

# The Roundup

PRSR STD  
U.S.  
POSTAGE  
PAID  
The Roundup  
ECRWSS  
Postal Customer

Phone (406) 433-3306  
Fax (406) 433-4114  
E-mail address:  
info@roundupweb.com  
www.roundupweb.com

Business Office:  
Located at 111 West Main  
Sidney, MT

Mailing Address:  
P.O. Box 1207  
Sidney, MT 59270

Wednesday, January 19, 2022

Volume 47 • Number 50

## INSIDE THIS ISSUE:

### Wellness & Beauty Special Section

pages 10-12



## Jessie Veeder, To Conduct Reading Of Her New Childrens' Book & Creative Workshop At Door 204, Watford City, Jan. 21



Above: Jessie Veeder. (Photos submitted)



North Dakota writer and musician, Jessie Veeder, released her first childrens' book, "Prairie Princess" this month. To celebrate, she is touring libraries statewide to conduct a reading, signing, discussion and creative activity for all ages. She will be at Door 204, Watford City 4:30 p.m., Friday, Jan. 21.

"Prairie Princess" is a celebration of rural living and our connection to the land told through the perspective of a young girl. Beautifully illustrated by North Dakota artist Daphne

JohnsonClark and inspired by Jessie's magical childhood on her family's ranch in western North Dakota, "Prairie Princess" lets a little girl be the expert tour guide and caretaker of the land that she knows so well and reminds us what it's like to be captivated and responsible for a place.

Veeder's visit to the library will be focused on reading the book and talking about the inspiration and what it takes to go from idea to print. She will share some music and conduct a

fun and engaging creative writing and art project that will encourage participants of all ages to explore and commemorate the place they love most. Attendees will leave inspired, connected and with a piece of art to be proud of.

Veeder will be available for a meet and greet and book signing after the workshop. The book will be available for purchase at the event.

Veeder is a state-wide columnist and has been a symbol of folk music in

western North Dakota since her releasing her first album when she was only 16. Since then, she has continued a successful music and creative writing career. Jessie's 2015 album, "Northern Lights," brought her to Nashville to record with Bill Warner, a producer who has worked with artists such as Garth Brooks, Dolly Parton, and many others. Jessie's skill as a songwriter and storyteller soars in songs that remain rooted in the stories of her Western North Dakota home. Her weekly writing

can be found on [www.veedererranch.com](http://www.veedererranch.com).

For more information on Jessie Veeder's work visit [www.jessieveedermusic.com](http://www.jessieveedermusic.com).

For more information about the event contact call 701-770-8659.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

## Bring Katelynn Berry Home Benefit, Jan. 21, Williston



Katelynn Berry. (Facebook photo)

By Jaymi Mozeak

A full month after her last sighting, a benefit for "Bring Katelynn Berry Home" is scheduled in Williston. It will be held at a business that has been a part of the city since the late '30s.

The "Bring Katelynn Berry Home Benefit" will be held Friday, Jan. 21 from 6 p.m. until midnight, and hosted by Buster's Bar, a Williston business since 1938, 22 Main Street. It starts with a free-will donation baked potato bar. There will also be music by Ted and Kerry and a silent auction. Heidi Eide, a friend of the Berry family for ten years, wanted to hold the benefit to assist the family with expenses like those acquired because of flyers and advertising in newspapers across the United States. She also wants to pay for a professional search party to come in, the hotel rooms, gas, and food needed for them. If enough is raised she would also like to increase the reward offered for information leading to Katelynn's safe return. Heidi said "100% of the proceeds will be used to Bring Katelynn Berry Home." Katelynn Berry, a local of Sidney was last seen on Dec. 21, 2021. She was reported missing a few days later. On Facebook, Katelynn's aunt, Carla, and her friend, Kelley, started a blog on Jan. 4, called "Bring Katelynn Berry Home." The page is full of flyers, posts, and other information aimed at finding Katelynn Berry. There is a \$25,000 reward currently out for information leading to Katelynn Berry's safe return by Feb. 1, 2022. While both Katelynn and her father, Hank, are residents of Sidney and Katelynn's mother, Carmell, is from Grand Forks, Hank is a well-known racer in the Williston area. Katelynn's aunt, Carla, also lives there.

Heidi can be reached for more information about the benefit by text at 701-770-4318 or by email at [heidi.feiring79@gmail.com](mailto:heidi.feiring79@gmail.com). Any information about Katelynn Berry's whereabouts should be given to the Richland County Sheriff's Office, 406-433-2919, Sidney Police Department, 406-433-2210, or Crime Stoppers, [www.richlandes.com](http://www.richlandes.com) submit tip.

## Medical Benefit Planned For Gary Buckley, Jan. 22

Submitted by Madina Sult

Gary was diagnosed with stage four colon cancer in March 2021, which has spread to his lungs and liver. He immediately began chemotherapy. In November, an MRI revealed brain lesions. He had surgery to remove the lesions they were able to access in his brain, and he now begins radiation therapy on top of the chemo.

Gary's family is doing the best they can to help Gary with his fight, while spending as much quality

time with him as they are able.

On Jan. 22 we are hosting a Medical Benefit for Gary which will include silent auction, 5-7 pm; free will donation supper, 6 pm; live auction, 7 pm; and a cash bar. Doors open at 5 p.m. at Elks Lodge, Sidney. All proceeds from this event assist with continuing medical expenses as Gary and Linda travel to and from Glendive and Billings for medical care.

For more information on this event, please

contact: Melissa Buckley, 406-489-3806, with general questions; Travis Morrill, 406-480-9514, for auction donations and Madina Sult, 406-853-4954, for marketing and volunteers.

If you are unable to attend the event but would still like to help, an account is set up at Yellowstone Bank under "Gary Buckley Benefit."

You may also mail us directly with your donations and well-wishes at 609 9th Ave SE, Sidney MT 59270.



Linda & Gary Buckley. (Photo submitted)

## Fatal Commercial Motor Vehicle Crash Truck Crash Near Cartwright, ND East Of Watford City

By Jaymi Mozeak

On Tuesday morning, Jan. 11, one of North Dakota's finest was involved in a motor vehicle crash east of Watford City. A sheriff's deputy vehicle was struck by another commuter hours before sunrise.

According to press releases, while on shift, 36-year-old McKenzie County Sheriff Deputy Beebe was driving his 2018 Chevy Tahoe sheriff's vehicle on a frost-covered Hwy. 23 in the eastbound passing lane at 6:18 a.m. CT. Just three

miles east of Watford City Deputy Beebe decided he needed to turn around and head back towards Watford City. He slowed to make the U-turn, not realizing there were two vehicles behind him. One vehicle swerved into the right-hand lane and continued on its way. The second vehicle, a 2016 Chevy Silverado operated by 40-year-old Troy O'donnell, Grand Forks, swerved into the westbound lane. Since Deputy Beebe was turning into that lane he was still in O'donnell's path.

