

*Inside This Issue:*  
**HEALTH & SAFETY  
SPECIAL SECTION**

Through a strong communications infrastructure supported by our cutting-edge technological solutions, Team Rubicon volunteers efficiently and effectively respond to natural disasters and help families return to their homes as soon as possible. By giving military veteran volunteers the opportunity to continue their service through disaster response, Team Rubicon provides them an avenue to gain a renewed sense of purpose, community, and identity.





**Pickup And Delivery Dates:**  
Sidney: Wednesday Only  
Watford City: Wednesday & Saturday

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108 E Main • 406-433-7679 | Mon-Fri: 10am - 5pm

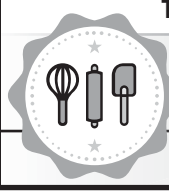
**DRY CLEANING | SHIRTS & JEANS STARCH | WELDERS STARCH**  
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**Administrative Professionals Week April 22-26**  
Gift Baskets, Balloons & More, Many Selections & Prices  
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**Sun-Mon: Closed • Check website or Facebook for hours**  
105 E Main St • Sidney, MT | 406-433-4386 | www.partycentralandpopcorn.com

**EASTER BRUNCH!**  
Sunday, April 21st, 2019  
10am - 2pm



**Kat's Kitchen**  
123 3rd St SW • Sidney, MT  
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**Yellowstone Chiropractic Clinic**  
(406)-433-4757 222 2nd. Ave. SW  
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**Dr. Ryan Laqua**  
Chiropractic Physician & Certified Medical Examiner



**• Sports Injuries • DOT Physicals**  
**• Personal Injuries & Pain Conditions**

**AREA RECOVERY GROUPS**

**MONDAYS:**  
12 p.m. — AA Monday Noon Group, Matthew House Office, 416 2nd St. NW, Sidney, MT.  
1 p.m. - 3 p.m. — Grief Reovery Support group at First Lutheran Church in the music room, Watford City.  
6 p.m. — Al-Anon Family Group Meeting, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave., Sidney.  
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

**TUESDAYS:**  
7 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.  
7 p.m. — 24-hour Women's AA group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.

**THURSDAYS:**  
7:30 p.m. — Al-Anon Meeting, Presbyterian Church, 316 4th Ave. NE, Watford City, ND.  
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

**FRIDAYS:**  
12 p.m. — Monday Noon Group-Friday Noon Edition, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.  
6:30 - 7:30 p.m.- 5 Stones - Faith Based Recovery meeting, Sidney First Church of the Nazarene, 606 9th St. SW, Back door is open.  
8 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.

**SATURDAYS:**  
9 a.m. & 7 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.  
7 p.m. — AA 24 group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.

**SUNDAYS:**  
7 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.

**STATISTICS**

**LAKE WATER LEVEL REPORT**  
Sakakawea  
Current Elevation.....1845.3  
Last Week's Elev. ....1844.3  
One Year Ago .....1840.3  
Release For Day (C.F.S.) .....13,000

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

Date	High	Low	Precip.
April 8	63	35	0.00
April 9	55	32	0.00
April 10	35	25	0.00
April 11	43	25	0.00
April 12	50	24	0.00
April 13	57	18	0.00
April 14	65	37	0.05
Total YTD Precipitation			1.30

**Roundup**  
WEB.COM  
MOBILE FRIENDLY



# OBITUARIES

## Roger Johnson, 76 Fairview, MT

A celebration of life for Roger Johnson, 76, of Fairview will be from 3 to 5 p.m., Friday, April 19 at Sidney Elks Lodge, Sidney, MT.

Fulkerson-Stevenson Funeral Home of Sidney is caring for the family.

Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com).

Roger passed away at his home in Fairview on Thursday evening, April 11, 2019.

## Evelyn Atchison, 98 Sidney, MT

A memorial service for Evelyn Atchison, 98. will be held Friday, April 19 at 10 a.m. at Trinity Lutheran Church in Sidney, MT.

Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com).

Evelyn passed away Saturday, April 13 at Sidney Health Center.

# Richland Federal Credit Union Holds Their 79th Annual Meeting

## RFCU Volunteer Apprenticeship Program Sneak Preview Event April 17

Richland Federal Credit Union (RFCU) held its 79th annual business meeting Tuesday April 9 at the Saint Matthews Center in Sidney with one hundred members present to hear reports from the board of directors and management. Chair Beth Redlin reported on the credit union's new RFCU Volunteer Apprenticeship Program, a 2-year volunteer leadership development program to educate interested members about the credit union movement and provide training to enable them to hit the ground running when taking on future leadership roles with the Credit Union's Board of Directors and Supervisory Committee.

Redlin also invited Richland Federal Credit Union members interested in learning more about the program to participate in a "sneak preview" event to be held at the credit union on Wednesday, April 17 beginning at 5:15 p.m. A meal will be served, with the evening concluding promptly at 7 p.m. Additional information and applications are available at Richland Federal Credit Union, she noted.

In her remarks, Redlin also discussed the \$250,000 bonus dividend that was given to RFCU members at the end of 2018. "It's our way of saying thank you for keeping your money with the credit union during the past few (at times tumultuous) years," she said.

In his report, Manager Kevin Mayer pointed to the strong financial health of the credit union and noted the goals completed during 2018. Mayer also discussed the bonus dividend distributed to members this past year and how it differentiates the credit union from banks. Mayer also commented on the continued threat of fraud that exists within our community pointing to current scams circulating in the area including the "grandparent, romance, and IRS scams" in addition to ongoing email "phishing" efforts to gain personal information. He assured the members that the staff of the credit union is there to help members identify and avoid potential scams. He also urged members to not be embarrassed if they do become a victim of a scam and to come forward and discuss it with the credit union.

In other business at the meeting, Chair Beth Redlin and Secretary Albert McGahan were re-elected to new three-year terms on the board of directors. Other current board members are Vice-Chair Toby Panasuk, and board members Daryl Norgaard and Amanda Seigfreid.

