conservation Service State Technical Committee, on the Montana Range Days Steering Committee Board of Directors, and as a member of the MSU President's Advisory Board. Lee was instrumental in creating an Advisory Committee for the MSU Department of Animal and Range Sciences and served as chairman of the

committee for approximately seven years.

He also helped start and is a member of the Judith Gap Range and Pasture group, a group of producers committed to helping each other.

On a national level, Lee has served as chairman of the National Cattlemen's Beef Association (NCBA) Property Rights and Environmental Management Committee, as well as on the National Grazing Lands Conservation Initiative steering committee.

Lee's honors include receiving a national Environment Stewardship Award from the NCBA and being name Range Man of the Year by Montana Rural Area Development. He

received a Distinguished Service Award from the Montana Stockgrowers Association, is in the Montana Range Days Hall of Fame, and was named Montana State University Agriculturalist of the Year in 1995.

Lee attended MSU Northern, but was drafted two months before graduation and spent six years serving the country in the Air National Guard.

Lee and his wife have three grown children. All three attended and graduated from MSU.

For more information about MSU's spring commencement, visit <http://www.montana.edu/commencement>.

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A Time to Remember April 12th

Fairview for our Youth and the Richland County Partnership for Promise will be hosting their first A Time to Remember activity for girls ages 4-14 years old and their fathers or significant male figures. On April 12th, 2015, from 3-5pm, at the Fairview High School Old Gym, we will have snacks and beverages, dancing, and games for all to enjoy. From 2-3pm, there will be an opportunity for folks to get their pictures taken together for a small fee by Sarah Bloom. If anyone would like to get their hair done, Alyxandra Hardy will be taking appointments for that morning charging \$15 for ages 4-6 and \$20 for ages 7-14. She can be contacted at 480-3963. There is a registration form available and needs to be turned in by March 26th. Fairview Schools Offices will be accepting registrations or you can contact Trish Buxbaum at 747-5567. Schools will have these forms and they will also be sent home with all students. We are providing a flower for each girl on behalf of their "date", and ask for a \$10 per couple fee with \$2 for each additional girl. No one will be turned away in the event they cannot pay.

Fairview for our Youth is a committee formed of citizens of

Fairview that work together to create fun and alternative activities for the youth in our community. We came together to do more family driven activities during the Fairview Festival and have committed to having activities year round, including our monthly movie matinees. If you are interested in being a part of this committee, or would like to start one in your community, please contact Missy Smies, Community Coordinator for District II Alcohol and Drug Programs at 433-4097 or missysmies@outlook.com.

The Richland County Partnership for Promise is an action group consisted of citizens and agencies in Richland County that are creating a safe and healthy environment

for our youth. This group meets every second Thursday of the month, 10am to 11am, at the Community Services Building, 1201 W. Holly, Sidney. Anyone is welcome.

Montana Farm Bureau First In Country To Capture Membership Award

Submitted By Rebecca Colnar, Montana Farm Bureau Federation

For the 8th year, Montana Farm Bureau Federation (MFBF) has been the first state in the nation to report quota to the American Farm Bureau Federation (AFBF). The AFBF membership quota is based on a state's past year membership plus one. Last year Montana ended the year with 18,805 members and quota for this year was 18,806.

"Thanks to the efforts of our entire team, Montana reported 18,848 members or 42 members more than quota that was needed," noted Montana Farm Bureau President Bob Hanson. "We look forward to seeing our membership continue to climb in 2015."

AFBF President Bob Stallman offered kudos to MFBF when he presented Hanson with his quota jacket. "We certainly appreciate Montana's tradition of first in the

nation leadership on making quota," Stallman said. "All of us here at AFBF thank you for your attention to membership and its importance to the work we do for farmers and ranchers."

Montana was the first state to achieve the Navigator Award for 2014. The Navigator Award is a calculated percentage (1.035%) of growth by state size based on the previous year's final membership number.



American Farm Bureau President Bob Stallman, right, presents a quota jacket to Montana Farm Bureau President Bob Hanson. Montana Farm Bureau was the first state in the nation to make AFBF quota.