Troy O'donnell was unable to stop in time and the two vehicles collided. Both men were wearing their seatbelts and their airbags deployed. O'donnell was uninjured but Deputy Beebe was transported to McKenzie County Hospital with minor injuries. All lanes of traffic had to be shut down for two hours to allow the vehicles to be safely removed.

As of Jan. 14, the crash is still under investigation by the North Dakota Highway Patrol.

A two-vehicle truck vs. truck crash occurred that involved a fatal injury at about noon on Jan. 14, at the intersection of McKenzie County Rd. 16 and 154th Ave NW, about 6 miles north of Cartwright, in McKenzie County, ND. A red 2001 Freightliner truck towing a tanker loaded with 165 barrels of salt water was traveling west on McKenzie County Road 16. A white 2014 Volvo truck towing an empty side-dump trailer was northbound on 154th Ave NW. The Volvo failed to stop at a stop sign, striking the left side of the Freightliner. The driver of the Volvo, Allen Emly, was transported to Sidney Health Center, Sidney, MT where he died of his injuries. The driver of the Freightliner, Shawn Flowers, was not injured.

No hazardous materials were released from original containment.

This crash is under investigation by the North Dakota Highway Patrol.

**REAL ESTATE FINANCING**  
For Home Purchases & Refinancing  
**Home Equity Loans Also Available**



**Janet Sergent**  
Real Estate Loan Officer  
NMLS ID# 525727  
www.richlandfcu.com

**Richland**  
FEDERAL CREDIT UNION

201 W Holly St • Sidney, MT • 406-482-2704 | 18 E 2nd St • Culbertson, MT • 406-787-5890

**Thank You**  
To everyone for your support  
of 52 years of service.  
- R.V. Painting

**WEEKLY FRAUD TIP**  
BROUGHT TO YOU BY **Stockman Bank**

**BEWARE OF TRAVEL SCAMS!**  
You may get a call, text message, flyer in the mail or see an online ad promising free or low-cost vacations. But beware! Often you may end up paying hidden fees – or worse yet, after you pay, you might find out it is a scam. Watch out for these common signs:

- A “free” vacation that you have to pay for.
- Not getting specific details about the travel offer.
- Pressure to make a quick decision about a vacation package or rental.
- Premium vacation properties advertised for super cheap prices.

If you suspect a scam, report it to the FTC at [ftc.gov/complaint](https://ftc.gov/complaint).

Member FDIC | Equal Housing Lender

**UNION GATEWAY AGENCY, INC.**  
203 3<sup>rd</sup> Ave NW (406) 488-4366  
WWW.UNIONGATEWAY.COM



Life • Health • Medicare Supplement  
Medicare Part D • Group Health • Vision  
Dental • Long Term Care

**THANK YOU**  
*The Fairview Chamber of Commerce would like to extend a heartfelt thank you to the following businesses for sponsoring the live reindeer at the Lighting of the Bridge:*

**W.L. Neu Construction**  
**Barclay Construction**  
**Merchants Bank**  
**Dirty Deeds**

*The reindeer were a huge hit!*



**Fairview Chamber of Commerce**

**STATISTICS**

**LAKE WATER LEVEL REPORT**  
**Sakakawea**

Current Elevation.....1827.95  
Last Week's Elev. ....1828.0  
One Year Ago .....1838.6  
Release For Day (C.F.S.) .....16,000

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

Date	High	Low	Precip.
Jan. 10	20	-7	0.000
Jan. 11	43	20	0.000
Jan. 12	44	30	0.000
Jan. 13	38	27	0.000
Jan. 14	37	17	0.000
Jan. 15	42	18	0.000
Jan. 16	41	27	0.000
Total 2022 YTD Precipitation.....0.024			

# OBITUARIES

## Thérèse Bidegaray, 91 Sidney, MT

Mass of the Christian Burial for Therese Bidegaray, 91, Sidney, was held 10 a.m., Saturday, Jan. 15, 2022, at St. Matthew's Catholic Church, Sidney, MT with Father Jim O'Neil as presider. Wake services 6 p.m., Friday, Jan. 14, 2022, at Fulkerson-Stevenson Memorial Chapel, Sidney, MT. Interment was in Richland Memorial Park Cemetery, Sidney, MT under the care of Fulkerson-Stevenson Funeral Home, Sidney, MT. In lieu of flowers memorials may be made to Maryknoll, Emmaus House, St. Joseph's Indian School, St. Bonaventure Indian Mission and School, or your favorite charity. Visitation was 10 a.m.-5 p.m., Friday, Jan. 14, 2022, at the funeral home and one hour before mass at the church. Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com).



Therese Bidegaray

Thérèse Dominica Françoise Bidegaray was born to Jean and Catherine (Partarrieu) Ithurbide on Oct. 16, 1930, in Ahaxe, France, in Pyrenees Mountains along the border of France and Spain (Euskadi—The Basque Country), as the second of seven children. She was fortunate to be selected to get a Catholic School education, ultimately earning her teaching degree. She taught for seven years, first in Ossès, and then in Hasparren. On Feb. 15, 1958, at the age of 27, she married Bert Bidegaray who had returned to France for a few-month visit after living and working in eastern Montana for the previous seven years. Soon after the wedding, the new couple arrived in eastern Montana where Thérèse (Mom) experienced her first brutal winter. Living 42 miles from Sidney, not knowing the language, did not impede her from making the best of it. Mom learned English by listening to the radio and voraciously reading the books she anticipated receiving from the various Book-of-the-Month clubs to which she subscribed.

In her first year in Montana, Mom survived the loss of her first child, the loss of Dad's uncle John Sallaberry on whose place she and Dad were living, and the loss of her father in France. Mom, who had not spent much time cooking in France, mastered it and spent the next 36 years preparing countless meals for her family, hired help, and drop-ins on the farm and 20 more years doing the same in town. In addition to the many meals she cooked, Mom made bread and soup almost daily. In the summers, she raised a large garden and beautified the yard with flowers in each flower bed, not an easy feat in the often-dry, almost-always windy eastern Montana climate. Throughout the year, Mom sewed and knitted. She was very creative as she often used her sewing and knitting skills to make things without a pattern. One year, she knitted each of her daughters a coat for Easter. Mom was always put together, poised, and classy. She had fingernails that could rival those of any fingernail model, always manicured and painted. Marlin, from The Lodge, came to the house and did Mom's make-up and nails the afternoon before she died, and Mom lit up!

After losing their first child, Mom and Dad had six children. Largely influenced by their Basque heritage, they raised their children to be strong, hard-working, independent-thinking individuals. Mom felt fortunate to see that her children were also raising their children to be the same. Being so far from her birth family, her children, grandchildren, and great-grandchildren were her world.

Mom was only 53 when Dad died. She continued to live on the farm for another 10 years, five and one-half of them as an empty nester. Before he died, Dad had built an in-door swimming pool at the farmhouse. Mom used that space for many community gatherings and for her and many neighbors to learn to swim, all of which gave her great joy. Mom loved to play cards, especially Pinochle, and looked forward to card parties. She loved her friends and neighbors in the Elmdale, Mona, and Charlie Creek communities.