Richland Federal Credit Union is open to membership for any individuals who live, work or worship in Richland and Roosevelt counties or within 25 miles of Sidney, MT. The credit union is located at 201 West Holly Street in Sidney, MT, with a branch in Culbertson, MT. It serves 4600 members with assets just under \$90,000,000. Deposits up to \$250,000 are insured by the National Credit Union Administration.

## Alexander Public School Preschool Pre-Registration, April 24-25

From 8 a.m.-2 p.m. on Wednesday, April 24 and Thursday, April 25 the preschool pre-registration will be held in the old gym at the Alexander, ND school.

Please call the school, 701-828-3334, to schedule an appointment for your student. Your child must be four years old by July 31, 2019 to be eligible.

## Fairview Cleanup, E-rase your E-Waste Event, May 4

### Assistance Available for Seniors

A lot of trash can accumulate during the long winter months in our area, and it's 15 miles to the Richland County landfill. Fairview residents can take advantage of the city-wide clean-up from 8 a.m. to noon at the Fairview water depot on 9th St. Dumpsters will be on site to take your trash and help will be available to unload. Elderly or disabled people who need help hauling items are asked to call Fairview City Hall at 406-742-5616 two days in advance.

The erase your e-waste event will also be held at the same location.

## Letter Carriers' Food Drive, May 11, Sidney

On Saturday, May 11 the letter carriers in Sidney will be taking donations for a food drive. You should just put your non-perishable donations in a bag by your mailbox and they will deliver it to a local food bank. Please check the expiration dates.

There will also be drop off locations from May 5-11 at Millers Corner, Reynolds Market and Reese and Rays IGA.

**EVENTS**  
SEND US YOUR EVENTS!  
THE ROUNDUP: PO Box 1207  
111 West Main • Sidney, MT 59270  
406-433-3306 • Fax: 406-433-4114 • Email: [classesat@esidney.com](mailto:classesat@esidney.com)

**RICHLAND COUNTY**  
Events in Sidney unless otherwise listed. MT Zone.  
**Wed., April 17**  
5:15-7 p.m. - **Sneak Preview On New RFCU Volunteer Apprenticeship Program** - The program is a 2-year volunteer leadership development program to educate interested members about the credit union movement and provide training for future leadership roles with the Credit Union's Board of Directors and Supervisory Committee. Richland Federal Credit Union. More information and applications available at the Richland Federal Credit Union.  
**Thurs., April 18**  
Noon Eggs-actly - **Fairview Chamber of Commerce Easter Egg Hunt** - Sharbono Park, Fairview, MT.  
6 p.m. - **Clay Garden Castle Turret Class** - \$30 per person MonDak Heritage Center, 120 3rd St. SE, Sidney. For more information, 406-433-3500 or e-mail, [mdhc@richland.org](mailto:mdhc@richland.org).  
**Tues., April 23**  
10:30 a.m.-12 p.m. - **Toddler Tuesdays** - Ages 2-6 this fun, hands-on art program introduces children to different forms of art, including painting and clay work, through instruction and storytime. MonDak Heritage Center, 120 3rd St. SE, Sidney. For more information, 406-433-3500 or e-mail, [mdhc@richland.org](mailto:mdhc@richland.org).  
**Thurs., April 25**  
11:30 a.m. - **Richland Red Hatters Lunch Meeting** - Rod Iron. RSVP by April 23. Call Sylvia, 798-3882 or Margaret, 488-4613.  
6 p.m. - **Clay Fairy House Class** - \$35 per person MonDak Heritage Center, 120 3rd St. SE, Sidney. For more information, 406-433-3500 or e-mail, [mdhc@richland.org](mailto:mdhc@richland.org).  
**Sat., April 27**  
9 a.m. - 2 p.m. - **Rau School Garage Sale** - Desks, chairs, curriculums, school, office supplies, P.E. items and more. Rau School Gymnasium. All proceeds go toward the playground fund.  
6 p.m. - **Richland Opportunities Dinner & Comedy Show Fundraiser** - Roast beef dinner & no host bar. Featuring Jonnie W., razor sharp wit, multi-generational, off-beat standup and guitar humor. Sidney Moose Lodge. Tickets \$35 available at ROI, 406-488-3341, Sidney Chamber, Stockman Bank and Wells Fargo Bank.  
**Tues., April 30**  
12 p.m. - **Diabetes Support Group** - Free peer support for type II diabetics and prediabetics. Community Services Building RM 201, 1201 W. Holly St., Sidney, MT. Meets last Tues. of the month through May. For more information call 406-433-2207 or [sasaf@richland.org](mailto:sasaf@richland.org).  
**Thurs., May 2**  
12-5 p.m. - **Walk-In Thursday: Mother's Day Plate** - \$25 a plate. MonDak Heritage Center, 120 3rd St. SE, Sidney. For more information, 406-433-3500 or e-mail, [mdhc@richland.org](mailto:mdhc@richland.org).  
**Fri., May 3**  
6 p.m. - **Fairview High School Staff vs. Student Basketball Game** - Fairview High school north gym. \$5 admission. Events, 3-point contest, dunk contest, pop shot, kiss a pig contest for teachers. Students who wish to participate register with Mrs. Hopes. Proceeds go toward Fairview High School's FCCLA members traveling to Nationals this summer.  
7 p.m. - **First Friday Film Series "The Rider"** - Free to the public. MonDak Heritage Center, 120 3rd Ave. SE, Sidney. For more information call 406-433-3500 or visit [mondakheritagecenter.org](http://mondakheritagecenter.org).  
**Fri., May 3 & Sat., May 4**  
**E-rase Your E-waste Your E-Waste, Sidney, MT** - Richland County Shop, 2140 W. Holly.  
**Sat., May 4**  
8 a.m.-12 p.m. - **E-rase Your E-waste, Fairview, MT** - Flood damaged items will be accepted with some restrictions. Flood damaged items will need any caked on mud removed and drained of water. Also let them know if the items were submersed in water so that they can put them in a separate gaylord box. Fairview Water Depot.  
9 a.m. - 11 a.m. - **Savage Rabies Vaccination Clinic at the Savage Community Hall** - Please bring in your pets to protect them against rabies. You may also pick up your flea & tick medications.  
11 a.m. - **Playground Auction; BBQ & Pie Auction** - Live auction of old playground equipment at 11 a.m.; free will offering BBQ at noon, families welcome; Homemade pie auction, 1 p.m. Rau School, 12138 Co. Road 350. All proceeds will go toward new playground equipment and installation costs.  
**Sat., May 11**  
**Letter Carriers Food Drive** - Put your donation in a bag by your mailbox and we will deliver it to a local food bank. Drop off locations May 5-11, Millers Corner, Reynolds Market and Reese & Rays IGA.  
6 p.m. - **Rising Above The River Coming Together For A Cause** - A night of entertainment with Dueling Pianos plus Valley Cash & Stone Yellow to start at 9 p.m. Live and silent auctions, hors d'oeuvres & buffet included. \$25 Richland Youth Hockey Building, Sidney, MT. Tickets available in Fairview, City Hall, Double Barrel, Waterhole #3, Hotel Albert and The Gold Rush. In Sidney: Chamber of Commerce, Rod Iron, Cattle-Ac, Reynolds Market and Thrivent Financial.