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MT No Kid Hungry connects kids to food

By Lily Herd
AmeriCorps VISTA, Montana No Kid Hungry
Childhood hunger is an invisible but very real problem here in Montana. Although there is not a lack of food in our country, more than 16 million children can't count on the nutritious meals they need to lead healthy, active lives. In Montana, there are many people who have joined the fight against childhood hunger. Among them are Governor and First Lady Bullock; they have made combating childhood hunger one of their top priorities.
Here in Montana, 1 in every 5 children in the state is at risk of hunger. Hunger impairs their health and their ability to learn, and predisposes them to emotional and behavioral difficulties that can negatively affect their families and our communities for years to come.
Montana No Kid Hungry works to connect Montana's

most vulnerable children with food where they live, learn, and play. This means increasing access to food at schools, in homes, and during the summer. Increasing participation in the existing federal nutrition programs (i.e. school breakfast, summer and afterschool meal programs) increases the flow of previously authorized and appropriated funds to our communities. These funds stimulate our economy and provide long-term benefits to our state.
Montana No Kid Hungry is continuously working to be a great resource for schools that are switching from traditional school breakfast models to alternative models, such as Breakfast in the Classroom and Grab n'Go, as well as to increase awareness by conducting outreach events and campaigns. We have AmeriCorps Service Members located in Helena, Billings, Kalispell, and Great Falls that are available to help schools switch school breakfast models and to serve as a resource for communities to connect anti-hunger coalitions across the state of Montana.
This year marks the inaugural year of the 'Governor and First Lady Youth Leadership Council'; this council is made of up 15 youth and 5 Montana No Kid Hungry

AmeriCorps members from around the state. The focus of the council is to lead events in their communities that increase awareness of child hunger. These events range from 5k benefit runs to food drives to school assemblies to Wear Orange Wednesday events. You can check out events in your area during Fight Childhood Hunger week (April 13-19, 2015) by visiting fightchildhoodhunger.com.
You can become a Montana No Kid Hungry Ally by helping to increase awareness of childhood hunger in your community, by encouraging your local schools to take advantage of the School Breakfast grants (now available from Montana No Kid Hungry), or by taking part in a Fight Childhood Hunger Week event in your area, or by volunteering at a Summer Meal Program site near you. For more ways to get involved please see our website at mt.nokidhungry.org or contact me directly at lherd@mt.gov.

Lack of food is not the problem. Please join us to help ensure that no child goes hungry in Montana.

Lily Herd is an AmeriCorps VISTA with Montana No Kid Hungry.

Sidney High School Winter Sports Award Recipients

Submitted by Ross Hall, Athletic Director Sidney High School
All-Conference Wrestlers: Wyatt Van Buren, Trace Jones, Jace Johnson, Gresh Jones, Brady Gorder, Ethan Graves, Casey Christian, Parker Dean, Bridger Coffman, Ryan Chatterton, Doug Rooney, Cody Johnson, Cody Christian, Hunter Severson, Cristian Gomez.
All-Conference Boys Basketball: Cade Strasheim, Tyler Quilling.
All-Conference Girls Basketball: Hailey Steinbeisser, Ciara Sinks.
Academic All-State Wrestling: Bridger Coffman, Cody Christian, Hunter Severson, Wyatt Van Buren, Trace Jones, Gresh Jones, Brady Gorder, Ethan Graves, Parker Dean, Ryan Chatterton, Doug Rooney, Cody Johnson, Cristian Gomez.
Academic All-State Boys Basketball: Tyler Quilling, Tristan Rohner, Brady Bell, Kory Halvorson, Cade Strasheim, Logan Thiel, Dawson McGlothlin, Quinn McGlothlin.
Academic All-State Girls Basketball: Lakayla Nentwig, LaTasha Wiefelich, Torey Dahl, Logan Peterson, Hailey Steinbeisser, Kortney Mayer, Tierney Messmer, Madison Thiessen.

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