In 1994, Mom moved into Sidney, where she made new friends with her neighbors and others. Mom took up painting with oils and watercolor and was so prolific with her art that almost every child and grandchild has some of her original work. Mom enjoyed cheering for her children and grandchildren as they participated in sports and other extra-curricular activities. She also enjoyed watching college and professional sports. Mom especially enjoyed the NBA, mostly watching Michael Jordan, Kobe Bryant, and Steph Curry. She had a Steph Curry jersey and lived to see him break the three-point shot record!

Mom was a life-long Catholic, formed by the values and morals of her family and her Catholic education, which was instrumental in the way she reared her children, all of whom carry on those values and morals. Mom said more than one rosary each day, even to the last days of her life. In all situations, Mom advocated for the underdog, wanting to make the world a better place for all. Consistent with that philosophy, she purchased a stained-glass window for St. Matthew's Catholic Church, depicting the Rich Man and Lazarus. Mom had a razor-sharp intellect, believed in education, and encouraged it in every way. She kept apprised of world news, reading the paper daily. Mom looked forward to completing the daily newspaper crossword puzzle. She wanted to keep her mind sharp. Despite her age, Mom used the internet and social media like a pro. Mom's iPad was a window to the world. When Mom first came to Montana, she had to wait months for communications from her family; in the last years of her life, Mom marveled that she was able to communicate by Skype daily with her siblings in France. Having survived occupied France during World War II, Mom had strong political views that she was not afraid to share.

Mom died on the morning of Jan. 6, 2022. She is survived by her six children: Kathy Bidegaray (and her children, Brett Irigoien (Samantha), Jacqueline Stensland (Jaren), Dominique Irigoien (Sven), Danielle Irigoien (Leo), and Alex Irigoien (Erica); Michele Bidegaray (and her children, Bert Certain (LeeAnn), Courtney Certain, and Patrick Certain); Debbie Berry (Phil) (and their children, Camille Berry, Grant Berry, and Jack Berry); Beverly Anderson (Dave) (and their children, Garret Anderson, Mason Anderson, and Olivia Anderson); Daniel Bidegaray (and his sons, Nicholas Bidegaray, Andre Bidegaray, and Dominic Bidegaray); and Mary Bidegaray (David) (and their children, Netsanet Kim, Tigist Kim, and Mimi Kim). She is also survived by her siblings, Felix Ithurbide, Andre Ithurbide, Marthe Heguy, Jean Leon Ithurbide (Maite); seven great grandchildren; and numerous nieces and nephews. She was preceded in death by her parents; her husband, Bert Bidegaray; her son, D. Bidegaray; her sister, Mayi Palacio; her brother, Joseph Ithurbide; and numerous in-laws.

Thank you to The Lodge staff where Mom resided the last six years.

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

### RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.  
**Wed., Jan. 19**

6 a.m.-1 p.m. - **2022 Health Fair Health Screenings** - Allcheck Medical Clinic. Call 406-488-5500 for available lab tests and additional information.

10 a.m.-4 p.m. - **Carla Leland: The Cowboy Paparazzi** On display thru Jan. 29 - **Paige Bowman Art Show** - On display thru Feb. 22. - **Art For Everyone: Ardis Jacobson & Douglas Engberg** - On display thru Feb. 26. -MonDak Heritage Center, Tues.-Fri., 10 a.m.-4 p.m.; Sat., 1-4 p.m. For more information call 406-433-3500, e-mail [mdhc@richland.org](mailto:mdhc@richland.org) or visit <https://mondakheritagecenter.org/>.

11:30 a.m.-1 p.m. - **WOTM Soups** - Public welcome. Tomato soup. Sidney Moose Lodge.

**Thurs., Jan. 20**

11:30 a.m. - **Richland Red Hatters Lunch Meeting** - Sidney Country Club. RSVP by Jan. 19. Call Sylvia, 406-798-3882 or Margaret, 406-488-4613.

1-3 p.m. - **Business Planning 101 Class** - Richland County Extension Office. Register by contacting Quincy Walter, 406-650-2524.

5:30 p.m. - **Sidney Area Dollars for Scholars Annual Meeting** - Sidney Middle School teacher's lounge.

**Sat., Jan. 22**

11 a.m. - **Sidney Moose Lodge Meet N Greet** - Members & public are invited to learn about the Moose organization & Sidney's Moose Lodge activities & community service projects. Sidney Moose Lodge.

5 p.m. - **Gary Buckley Medical Benefit** - Silent auction, free will donation roast beef supper, live auction. Richland County Event Center. For more information call 406-489-3806.

**Sun., Jan. 23, 30**

8:30-11:30 a.m. - **Breakfast** - Public welcome. Sidney Moose Lodge.

1 p.m. - **Bingo** - Public welcome. Sidney Moose Lodge.

**Mon., Jan. 24 & Tues., Jan. 25**

5:30-8 p.m. - **Sidney Area Dollars for Scholars Phonathon** - Conducted by the SHS National Honor Society Students.

**Tues., Jan. 25**

7 p.m. - **Snacks & Chats** - Anxiety & depression support group for teens. Every teen welcome, no requirements, no expectations. Do homework, play games, chat or just hangout. Pella Church, not church related. Contact info: Insta: [snacks\\_andchats](https://www.instagram.com/snacks_andchats); FB: [snaksandchatsmt](https://www.facebook.com/snaksandchatsmt) or [snacksandchats@gmail.com](mailto:snacksandchats@gmail.com).

**Wed., Jan. 26**

11:30 a.m.-1 p.m. - **WOTM Soups** - Open to the public. Knoephla soup. Sidney Moose Lodge.

**Wed., Jan. 26, 1-4 p.m.; Thurs., Jan. 27, 9 a.m.-4 p.m.; Fri., Jan. 28, 9 a.m.-12 p.m.**

**Commodity Pick Up Dates:** Richland County Aging Services & Transit Center, 2190 W. Holly. For more information visit <https://www.richland.org/577/Commodity-Supplemental-Food-Program>

**Mon., Feb. 7**

5:30-6:30 p.m. - **2022 Sidney Soccer Recreational Teams in Person Registration** - Sidney Middle School Room 312. \$60 per player. Must be 5 years old by April 1 up through 8th grade. Registration closes Feb. 25. For more information email [sidneysoccerassoc@gmail.com](mailto:sidneysoccerassoc@gmail.com) or on Facebook Sidney Soccer Association.

7 p.m. - **Adult Anxiety/Depression Support Group** - Pella Lutheran Church fellowship hall, east door. For more information call the church office, 406-433-3350.

### McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone

**Fri., Jan. 21**

4:30 p.m. - **Jessie Veeder Children's Book Reading & Creative Workshop** - Free & open to all ages. Door 204.  
5 p.m. - **9th Annual Cowgirls 'N Conservation** - Social 5 p.m., dinner 6 p.m. Rough Rider Center. To get your \$30 tickets go to McKenzie Co Soil Conservation District office, 109 5th St NW.