**McKENZIE COUNTY**  
Events in Watford City unless otherwise listed. CT Zone  
**Thurs., April 18**  
11:30 a.m.-12 p.m. - **Storytime** - Free event, no registration necessary. McKenzie County Public Library, Watford City, ND. This event continues every Thurs. through May, 2.  
7-9 p.m. - **WCHS Dessert Theater** - Join the WCHS drama students for treats and entertainment. Watford City High School Auditorium, Watford City, ND.  
**Sat., April 20**  
9 a.m.-12 p.m. - **Watford City Lions Club Annual Easter Egg Hunt** - Rough Rider Center, Watford City, ND.  
**Sun., April 21**  
10:30 a.m. - **Kids Ministry for Elementary and Younger** - Rough Rider Center, Watford City, ND.  
**Wed., April 24 & Thurs., April 25**  
8 a.m.-2 p.m. - **Alexander, ND Public School Preschool Pre-Registration** - Old gym at the school. Call the school to schedule an appointment, 701-828-3334. Your student must be 4 years old by July 31, 2019 to be eligible.  
**Fri., April 26**  
7-9 p.m. - **Sip n' Paint Sunflower** - Join Mary as she guides you through the steps to create a beautiful sunflower on 11 x 14 canvas. \$35 per person. No experience necessary, snacks and supplies provided. Rough Rider Center, Watford City, ND. For more information call Jessie, 701-770-8659 or email [longxart@gmail.com](mailto:longxart@gmail.com). Must be 21 or older to attend.

**WILLIAMS COUNTY**  
Events in Williston unless otherwise listed. CT Zone.  
**Thurs., April 18**  
7 p.m. - **Confluence History Book Club** - Join history buffs in a discussion of this month's selected book. Free refreshments. Please call in advance, 701-572-9034. Missouri-Yellowstone Confluence Interpretive Center.  
**Fri., April 19**  
9 a.m.-4 p.m. - **Confluence Quilters Monthly Meeting** - All experience levels invited and instruction provided. This event continues on April 20. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.  
**Thurs., April 25**  
5-9 p.m. - **Art & Wine Walk** - Browse affordable, unique art and enjoy wine while you explore downtown Williston. Pre-sale tickets available at Castle Framing or Cooks on Main for \$30 or the day of the event for \$40 at the James Memorial Art Center. Attendees must be 21+ to attend.  
**Sat., April 27**  
8:30 a.m.-12:30 p.m. - **Clean City 2019** - City-wide event meet at Davidson Park, Williston, ND. Garbage bags, gloves, vests and garbage pickup will be provided. In the event of inclement weather it will be rescheduled for May 4.

**DAWSON COUNTY**  
Events in Glendive unless otherwise listed. MT Zone  
**Wed., April 17**  
8 a.m.-8 p.m. - **"Native Voices" Exhibition** - Dawson Community College Jane Carey Memorial Gallery, Glendive, MT. The exhibition will run through May 3. Fall & Spring Mon.-Fri. 8 a.m.-8 p.m.; Sat., 12-5 p.m.



# Congregation Returning To Lonsdale United Methodist Church Easter Sunday



Above: With new improvements, new neighbors and a new pastor, the Lonsdale Methodist Church will be returning to their building Easter Sunday.

Right: Pastor Sione Fungalei is the new pastor for Lonsdale Methodist Church. (Photos by Jaymi Loobey)

By Jaymi Loobey  
On April 21, Easter Sunday, after almost ten months of being out of the Lonsdale United Methodist Church building, the congregation will finally be returning. The People's Congregational Church was gracious enough to welcome the displaced congregation of Lonsdale into their fold while many changes were taking place at the original building.

Lonsdale United Methodist Church has been a mainstay in Sidney for over 100 years. Since 1899, the church's members have been learning and growing in their faith. The church started with a humble beginning in a small building that still stands on the 100 block of East Holly and is owned by Gurney Electric. Over the period of the next twenty-four years, the congregation continued to grow to the point where they needed a new building. It was at this time that the church made it's home in the current location on 3rd Ave SE in Sidney. Forty years later, in 1963, classrooms were added to the current building. Fifty-five years later, in 2018, change was once again happening to the congregation of the Lonsdale United Methodist Church.

The change began as a conversation in 2017 between members of the church and Elaine Stedman and the board of the Boys & Girls Clubs of the MonDak - Richland Unit. The Club was going to lose its current location due to growth within the school system and the church was looking to make some changes as well. The church is located directly across the street from Central School, which makes the building easily accessible for the children. After several months of discussion,

it was decided that the church would donate the building to the Club and the Club would buy the parsonage to convert into office space until they could move into their permanent home.

In June of 2018, construction began to transform all of the rooms within the church building, except the Sanctuary and the Heritage room, into a modernized, usable facility for the Boys and Girls Club. In July of 2018, the Club moved into the parsonage as its temporary office and in August of 2018, Pastor Sione Fungalei began his journey as the new leader for the Lonsdale United Methodist Church.