**Sat., Jan. 22**

10 a.m. - **Family Safety Fair** - Grab a snack with a sheriff's deputy, police officer or EMT. See the inside of a fire truck, ambulance, police squad car & emergency management county vehicle! Learn to prepare for disasters & start your emergency preparedness kit. Bounce castles, face painting, cornhole & more. Rough Rider Center. Concessions & coffee will be available.

6 p.m. - **Celebrating Stephanie Sanford Fundraiser** - Supper, drinks, silent & live auction. Watford City Eagles Club. Interested in donating call Tessa, 701-570-8277.

**Thurs., Jan. 27**

2-4 p.m. - **Food Giveaway** - First Presbyterian Church, 316 4th Ave. NE.

**Tues., Feb. 1**

7 p.m. - **Long X Arts Foundations Presents Duo Baldo** - Watford City High School Theater, 2313 Wolves Den Parkway. \$35 adults; \$12 K-12th grade, free 5 & under. For more information visit [www.longxarts.com](http://www.longxarts.com).

### WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.

**Thurs., Jan. 20**

7-8:30 p.m. - **Confluence History Book Club** - Join other history buffs for a reader's choice discussion & book selection for the next six months. Missouri-Yellowstone Confluence Interpretive Center. For more information, call 701-572-9034.

**Fri., Jan. 21**

6 p.m. - **Bring Katelynn Berry Home Benefit** - Baked potato bar, 6 p.m. until gone. Silent Auction, 6 -midnight. Music by Ted & Kerry. Buster's Bar, 22 Main St. For more information text Heidi, 701-770-4318 or email Heidi. [Feiring79@gmail.com](mailto:Feiring79@gmail.com). All money raised will go toward helping defray expenses & the reward for information leading to bringing Katelynn home. Facebook: Bring Katelynn Berry Home.

**Sat., Jan. 22**

6-8 p.m. - **Confluence History and Nature Lecture Series: Who's Hooting?** - This program will be an outdoor lecture and walk; please dress accordingly. Missouri-Yellowstone Confluence Interpretive Center. For more information, call 701-572-9034.

**Fri., Jan. 28**

8 a.m. - **Williston Downtowners Association Annual Meeting** - Everyone welcome to attend. Light breakfast served & recap of 2021 will be presented. WDA committees will be looking for volunteer help & attendees will be able to sign up for a committee that interests them. James Memorial Art Center.

**Sat., Feb. 5**

11 a.m.-5 p.m. - **Cupid's Crush Craft & Vendor Show** - Over 50 vendors & crafters. Valentine giveaway baskets. Soup bar & silent auction, proceeds to Bras for a Cause. Raymond Family Community Center.

### DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone

**Sat., Jan. 29**

5-9 p.m. - **Glendive Ducks Unlimited Banquet Fundraiser** - Have a fun filled evening & help celebrate DU's conservation successes in eastern Montana! Eastern Plains Event Center. For tickets call John at 406-989-2668 or visit <https://ducksunlimited.myeventscenter.com/event/Glendive-Ducks-Unlimited-Banquet-52211>.

# Mon-Kota Recognized By Reinke Manufacturing

Deshler, NE - Reinke Manufacturing, a global leader in irrigation systems and technology, has recognized Mon-Kota as one of the highest selling dealers in their territory.

Located in Fairview, the dealership earned a Diamond Pride award for their performance in the last year.

"We are proud to honor the team at Mon-Kota with these awards," said Chris Roth, Reinke president. "Through the years, they've dedicated themselves to supporting the growers in their area. We appreciate those efforts as Reinke continues to develop and implement irrigation equipment and technology designed to increase agriculture pro-

duction."

Reinke dealerships from across the United States and Canada come together annually for the company's sales convention to recognize select Reinke dealers for their hard work and commitment to serve growers. The Reinke Pride awards are determined as part of an incentive program that distinguishes superior achievement levels according to an evaluation based on a dealership's exterior and interior housekeeping and maintenance, indoor and outdoor displays, safety, retail environment, merchandising, professionalism, promotions, event participation and market share.

With hundreds of deal-

ers in more than 40 countries, Reinke Manufacturing is the world's largest privately held manufacturer of center pivot and lateral move irrigation systems. Family owned since 1954 and headquartered in Deshler, NE, Reinke develops products and technology designed to increase agriculture production while providing labor savings and environmental efficiencies. Reinke is a continued leader in industry advancements as the first to incorporate GPS, satellite-based communications, and touchscreen panel capabilities into mechanized irrigation system management. For more information on Reinke or to locate a dealership, visit Reinke.com.



Shown (L-R) are: Chris Roth, Reinke president, Lyle Roberts Mon-Kota manager, Vern Hinnenkamp, Reinke territory manager. (Submitted photo)

## Musical Comedy Act "Duo Baldo" To Perform, Watford City, Feb. 1

Submitted by Jessie Veeder Scofield, Longs X Arts Foundation

Watford City Area Concert Association continues the 2021-22 concert series with a musical comedy team Duo Baldo! Duo Baldo is renowned violinist Brad Repp and pianist/actor Aldo Gentileschi. Their critically acclaimed performances combine virtuosic performances, theatrical humor, and pop culture. The duo is based in Italy and has delighted audiences around the world with their unique blend of virtuosity and clever comedy. They will be performing at Watford City High School Theater at 7 p.m., Tuesday, Feb. 1.

Duo Baldo made their debut with Italian tenor Andrea Bocelli in 2004. In February 2006, Duo Baldo won first prize at National Short Theater Competition, Florence. After winning first prize at the 2009 Musicomicon, they performed at the opening of the 2010 Salzburg Festival. Other engagements include the Chamber Music Society of Trieste, as well as appearances in many US cities including Cincinnati, Baltimore, El Paso, and internationally in Milan, Lucca, Lugano (Switzerland), Dubai (UAE), Mexico City, Paunat (France) and tours of China, Taiwan and Japan.

Violinist Brad Repp has appeared as violin soloist

with José Carreras. He performs on a 1736 Testore violin. Aldo Gentileschi performs on whatever piano he can find.

This concert is part of the Watford City Area Concert Series. A \$50 individual membership to the Concert Association will grant you access to three additional concerts throughout the season, Veritas Ensemble, April 3, The Chipper Experience Comedy Show, Feb. 16, and Crocodile Rockin', An Elton John Tribute, April 23. Visit longxarts.com to learn more about the concert series.

Memberships will also be available at Ball in the House Concert.

Tickets for non-concert series members are available for purchase; \$35-Adults, \$12-K-12th grade, 5 & under free.

Visit [www.longxarts.com](http://www.longxarts.com) for memberships or tickets or contact Long X Arts Foundation at [longxart@gmail.com](mailto:longxart@gmail.com) or 701-770-8659.



"Duo Baldo" Photo submitted.

THE LONG X ARTS FOUNDATION PRESENTS

## DUO BALDO



Critically acclaimed violinist Brad Repp and pianist/actor Aldo Gentileschi combine virtuosic performances, theatrical humor, and pop culture. Their unique blend of virtuosity and clever comedy have entertained around the world.

Visit [www.duobaldo.com](http://www.duobaldo.com) for more information.

TUESDAY, FEBRUARY 1 • 7pm

Watford City High School Theater

(2313 Wolves Den Parkway)

LONG X ARTS

Part of the Watford City Area Concert Series.

Non Concert Series Members:

\$35: Adults • \$12: K-12 • Free: 5 & Under

Find out more at [www.longxarts.com](http://www.longxarts.com)



Scan me for the upcoming concert lineup!

**Yellowstone Chiropractic Clinic**  
 (406)-433-4757 222 2nd. Ave. SW  
 1-866-433-4757 Sidney, MT 59270

**Dr. Ryan Laqua**  
 Chiropractic Physician & Certified Medical Examiner

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

**Winter Classes Open For Registration**

For details and to register, visit [handyandynursery.com](http://handyandynursery.com) or our Facebook page

Jan. 22.....Tropical Garden  
 Jan. 29.....Bonsai Basics  
 Feb. 5.....Miniature Gardening

Tropical Garden  
 Jan 22nd

Monday - Friday: 9am - 5:30pm  
 Saturday: 9am - 5pm  
 3515 West Front St  
 Williston, ND | 701-572-6083

**Handy Andy's Nursery** Since 1952

**FOR A LIMITED TIME** NOW THRU JAN 31ST

**10% off**  
 Tire & Wheel Packages

YOUR FAVORITE BRANDS AND MORE!

**WESTERN TIRE**

ULTRA MOTORSPORTS  
 WORX ALLOY  
 FUEL OFF-ROAD  
 SOTA OFFROAD

1601 S Central Ave • Sidney, MT | 433-3858 | Mon-Fri: 7am - 5:30pm

# OBITUARIES

**Dorothy Wambach, 94**  
Lewiston, ID  
formerly of  
Sidney, MT



Dorothy Wambach

A Celebration of Dorothy's life for family, friends, and neighbors, will be held at 11 a.m., June 18, 2022. Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com).

Dorothy Ellen Wambach, daughter of Inez (Tunison) and Joseph Walter was born May 21, 1927 in Scobey, MT. Always filled with a zest for life, Dorothy filled her days growing up in Wolf Point, MT with a slew of activities including tap dance lessons, roller skating and herding her two younger brothers, James and Kenneth. After graduating from Wolf Point High School in 1945, Dorothy worked in the City of Wolf Point business office.

In 1946, Marvin Wambach, a Sergeant in U.S. Army Infantry Division serving in the Philippines returned home to Poplar, MT and soon began courting Dorothy. They married Nov. 29, 1946 in Culbertson, MT and began what would add up to a 66 year partnership. Dorothy and Marvin ranched and farmed in the Poplar area and owned the Standard Oil Station and the Gambles Store, which Dorothy managed. Dorothy was a member of the Royal Neighbors of America, bridge club, the Presbyterian Church and she and Marvin were actively involved with the Poplar Legion Club where they spent many Saturday nights putting Dorothy's dance lessons to good use as Marvin steered her around the dance floor. They raised four children, Susan Gustafson (Gale), Adele Barnes (Ron), Kirk Wambach (Melody) and Kristi Wittmaier (Sam).

In 1967 Dorothy and Marvin began ranching in the Cartwright, ND area, 25 miles east of Sidney, MT. Dorothy acquainted herself with her new neighbors, a few rattlesnakes and joined a Cartwright Extension Club. Weekend boating excursions were favorites and Dorothy was once spotted with a fishing rod in her hands. She and Marvin transferred their social activities to the Sidney Sales Ring and Triangle Night Club where they enjoyed the good company of neighbors and friends over the years. Dorothy's life

centered around her husband, children and grandchildren. The ice cream buckets of homemade cookies were staples and every celebration was recognized by handwritten cards and carefully chosen and hand wrapped gifts. She was the consummate hostess and no one ever entered Dorothy's kitchen without being welcomed by the warm aroma of coffee. She and Marvin were longtime members of Peoples Congregational Church, Sidney, MT.

After Marvin passed away in July 2012, Dorothy remained on the family ranch until moving to The Lodge at Lone Tree, Sidney, MT in August 2019. On Jan. 6, 2022 Dorothy passed away peacefully in Lewiston, ID.

Whenever asked about her favorite hobbies the answer was always the same, dancing. Dorothy never lost her enthusiasm for toe tapping and even participated in a four-generation dance video just a short two months ago.

Dorothy is survived by her children, their spouses and her eight grandchildren, Shane Barnes (Sara), Wesley Barnes (Julie) and Colter Barnes; Brittany Bell (David), Garin Gustafson and Scotta VandeKemp (Gerrit); Garrett Wittmaier and Devin Wittmaier (Ellen). Dorothy was blessed with 14 great grandchildren, Sydney, Barrett, Karris and Brooke Barnes; Jaylen, Kadence, and Jarrett Barnes; Trent and Ivy Bell; Canaan, Hendrik and Gwen VandeKemp; and Keaton and Evalyn Wittmaier.

## Business Plan Workshop Jan. 20, Sidney

Do you have a business idea that sits in the back of your mind waiting for you to take action? Well, wait no more!

Register for one of our many Business 101 classes and learn how to win \$5,000 for your start-up or business expansion!

Join the Wolf Point SBDC for a Business 101 class in your area. This business planning and strategies workshop will walk through the critical structures, available tools, and why money is necessary before, during, and after opening your doors.

The in-person class addresses turning a hobby or passion into a business. We will discuss how to approach writing a business plan and how you could win \$5,000 for your start-up or expanding business. You must be registered to attend class.

Business Planning 101 Class will be 1-3 p.m., Thurs., Jan. 20 at Richland County Extension, 1499 North Central Ave., Sidney, MT. To register contact Quincy Walter at 406-650-2524.

## Conservation Cost Share Applications Accepted Until Feb. 28, 2022

Submitted by Julie Goss  
Richland County Conservation District

The Richland County Conservation District is accepting applications for the 2022 Conservation Cost Share Program. Applications can be requested by calling 406-943-3001 or emailing [richlandcd@gmail.com](mailto:richlandcd@gmail.com).

Landowners in Richland County seeking to implement conservation practices on their property may be eligible for 50% cost share on the practices. Examples of eligible practices include, irrigation projects, stock wells, pipelines, grass seeding, fencing or any project that enhances or protects the natural resource. The conservation districts share for 2022 is \$4,500 per applicant for projects over \$9,000 or 50% of the project costs if less than \$9,000. Practices must benefit the natural resources in Richland County, design standards and specifications need to follow NRCS specifications where applicable. Proposed practices must be completed within one year of approval and payment will be made upon completion and inspection of the project. Projects that have been implemented prior to contract agreements are not eligible for cost share. The Richland County Board of Supervisors will make all decision on prioritizing and acceptance of applications.