Pastor Sione Fungalei grew up in Tonga, a country in the Polynesian Islands. There, he grew up in a Christian household. As he grew up, Sione decided that he wanted to follow in his grandfather's footsteps. In 1993 he became a United Methodist preacher. He came to the United States and lived and ministered in Utah for several years. He said, "While there, I told God, 'Here I am'" Then, the United Methodist Conference, a cooperative organization of Methodist churches that provides a means for consultation and cooperation on an international level, contacted him. They informed him that the District of Sidney was looking for a pastor and offered him the job. August 1, Sione moved to Sidney and every Sunday gets up early to drive to Richey, Montana to do a service at 8:30 a.m. and then travels back to Sidney for the



service at 11 a.m. When asked about the Montana winters, he said, "When I trust God, God can do anything." When asked about the area in general, Sione told me, "I love and enjoy it here in Sidney and Richey. I love the people." Sione's wife is still in Utah but will be joining him in Sidney in January.

On Easter Sunday, as the congregation of the Lonsdale United Methodist Church makes their way back into the building, they will see some very big changes. The offices, hallways, bathrooms, storage rooms and classrooms have all been remodeled. The Club and the church have some shared space so that both can take advantage of certain areas within the building, for example, the kitchen, the fellowship hall/dining room, and a board room. Rhonda Folstad stated that the members of the church have made some minor facelift changes to the sanctuary itself by painting, cleaning and reorganizing.

The Lonsdale United Methodist Church is so very grateful to the People's Congregational Church for welcoming them for the past several months. The Lonsdale United Methodist Church is located at 205 3rd Ave SE in Sidney, MT and will now be holding regular church services every Sunday at 11 a.m.

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# Easter Buffet

**8am - 2pm • Sunday, April 21st**

Featuring Carved Prime Rib, Ham & All The Fixings, Breakfast, Salad Bar, Fresh Fruit & Assorted Desserts

**Easter Egg Hunt 1pm**

Adults.....	\$23 <sup>95</sup>
Seniors 55 & Older.....	\$20 <sup>95</sup>
Ages 4-12.....	\$12 <sup>95</sup>
3 & Under.....	FREE

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**SATURDAY APRIL 20, 2019**  
**7:00-10:00 PM** ♦ (VIP ENTRY @ 5:30 PM)  
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## 2019 Small Business SPRING SHOWCASE

FORMERLY THE DIRECT SELLERS SHOWCASE

Richland County Fair Event Center • Sidney, Montana

**April 27<sup>th</sup>**  
**Saturday**  
**9am - 4pm**

**Companies Represented:**  
Amare Global, Arbonne, Bellame, Branded, Chalk Couture, Christie Hollis Design, Close to my Heart, Cobblestone Crafts & Embroidery, Color Street, Discovery Toys, Dot Dot Smile, doTERRA, Gold Canyon Candles, Golden Cloak Boutique, Grand View Pottery, Handmarks, HempWork, Just Jewelry, LimeLife, LuLaRoe, Nesper Naturals, LLC, Norwex, Paparazzi, Pink Zebra, Plunder Designs, Premier Designs Jewelry, Rodan + Fields, Sassy Bags, Scentsy, Signature Homestyles, Sundby Diamond Willow, Sunrider, Tastefully Simple, Thirty-One Gifts, Tupperware, Usborne Books, Wildtree, Young Living

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ROXANNE KEARL  
406-460-4627

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# Golden Roundup

## Staying Active

By Lois Stephens

Activity of any sort has always been a large part of my life. As a child, I had the nickname Worry Wart or Nervous Nellie as I could not seem to sit still for any length of time. When sitting, one or the other leg constantly jiggled up and down, my feet tapped the floor, and movement seemed an integral part of my being. I drove classmates who had the misfortune to sit directly in front of me totally berserk, as my feet always seemed to find the back rung of their chairs and those feet beat a constant tattoo on that rung. I tried hard to sit still, but it seldom worked well.

This activity continued as an adult. When I worked at outside jobs, I got along well. When I had the misfortune of working inside at a desk, I needed to get up and move to stay sane. I walked during every break, and my lunch hours I spent walking as well. When I lived in near proximity to a job, I would walk to and from work every day, regardless of the weather.

Now that I am semi-retired, I still remain far more active than most people I know. So imagine my annoyance and disgruntlement when I broke my ankle in January and spent the next six weeks with no weight bearing allowed on that leg. Oh, I found ways to move with the help of a pink scooter, which allowed me to lead a semi-normal active lifestyle but this didn't compensate for the loss of my normal hiking and other activities and the freedom to move at will.

While under orders not to put weight on the broken ankle, I did some research on exercises, what I could do in spite of a broken ankle to remain in somewhat decent physical shape, and what physical activities would help me remain sane in a most unhappy situation. I looked at statistics in general on exercise and physical fitness. I was horrified to discover what a nation of overeaters America has become. First of all, obesity has soared out of control. 68% of Americans are overweight or obese. That is more than half of us. By 2020, experts figure that

three out of four Americans will be overweight or obese. The CDC recommends an hour and fifteen minutes of vigorous activity daily for those between 18-64, but most adults only do 17 minutes of fitness activities per day.

Only 30% of those of us between 65-74 years of age are physically active, and of those 75 years and older, only 40% remain physically active. 80% of adults do not meet the guidelines for both aerobic and muscle strengthening activities. Especially disturbing to me is that older adults are more physically active than youngsters, who spend far too much time in front of a screen of some sort.

I find this information appalling and really sad. I looked around, and noticed that often the heaviest people park by a store entrance, while thinner people are willing to walk a little distance to reach that entrance. Stout people seldom return shopping carts to the collection site, but drive away leaving their carts abandoned in the parking lot. Many of us seem willing to drive three blocks to the post office rather than taking a nice stroll to retrieve their mail. Research does show that people feel better about themselves when they include some physical activity in their daily routine, even if that means a short walk to the post office, or a jaunt down the lane and back.