If you have a smaller conservation practice that would enhance the natural resources in Richland County, call 406-433-2103x3 to request an application. Applications are due back to the conservation district by Feb. 28 and applicants will be notified by March 31, 2022 if they will be funded. Funding for this project is made available from the Richland County Commissioners.



# Golden Roundup

## What's in a Word?

By Lois Stephens

It is amazing how the same word, with its simple meaning, can have totally different suggestions and implications to us as we age and continue onward in our lifetime journey. I'm thinking here of the word 'senior'. This

word of course means 'higher in rank', 'holding a high or authoritative position', 'longer in service', 'more experienced', and of course 'older.'

We elders unfortunately recognize that in our individual cases, senior means older. But

think about it for a moment. Remember being a senior in high school? We were ecstatic to be called seniors. We were the top dogs; underclassmen looked up to us, we had special privileges and duties because we were seniors, and we had the world by the tail. We spent a lot of our senior year preparing and planning for a new life, new experiences, and new expectations as we completed that last year in high school. We figured we were the big shots and the hottest items ever to walk away clutching our graduating diplomas.

We then moved on, aspiring to become senior

management, or senior accountants, or senior editors, perhaps senior advisors, or some position of prestige and authority that often had the word 'senior' attached to it.

Well guess what, folks? We are now all seniors, even if it is only seniors in age. What the heck happened? How did we reach senior status so quickly? Suddenly the word 'senior' has lost its glow. I never strived to become a senior citizen, but it happened anyway, without any effort whatsoever on my part.

Even though I have become a woman of a certain age, I find it diffi-

cult to think of myself as a senior, but I definitely do not qualify as much else. Unfortunately, on the Senior Citizen's Day that some stores offer, I don't even have to politely point out to the check-out clerks that yes indeed, believe it or not, I DO qualify as a senior. They already know that just by taking a cursory glance at me.

As a friend helpfully pointed out, a person is as old as she feels, in which case some days I am 97 and other days I am a spry 33.

Not one to let well enough alone, I began to consider what I could call myself if I decide I no longer want to be a senior citizen; what describes a person such as myself who most certainly watched middle age depart in the rear-view mirror years ago but definitely rebels at the thought of seniorhood? In my opinion I have not been middle aged for quite some time but I do not feel like a little old lady quite yet. So what can I call myself so I can forget about this word 'senior'??

To help solve this dilemma, I pulled out one of my favorite books, Roge's thesaurus, and began a quest to identify myself in the scheme of years. I started with 'senior' and found 'elderly' (definitely not!) and 'superior' (hey, I can live with that one even if it doesn't quite fit). I then checked 'age' and definitely did not like what I found under that entry. (Who is calling whom decrepit? And hey, a fossil goes well beyond the senior years in my opinion.)

I moved through the 'mature' entry, the 'discretion' entry, the 'between'

and the 'completeness' entries and found nothing that fit. I finally decided the word that fits me best is 'reluctance' so these are my reluctant years. I know darn well I will never be anything remotely considered youthful again, I know I am poised on a slippery slope that only slides downhill with each passing day and I cannot step off this little ride I am on, nor can I alter the direction I am heading. So reluctantly I have reached my senior years, reluctantly I admit I am no longer agile, nubile, wrinkle-free, and svelte; my string bikini days are long gone, if they ever existed at all, and I reluctantly admit that I am approaching my rocking-chair-at-the-home days.

In spite of this dismal outlook, I have one ray of hope: I can cultivate my coming role as the community's cane waving irascible little old lady. People tend to dismiss and often underestimate little old ladies anyway, so I ought to be able to properly fill this role. I don't yet need a cane, but as my senior tenure continues, I have become a lot more vocal about those things that annoy me, so unfortunately, I feel positive that irascibility will come as easily to me as drinking a cup of tea.

I will try to behave like that poster that has made the round of the Internet: I want to be the little old lady who when I wake up in the morning, the devil says, "Oh no, she's awake!"

I also remind myself that being a senior isn't so bad. As someone said, I do not know who, "Be grateful for old age. It is a privilege denied to many."

**NETZER LAW OFFICE, PC**  
**Estate Planning And Real Estate**  
Licensed in Montana and North Dakota  
1060 S. Central Ave. Ste. 2, Sidney, MT  
406-433-5511 • [netzer@midrivers.com](mailto:netzer@midrivers.com)

*It's All About Saying Goodbye*  
**FULKERSON STEVENSON FUNERAL HOME**  
315 2nd St NW  
Sidney, MT • 406-488-2805  
Watford City: 701-842-2490  
Williston: 701-572-6329  
Tioga: 701-664-2122  
*Remembrances & condolences may be shared with family at:*  
[www.fulkersons.com](http://www.fulkersons.com)

**Crestwood Inn**  
410 3rd Ave. S.W. • Sidney • 433-3721  
[crestwd@midrivers.com](mailto:crestwd@midrivers.com) TTY711  
**"Retirement Living At It's Best"**  
Large 1 bed apartments • Individual climate control  
Close to downtown • Transportation available  
Activities • Noon meals • Support Services  
Security cameras  
**Come Home To Crestwood!**

# Area Sports Action



Above: Sidney's Keela Kary turns Shalynn Pederson Glasgow at 126 lbs. during the home duel against Glasgow Jan. 13. Kary won by pin in 1:25. Sidney beat Glasgow 43-18. The Eagles also placed third at the Trogan Border Wars dual tournament in Casper, WY, Jan. 14-15. Go to roundupweb.com for results.

The Sidney basketball teams played Fergus High School at home on Jan. 15. The girls fell to Fergus 51-46 and the boys lost 62-23.

Far left: Taylan Hansen scores on a jumpshot.

Left: Jerome Entz sinks a 2 pointer.



## Fairview Basketball

Fairview played Culbertson at home on Jan. 14. The boys won 72-41 and girls lost 43-32. Pictured is Jace Vitt scoring with a lay up. (Photo by Keri McPherson Photography)

## Free Donkey Rides



Jensyn Wold enjoys a short donkey ride at half time of the donkey basketball game held in Watford City on Friday. (Photo by Kathy Taylor)

# WINTER SALE

Replace Your Windshield & Get FREE New Wiper Blades\*

FREE Alignment Check With Purchase of 4 New Tires

Pick An Ornament Off The Tree For A Coupon

\*See dealer for details. Sale ends January 31, 2022.

• FRONTIER • • Tires • Windshields • Brakes • Struts • Alignments • Oil Changes • Semi-Truck Wiring, Lights, Brakes & Tires • Dot Inspections • And More!

**TIRES & GLASS**

EST. 2020

Mon-Fri: 7am - 6pm • Sat: 7am - 2pm | 406-488-TIRE (8473)  
2650 S Central Ave • Sidney, MT (Old M&R Cycles Building)

## Selling 160 Black Simmental, SimAngus™ and Angus Bulls



*Begger's*  
**DIAMOND V RANCH**  
BIG SKY GENETIC SOURCE BULL SALE

Wednesday, February 2, 2022 • 12:30 PM – At the Ranch – Wibaux, MT



Two-year-old heifer

30 Purebreds, 125 SimAngus™, 15 Angus Sell.  
50 are 18-month-old fall-borns, ALL ARE Black and Polled, most are homozygous black and polled.



### COW EFFICIENCY AT ITS FINEST:

The basis of any good breeding program is the mother cow. Our motto is: "THE RANCHER COMES FIRST". Every breeding decision we make is to improve our customer's bottom line. BEGGER'S DIAMOND V RANCH provides the perfect blend of COW SENSE, COMMON SENSE and SCIENCE. We know the value of a good mother cow, she must be fertile, efficient and problem-free. She must have the staying power to produce a valuable calf year-after-year on her own, with no extra assistance in the environment mother nature provides. She must possess a low-maintenance, easy-fleshing body type that requires little or no extra input. She has to have a problem-free udder and have a good gentle attitude with a set of feet and legs that will serve her until she exits your program at a ripe old age.

- ◆ We are your source for homozygous black and polled Simmental, SimAngus™, Angus genetics, the top 160 bulls out of 275 sell.
- ◆ Many ½ & ¾ brothers sell in volume enabling you to assemble like bred genetics that are predictable and consistent.
- ◆ From a program that does the day-to-day work. We calve, feed, and work around our cattle every day, so we know our cows if they become problematic. They won't see next year and their only way out is through a packing plant.
- ◆ We are straight shooters, we don't hem and haw or beat around the bush. We honestly try to answer and meet our customer's questions, needs and concerns. Our bulls come with a complete 100% satisfaction warranty. If there is a problem we will make it right.
- ◆ We provide free bull keep until April, along with a free breeding soundness exam and free delivery, in most cases nationwide on purchases over \$5,000.
- ◆ Every bull walks through the sale ring enabling you to see what you are buying. Some pictures and videos just don't represent cattle as they should.

There is a lot of hype out there about EPDs, Genomic Testing, and Carcass Traits. We strongly believe in the use of all of these genetic enhancement tools. We also know that you can ruin a good cowherd in a blink of an eye if you chase paper traits with no directive or focus put on the mother cow and what it takes to keep her in production with as few inputs as possible. There are breeding programs that only provide EPDs with no actual data. Be careful, at times these cattle might not offer a total package, the upkeep, loss of production, and lack of fertility may cost more than the rewards. Every breeder has the actual data, we believe that as a customer you deserve to access it, if it isn't there, ask for it. Any competent breeder shouldn't be afraid to share it. Raw data such as actual birth weights, 205 wts, 365 wts and performance data and indexes allows you to observe how an animal has performed within his contemporary group. It shows you his potential to sire calves that may increase or decrease certain traits. There are way too many cattle out there with excellent EPDs and dollar indexes that are not worthy of anything but a castrating knife. You can breed for all the highest EPDs and indexes in the world, but if you sacrifice COW EFFICIENCY, FOOT AND LEG STRUCTURE, FLESHING ABILITY, MENTAL, MATERNAL, and PHYSICAL TRAITS, such as UDDER QUALITY, along with an animal's ability to produce PAY WEIGHT and EYE APPEAL, all you will gain is a cull cow with good EPDs.



Look for us on Facebook



Bill Begger: 406-796-2326 / John Begger: 406-795-9914  
darbegger@gmail.com / 482 Custer Trail Road / Wibaux, MT 59353  
[beggersdiamondvranch.com](http://beggersdiamondvranch.com)

## Now Taking Tree Orders For 2022 Spring Planting Season

Submitted by Julie Goss, Richland Co. Conservation District  
Richland County Conservation District is now taking tree orders for the 2022 spring planting season. Call 406-943-3001 to request an order form. The Conservation District and the NRCS office can help you plan for shelterbelts; windbreaks or wildlife plantings. Trees planted by the conservation district need the soil prepared for the tree planter and mesh layer to work properly. Certain species of trees sell out so please order early to ensure availability of trees & shrubs.

# IT'S TAX SEASON

Here Are Some Helpful Tips From The IRS:

**H&R BLOCK**

**GETTING YOUR REFUND STARTS WITH MAKING YOUR APPOINTMENT.**

**Our tax professionals will get you every credit and deduction you deserve. Visit [HRBLOCK.COM](http://HRBLOCK.COM) to make an appointment today.**

**PUT OUR EXPERTISE TO WORK FOR YOU.**

H&R BLOCK, 606 S CENTRAL, SIDNEY, MT 59270 406-433-1818

OBTP#B13696 ©2015 HRB Tax Group, Inc.

- Don't count on receiving a refund by a certain date. Some refunds are required to be held until after late February.
  - Track your refund on IRS.gov or the IRS mobile app, IRS2Go.
  - All IRS Taxpayer Assistance Centers (TACs) are by appointment only. Don't wait until it's too late to ask questions! However, Most questions can be resolved on the IRS.gov website without visiting a TAC.
  - There are tools, filing options and other services and resources available on www.IRS.gov.
- Consumer Alerts on Tax Scams**  
Note that the IRS will never:
- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
  - Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
  - Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
  - Ask for credit or debit card numbers over the phone.

Smith, Lange & Halley, P.C.

Certified Public Accountants  
Teresa M. Halley  
Cory W. Wheeler  
Amy A. Bieber

1060 S. Central Ave., Suite 1  
Sidney, MT 59270  
(406) 433-4510  
Fax: (406) 433-4518  
Website: [www.cpasidney.com](http://www.cpasidney.com) • Email: [slhpc@midrivers.com](mailto:slhpc@midrivers.com)

You'll profit from our experience!

# The Roundup Classifieds

Reach Over 21,000 Readers Each Week In Eastern Montana & Western North Dakota And Always On The Internet at [roundupweb.com](http://roundupweb.com)  
(Paypal required for online purchases)

Add a photo to your classy online! (additional charge)

**Now Taking Credit Cards!**  
(5% charge added to all transactions)

**Get Up To 30 Words For Just \$9.50 • Deadline: Monday noon**

## The Roundup Help Wanted



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

Check Us Out Weekly With:

# The Roundup

Monthly With:

Or Online At:

[Roundup WEB.COM](http://RoundupWEB.COM)



### 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 Recovery Support group, First Lutheran Church music room, Watford City.  
**6 p.m.** — Al-Anon Family Group Meeting, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave., Sidney, MT.  
**7 p.m.** — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
**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, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.  
**7 p.m.** — 24-hour Women's AA group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.  
**7 p.m.** — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.

**WEDNESDAYS:**  
**7 p.m.** — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.

**THURSDAYS:**  
**7 p.m.** — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
**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.