While I nursed the broken ankle, I did push my scooter up and down Lois Lane, down Cornucopia, and into Virginia City and home again. I shoveled snow, swept walks, and completed housework. It wasn't the same as having two sturdy legs underneath me, but it kept me mobile, moving, and far less grumpy and discouraged than I would have been had I confined myself to the house. I did foot exercises, I moved my foot up and down, tapped my toes, raised my heel, and did leg raises to keep the leg muscles somewhat in shape, and ready for action when I got the all-clear to start walking. Was this easy? Not always, nor was I always in the frame of mind to work on physical activity of any sort. It took a good talking to myself on many occasions to get up out of the chair and start to move.

It took seemingly forever, but the time did arrive when I was allowed to start walking with a boot and crutches on

that bad ankle once again. I think the effort I expended while remaining non-weight bearing paid off. I need to wear a boot on the affected ankle until the end of April, but the boot doesn't hamper me much. I also needed crutches the first few weeks of weight bearing, and they DID slow me down somewhat. The exercises the physical therapist gave me were not that difficult to do, and my stiff ankle has responded well to motion. It feels good to move, it makes my heart sing to have the ability to lead an almost normal life again, and I appreciate a body that works reasonably well and gets me where I want to go.

Physical activity really does improve my mental outlook as well as my physical health. It takes just a little thought and some desire to add additional physical movement to a day to improve one's physical fitness. There are days when I really do not feel like expending a whole of energy, but I do it anyway and once I get started, I want to continue. Activity really does fix foul moods and correct feelings of boredom or dissatisfaction.




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# ROI To Host Prom June 22

**By Dianne Swanson**  
Prom. It's the most special event of the year for most high school students, and one that makes memories that last a lifetime. But, not everyone gets to go. Even though most residents of ROI attended high school, they never got to experience a prom.

ROI staff member Tami Edwards has wanted to do a prom for a long time and was spurred into action last winter when one of the residents expressed sadness at not being able to attend her prom in high school.

Edwards and her prom committee including Jami Carlsen, are determined to make the ROI prom on June 22 the true experience with fancy dresses, a catered dinner and limo ride. The Sidney High School gym will be decorated for the grand march and dancing.

Community members have stepped up to make sure residents have everything they need for a real prom. Ethan Hoffman will DJ the dance and announce the grand march. Cindy Mead is preparing the gourmet meal and providing corsages and boutonnieres. Brian Gartner and Hi-Line Trucking have donated money to buy dresses, and the home

where the meal will be held. Vess Hurley has donated use of his limo and fun bus, The Rush is donating drinks, Jake and Tara Carlsen with Triple 7 Photography are taking the photos, and OneOK has donated cash to be used where needed. Individuals have also donated dresses and cash and Law Enforcement and dispatch are providing ten people as grand march escorts for those who don't have a date. More dollars and dresses are needed. One resident has her heart set on a purple sequined dress size 16-18 if anyone has one to donate or at a reasonable cost.

Prom-posals, the special invitations to the party, are already taking place and staff are working with residents to create memorable ones. Those will be videoed and posted on the ROI Facebook page for the community to enjoy.

A promenade is planned down Central Avenue at approximately 6 p.m. The community is encouraged to show their support by honking their horns and waving as the residents head to the high school. Staff would also love to see a large presence at the grand march at 7 p.m.

Thirty-four residents, plus

staff, will attend this special event. Edwards said they want the staff on hand, but as unobtrusive as possible to make sure everyone enjoys the event. She said they are very excited about offering this opportunity, and it's important to them that this works. If everything goes well this year, they would look at inviting the surrounding towns next year.

Anyone wishing to help make the 2019 prom a special event is asked to contact Edwards or Carlsen at 406-488-3341.




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1	\$22,459	\$1,872
2	30,451	2,538
3	38,443	3,204
4	46,435	3,870



## Community Input Needed For Environmental Health Survey

If you missed our community focus groups this past month, you can still have your voice heard through our survey! Active Richland County (ARC), a Community in Action group, is conducting a survey as part of the PACE-Environmental Health Assessment. Results from the survey will be combined with feedback from the focus groups and will be used to develop a focused approach for ARC to address community environmental health needs.

The topics that you will find on the survey have been identified as priority issues by community members in the community focus groups we held, this past month, throughout Richland County. Everyone who takes the survey will have an opportunity to voice their opinions and make suggestions for future actions. Community input is vital to the continued improvement of Richland County. Please consider participating in the survey, which can be found on the Richland County Health Department Facebook Page.

If you have any questions regarding the focus groups or would like to request a paper copy of the survey, please email [kpodsiad@richland.org](mailto:kpodsiad@richland.org) or call Kristin Podsiad at the Richland County Health Department at 433-2207. This project is sponsored by the Williston STAR Fund and the Richland County Health Department.

## Savage Rabies Vaccination Clinic, May 4, Savage Community Hall

The annual Savage Rabies Vaccination Clinic will be held on Saturday, May 4, from 9-11 a.m. at the Savage Community Hall. (Please note the location change)

Please bring in your pets to protect them against rabies. You may also pick up your flea and tick medications! Hope to see you there!

MNAXLP

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# HEALTH & SAFETY

## Special Section



# McKenzie County Sheriff’s Office Serves And Protecting The Citizens Of McKenzie County



Pictured left to right Jon Carlson, Zac Corbin, Josh Trevena and Victoria Rootes. (Photo by Kathy Taylor)



Pictured left to right K-9 Sheriff Max Ingram and Illo, Dan Christensen, Noah McCullough and Bryan Nagel. (Photo by Kathy Taylor)

By Anna Dragseth

The McKenzie County Sheriff’s Office utilizes the latest in technology to investigate, deter, and apprehend criminals adequately. They work with other city, state, and federal agencies that operate in the confines of the county to ensure the safety and security of McKenzie county citizens. They provide law enforcement and public safety services to 2,800 square miles including the cities of Alexander, Arnegard, Cartwright, Fairview,

Grassy Butte, Keene, Watford City, and a portion of the Fort Berthold Indian Reservation and the north unit of the Theodore Roosevelt National Park.

Currently, four different departments serve the McKenzie County area: Patrol, Dispatch, Administrative, and Investigations.

The Patrol Division is the largest division in the Sheriff’s Office and provides many services. This Division takes pride in the day-to-day activities it performs, ensuring that McKenzie County citizens are afforded the “protection and service” they deserve. The Division Commander is Lieutenant Max Matthews-Kasner. When Lieutenant Max Matthews-Kasner was asked what he likes about his job, he responded, “The positive feedback we get gives us a sense of purpose and the amount of positive community interaction and perception of law enforcement is something that we really appreciate in the area.”

The Dispatch Division contains emergency communications, professionals who are called upon to ensure the successful transmission of information from callers in distress to responding police personnel. Their work includes providing accurate and timely information to police officers and dispatching the appropriate personnel to emergencies through a communications system within a city or municipal police department.

The Administration Division ensures the normal operations of this division are being conducted efficiently and effectively. The division is also tasked with maintaining personnel equipment and records, specialized equipment, grants, civil processes and budgeting, and maintaining the property and evidence room. The Administration division commander is Lieutenant Newman.

The Investigations Division investigates criminal activity

that occurs and has an effect on McKenzie County. Several cases that are investigated are those that are reported to the agency through the patrol division and referred to investigators for further follow-up.

Because of all the hard work law enforcement performs, McKenzie County citizens are provided with a safe environment to live, work, and play.

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## The Sidney Area Chamber of Commerce and Agriculture Hosted the 2019 Leadership Class Graduation Last Wednesday, April 10



Class of 2019: Ashley VandeBossche, Richland County Health Department; David Christensen, Richland County Public Works; Katy DeMangelaere, Richland County Health Department; BreeAnn Messer, City of Sidney; William Cundiff, MonDak Door; Chad Molden, Stockman Bank. (Submitted photo).

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# HEALTH & SAFETY

## Special Section



## Nurse Advice Line Implemented At MCHS in Watford City

By Anna Dragseth

McKenzie County Healthcare Systems, Inc. (MCHS) has recently implemented a program called The Nurse Advice Line, a free 24/7 resource that allows callers access to a nurse when they have questions regarding their health, medications, or treatment.

Director of Operations, Sam Perry, said, "MCHS has had this program available for less than a year, but is now putting a stronger effort towards spreading it out into the community."

The Nurse Advice Line adds to the benefits MCHS offers the community and is supported by MCHS and its Accountable Care Organization. The Nurse Advice Line is provided through Carenet, which is a nationwide organization that has been providing clinical support through its award-winning Nurse Advice Line service for nearly 30 years. Many healthcare organizations – including commercial, Medicare, and Medicaid health plans, hospitals and provider systems, employer groups and the U.S. military have entrusted Carenet with the health and well-being of millions of their members and patients worldwide.

Perry explained that MCHS has had minimal use of the program, but verbal approval throughout the community has been positive. "Both staff and community members alike are happy to have a service like this; offering them peace of mind when living far away from town and possibly needing immediate healthcare," said Perry. By having an after-hours nurse advice line at patients' fingertips, you could save the cost of a possibly unnecessary hospital visit.

"The goal of the Nurse Advice Line is to allow for a robust and timely response to many of the daily health questions our citizens have. This free program has a goal of increasing care. It's a simple sentence with laundry lists of tasks under it that need to be addressed. By offering the Nurse Advice Line, MCHS believes we can help more patients, and by helping more patients, we are doing our job. Patients can now speak with a qualified nurse who can triage their health status and consult the patient on whether a provider visit is needed, whether they need to go to the Emergency Department, or reassure the patient that their coughing child will be alright," explained Perry.

Perry said, "Increasing the ability of our commu-

nity to contact a healthcare professional, especially in those rural areas of our county and greater community, really helps calm the minds of individuals who may need to travel to seek care. Down the road, we hope to analyze the trends in data to better account for the healthcare needs of our community."



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**Sidney School**

**Thurs., April 18:** BBQ pulled pork, baked beans, sun chips, apple.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Corn dogs, tots, peaches.

**Wed., April 24:** Chicken drumstick, potatoes and gravy, strawberry banana sauce, dinner roll.

**Savage School**

**Thurs., April 18:** No school.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Spaghetti.

**Wed., April 24:** Ham and cheese.

**Rau School**

**Thurs., April 18:** Cheese-burgers, smiley fries, fresh carrots, oranges.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Chicken pot pie, cottage cheese, peaches.

**Wed., April 24:** Sloppy joes, fries, apple, cookie.

**Froid School**

**Thurs., April 18:** Ham, scalloped potatoes, veggies, buns.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Sloppy joes, tater tots, baked beans, fruit.

**Wed., April 24:** Hunter's day! Spaghetti, garlic bread, veggies, strawberry jello poke cake.

**Bainville School**

**Thurs., April 18:** Chili, cinnamon rolls, pears.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Corn dogs, tater tots, baked beans, pears.

**Wed., April 24:** Pork roast, mashed potatoes, roasted okra, peaches.

**Richey School**

**Thurs., April 18:** Chili, cinnamon rolls, pears.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Pizza casse-

role, dinner roll, applesauce, broccoli.

**Wed., April 24:** Hot ham and cheese, cookies, pineapple, carrots.

**Culbertson School**

**Thurs., April 18:** Hot dog, chips, fruit.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Chicken nuggets, mashed potatoes, gravy, fruit.

**Wed., April 24:** Riblet sandwich, criss cross potatoes, fruit.

**Lambert School**

**Thurs., April 18:** Chicken nuggets, smiley fries, fruit.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Hot dogs, macaroni and cheese, fruit.

**Wed., April 24:** Seth's lunch! Hot ham and cheese, tots, strawberry cup, cookie.

**Fairview School**

**Thurs., April 18:** Ham slices, scalloped potatoes, veggies, fruit, bun.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Chicken cordon blue casserole, breadstick, veggies, fruit, dessert.

**Wed., April 24:** Taco in a bag, refried beans, fruit.

**Watford City School**

**Thurs., April 18:** Chicken pot pie.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Nachos with beans, cheese, sour cream and salsa.

**Wed., April 24:** Breaded pork chop, cheesy hash browns.

**Alexander School**

**Thurs., April 18:** Sub sandwich.

**Fri., April 19:** No school.

**Mon., April 22:** No school.

**Tues., April 23:** Taco in a bag.

**Wed., April 24:** Hot dog or brat, macaroni and cheese.



# Eagle Country Ford Donates Van to ROI

**By Dianne Swanson**  
Gary Schoepp and Eagle Country Ford recently donated a used Dodge Caravan to Richland Opportunities in Sidney to provide easier transportation for residents. The van is being used for shopping trips, outings and transportation between work and home, primarily by residents of the New Place.

Executive director Dan Peters expressed gratitude from everyone at ROI for the generous gift. "It's people like Gary Schoepp and companies like Eagle Country Ford that help ROI better serve the people we work with, by their donations and gifts," he said.

Schoepp said he was happy to be able to donate a vehicle that would fit the needs of ROI and its residents. "ROI provides lots of opportunities for their clients and lots of



**Pictured, left to right are Eagle Country Ford owner Gary Schoepp; residents Gene Emly, Autry Sanders and Megan Yasko; New Place manager Ashlee Sheehan and ROI executive director Dan Peters.**

services to the community," he said. "It's an all-around good program to have here. They provide an economic opportunity for their clients and do great work for us with

their recycling program and other activities. We've been involved with ROI in many ways throughout the years. They had a need and we helped them out."

# Prairie Dog Law Set To Bolster Bakken Infrastructure

**By Jordan Hall**  
A new law has passed the North Dakota legislature that is designed to fund infrastructure projects throughout the state and maintain current funding guidelines that assist the needs in McKenzie County.

North Dakota Governor Doug Burgum, signed the legislation that will help oil-producing regions in the state, from whence comes a great deal of state revenue. House Bill 1066 was called, "Operation Prairie Dog," and intends to use revenue from oil and gas production to give more than \$250 million to various projects statewide.

The Prairie Dog Law is presumed to be a great help for McKenzie and Williams Counties in particular, because it will maintain their Gross Production Tax and keeps 30 percent of oil and gas revenue in Bakken counties coming back to the area to help maintain infrastructure.

Projects designated by the new funding bill include city, county, and township improvements, along with airport infrastructure. Most of this money will not be available until 2021 however.

The split of revenue mandated by the bill includes up to \$250 million total, which is dependent upon oil tax revenue, with \$115 million designated to North Dakota cities, \$115 million designated to counties and townships, and \$20 million designated to airport infrastructure.

The Roundup spoke to Watford City Community De-

velopment Director, Vawnita Best, who was enthusiastic about the legislation, in spite of projects not being earmarked in the region.

Best said, "None of that money will go to McKenzie County. That will go to non-oil producing counties. The oil producing counties and their cities and the hub cities of Minot, Dickinson, and Williston are in a different part of that formula. But McKenzie County will continue to receive their 30 percent, which is what they receive now."

Best asserted that even though McKenzie County won't benefit directly from the infrastructure money, the law was still a major win for the area. When asked why local residents should be excited in spite of not having infrastructure projects earmarked in the bill, she explained that it provides a few other benefits the region needed.

Best explained, "This is good bill because maintaining the current percentage is a win. There are individuals in the legislative body who think the percentage should be reduced. So between the last session and now, the West Dakota Energy Association commissioned an interim legislative study to evaluate the needs of impacted communities and so that study showed there were still expensive infrastructure needs in the studies. Prairie Dog continued that 30% redistribution to continue to help with those infrastructure needs."

She continued, "It's not

too terribly long ago that counties were receiving only ten percent, like back in the early 2000s."

Best was very optimistic regarding the law and said there wasn't much negative to complain about. Furthermore, the greatest advantage of the law was abrogation of a sunset clause on the revenue formulation that would allow McKenzie County to be more stable in their long-term planning.

Best said, "There aren't really downsides. Another part of 'Prairie Dog' for oil and gas impact communities is the removal of the sunset clause. Historically, whatever bill the gross distribution tax was in had a sunset clause. Every biennium it might change and there was no predictability in what it would be going forward. To clarify, Best explained that the 30 percent designation of revenue return isn't precisely accurate, as the state takes a portion off the top for their own budget.

Best added, "Last year in 2018, McKenzie County received 78 million in gross production tax return, but it produces 40 percent of the oil revenue. Twenty percent is taken off the top for state budget needs, and that 78 million represents then thirty percent of eighty percent of McKenzie County oil revenue."

When asked if removing the sunset clause on that formula would better allow the county to plan for the future with certainty, Best responded, "Yes, absolutely."

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# McKenzie County 4-Hers Participate at State 4-H Air Rifle Match in Devils Lake April 6



L to R: Coach Ross Schoenwald, Coty Schoenwald, William Forbes, Cassie Kreske, Chris Schoenwald, Hunter Cowan, Coaches Sabrina Cowan and Marcia Hellandsaas. (Submitted photo)

Four McKenzie County 4-Hers participated in the 2019 ND State 4-H Air Rifle Match held on April 6 in Devils Lake. Senior Cassie Kreske, daughter of Beth Kreske and Jason Kreske of Grassy Butte; Juniors Hunter Cowan, son of Ken and Sabrina Cowan of Watford City and Chris Schoenwald, son of Michelle and Ross Schoenwald of Watford City; and Beginner Coty Schoenwald, son of Michelle and Ross Schoenwald, were part of the match. Ross Schoenwald, Sabrina Cowan and NDSU Extension Agent/McKenzie County serve as coaches for the youth.

For more information on McKenzie County 4-H Shooting Sports, please contact NDSU Extension/McKenzie County at 701-444-3451.



# Sidney “Little Eagles” Learn Basketball Skills

Saturday, April 6<sup>th</sup> was the first of six Saturdays for Spring “Little Eagle” basketball where girls K through 5<sup>th</sup> grade work on fundamental basketball skills. (Photo submitted)

# Legislative Report



Montana State Senator Steve Hinebauch

By Steve Hinebauch  
Greetings from Helena. I hope everyone is enjoying spring. We have finished Legislative Day 77. There is still talk that we might finish before the allotted 90 days. Time will tell.

One of the bills we passed out of Judiciary Committee and the Senate was HB 567, the “School Marshall” bill by Representative Derek Skees (R) Kalispell. This bill will allow an employee of the school to be armed. The training for the Marshalls would be conducted by the Montana Law Enforcement Academy. This would be a voluntary program for the schools.

Another bill we passed out of Judiciary Committee was HB 500, the “Montana Pain-Capable Unborn Child Protection Act”, by Representative Lola Sheldon-Galloway (R) Great Falls. HB 500 would outlaw abortion after 20 weeks, except in certain situations.

In Health and Human Services Committee, we passed HB 753 by Representative Dennis Lenz, (R) Billings. This bill attempts to reign in Child Protective Services from what seems like unlimited power. We heard a lot of testimony from people who had children removed from their homes for no apparent reason.


In Fish and Game Committee we had a hearing on the Governor’s nominees for the Fish and Game Commission. In testimony there was some concerns about some of the nominees. We will have to do executive action on them this week.

This is the time in the session where government really tries to grow. I vowed to vote for less Government and less taxes and that is what I intend to do.

It was good to see a few people from SD 18 this week.

I look forward to hearing from you regarding your questions or concerns. You can contact me by phone 406-989-1372, by e-mail steve.hinebauch@mtleg.gov, or by regular mail Senator Hinebauch Capitol Station PO Box 200500 Helena, MT 59620-0500.






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# Sidney Mercantile Keeps Growing

By Dianne Swanson

Sidney Mercantile has rapidly grown from just 27 vendors in September 2018 to 110 from five different states, with half of those from Sidney, and more vendors are always welcome.

Owner Chris Entzel moved into the new space at 214 S. Central Ave., Sidney in December 2018. The location offers ample space upstairs for the vast array of merchandise, plus classroom space in the basement offering a little bit of everything for kids and adults, with the schedule available on their Facebook page. Four shelves in the workshop are full of crafting supplies that anyone can use for free when classes are not in session. A playroom can keep little ones busy while adults shop or take classes.

An incredible array of home crafted items awaits the shopper at Sidney Mercantile. Home décor, jewelry, purses, clothing for infants to size 5X, kitchen ware, pottery, CBD oil, pet items and treats, and food items all fill the welcoming space. Furniture, Easter baskets and décor, and DIY materials are also available. Ready to give baskets change with the seasons while customized baskets can be purchased by calling Entzel. Sidney Mercantile is also the biggest Harry Potter dealer in the area, and is a Brick & Mortar Etsy.

Sidney Mercantile is hosting their final Sunrise City Small Business Show May 4 at the Richland County Event Center. "This will be the last one we do since the store is so busy," Entzel explained.

As a way to become more involved in the community, Sidney Mercantile will be delivering Meals on Wheels in April and May and hopes to do more community oriented events. They currently



Owner Chris Entzel welcomes everyone to Sidney Mercantile.

have raffle tickets on sale to benefit the Fairview flood victims. Over \$3500 worth of items from Merge Fashion Lifestyle, Arch Ellwein's Flyin' Lion antique store and Sidney Mercantile, with vendors, will go to one lucky winner. Tickets are \$5 each or 5 for \$20. All money will go to the Fairview Ministerial Association Relief fund. The drawing will be held during the "Rising Above the River" event May 11.

"Rising Above the River," featuring Dueling Pianos, Valley Cash and Stone Yellow, will take place May 11 at the Richland Ranger hockey arena in Sidney, starting at 6 p.m. Tickets are available at Fairview City Hall, Double Barrel Casino, Hotel Albert, Gold Rush Casino, Sidney Chamber of Commerce, Rod Iron Grill, Cattle-ac and Reynolds Market.

Sidney Mercantile is open Tuesday through Saturday from 11 a.m. to 6 p.m. Stop by 214 S. Central, call 406-480-3319 or visit their Facebook page.

## The MDHC Announces the film The Rider May 3

The MonDak Heritage Center announces a screening of the independent film The Rider, the final film in our First Friday Film Series sponsored by Mid-Rivers Communications! The film will show on Friday, May 3 at 7 p.m. at the MonDak Heritage Center, 120 3rd Ave SE, Sidney.

The Rider is an independent drama directed by Chloé Zhao. Synopsis: After a tragic

riding accident, young cowboy Brady (Brady Jandreau), once a rising star of the rodeo circuit, is warned that his competition days are over. Back home, Brady finds himself wondering what he has to live for when he can no longer do what gives him a sense of purpose: to ride and compete. In an attempt to regain control of his fate, Brady undertakes a search for new identity and

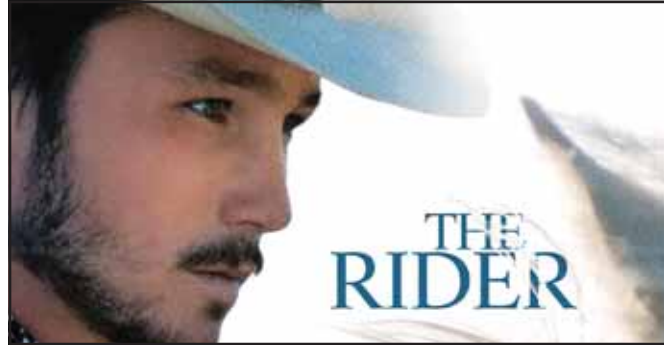
tries to redefine his idea of what it means to be a man in the heartland of America. Rated R. Film run time is 103 minutes.

Winner of the C.I.C.A.E. Award at the Cannes Film Festival. Five Spirit Award Nominations, including Best Picture. Winner of the Grand Jury Prize at the Deauville Film Festival.

The film is FREE to the public. Popcorn provided.

The views and opinions expressed in the films in the First Friday Film Series are those of the characters and/or directors and do not necessarily reflect the views of the MonDak Heritage Center or our sponsor Mid-Rivers Communications.

For more information, contact MDHC at 406-433-3500 or go to [mondakheritagecenter.org](http://mondakheritagecenter.org).



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