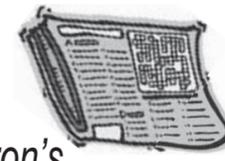
**FRIDAYS:**  
**6:30 - p.m.** - 5 Stones - Faith Based Recovery meeting, Sidney First Church of the Nazarene, 606 9th St. SW, Back door is open.  
**7 p.m.** — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
**7 p.m.** — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.

**SATURDAYS:**  
**7 p.m.** — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
**7 p.m.** — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.  
**7 p.m.** — AA 24 group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.

**SUNDAYS:**  
**7 p.m.** — Live Free Narcotics Anonymous, Church of God., 814 6th St. NE, Sidney, MT.  
**7 p.m.** — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.

## Get Your Roundup, Ag Roundup or Visitor's Guide In Williston at:

- Simonson's
- 3 Amigos
- Gramma Sharon's
- Go Go Cafe & Donuts
- 1st International Bank
- Albertsons
- Western Cooperative Credit Union



# The Roundup

111 West Main • Sidney, MT  
406-433-3306 • [info@roundupweb.com](mailto:info@roundupweb.com)

### Lunch Menus!

**Sidney School**  
**Thurs., Jan. 20:** Chili, cinnamon rolls, pineapple.  
**Fri., Jan. 21:** No school.  
**Mon., Jan. 24:** French toast, sausage links, hash browns, orange juice.  
**Tues., Jan. 25:** Chicken patty sandwiches, macaroni and cheese, strawberry cups.  
**Wed., Jan. 26:** Spaghetti, garlic toast, tossed salad, mandarin oranges.

**Savage School**  
**Thurs., Jan. 20:** Sub sandwiches, soup.  
**Fri., Jan. 21:** No school.  
**Mon., Jan. 24:** Chicken strips.  
**Tues., Jan. 25:** Stroganoff.  
**Wed., Jan. 26:** Tostadas.

**Rau School**  
**Thurs., Jan. 20:** 2nd grades choice! Macaroni & cheese, dino nuggets, caramel apples, carrots, salad bar.  
**Fri., Jan. 21:** No school.  
**Mon., Jan. 24:** 5th & 6th grades choice! Chicken noodle soup, watermelon, peas, salad bar.  
**Tues., Jan. 25:** Sloppy joes, fruit, veggies, salad bar.  
**Wed., Jan. 26:** Chicken alfredo, fruit, veggies, salad bar.

**Froid School**  
**Thurs., Jan. 20:** Taco bravo with hot cheese, lettuce mix, fruit.  
**Fri., Jan. 21:** Shrimpmates, fries, veggies, fruit.  
**Mon., Jan. 24:** Pizza stromboli, lettuce mix, fruit.  
**Tues., Jan. 25:** Pork chop Johns, mashed potatoes, gravy, veggies, fruit.  
**Wed., Jan. 26:** Chicken alfredo, garlic bread, veggies, dessert.

**Bainville School**  
**Thurs., Jan. 20:** Knoephla soup, garden salad, bananas.  
**Fri., Jan. 21:** Kaige Bratcher day! Cheeseburgers, french fries, carrot sticks, apple-sauce, cookies.  
**Mon., Jan. 24:** No school.  
**Tues., Jan. 25:** BBQ chicken, loaded mashed potatoes, celery, peaches.  
**Wed., Jan. 26:** Cheeseburger macaroni, broccoli, applesauce.

**Richey School**  
**Thurs., Jan. 20:** Super nachos, Spanish rice, fruit, rice krispie bars.  
**Fri., Jan. 21:** No school.  
**Mon., Jan. 24:** Meatloaf, mashed potatoes, green beans, fruit.

**Tues., Jan. 25:** BBQ pork sandwiches, beans, fruit, dessert.  
**Wed., Jan. 26:** Beef stew, dinner rolls, fruit, dessert.

**Culbertson School**  
**Thurs., Jan. 20:** Sub sandwiches, cottage cheese, peaches.  
**Fri., Jan. 21:** King pretzels, cheese, macaroni salad, pears.  
**Mon., Jan. 24:** Tater tot casserole, mixed veggies, bananas.  
**Tues., Jan. 25:** Cheese ravioli with alfredo sauce, breadsticks, green beans.  
**Wed., Jan. 26:** Chicken strips, mashed potatoes, gravy, corn.

**Lambert School**  
**Thurs., Jan. 20:** White chicken chili, cinnamon rolls, fruit.  
**Fri., Jan. 21:** Spaghetti, corn, garlic bread, fruit.  
**Mon., Jan. 24:** Hamburger gravy, mashed potatoes, peas, buns, fruit.  
**Tues., Jan. 25:** Beef stroganoff, pasta, corn, fruit.  
**Wed., Jan. 26:** Enchiladas, fresh veggies, fruit.

**Fairview School**  
**Thurs., Jan. 20:** Hot dogs on buns, macaroni salad, vegetable, fruit.  
**Fri., Jan. 21:** No school.  
**Mon., Jan. 24:** Chicken Philly, french fries, vegetable, fruit.  
**Tues., Jan. 25:** Swedish meatballs over noodles, vegetable, fruit.  
**Wed., Jan. 26:** Fajitas, Spanish rice, vegetable, fruit.

**Alexander School**  
**Thurs., Jan. 20:** Chili, cheesy breadsticks.  
**Fri., Jan. 21:** No school.  
**Mon., Jan. 24:** Meatball subs, fries.  
**Tues., Jan. 25:** Hot dogs or brats, macaroni & cheese.  
**Wed., Jan. 26:** Baked chicken breasts or tilapia, rice pilaf, cheesy broccoli.

**Watford City School**  
**Thurs., Jan. 20:** Teriyaki chicken bowl (noodles, chicken, veggies), egg rolls.  
**Fri., Jan. 21:** Hot dogs, mashed potato nuggets, baked beans.  
**Mon., Jan. 24:** Cheese ravioli, garlic breadsticks.  
**Tues., Jan. 25:** Beef burritos, chips, cheese.  
**Wed., Jan. 26:** Tomato soup, grilled cheese, crackers.

### HELP WANTED

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

comprehension at Job Service. Call 433-1204 for testing. To apply, contact Sidney Job Service for a generic application.

**FOR RENT**  
**APARTMENT IN SIDNEY**  
 2 bedroom, 1 bath, pet friendly, \$625. 406-489-5195.

**WANTED OR BUYING**  
**ATVS OR UTVS**  
 In need of repair. Call or text 1-406-489-3837.

**CASH FOR Mobile Homes**  
 1990+ Newer REH Sales  
 970-308-5571

**FAIRVIEW HOUSING**  
**1-BEDROOM APARTMENTS FOR RENT**

For more info, call Renita Weinel at 406-489-3107, leave a message.



**INSTALLED WINDSHIELDS FOR MOST MAKES AND MODELS**

**MAGNUM MOTORS**  
 Williston, ND • 701-572-0114 • 701-770-6375

**NOW SELLING NEW AND USED TIRES**  
 offering light mechanics as well

**MAGNUM MOTORS**  
 Williston, ND • 701-572-0114 • 770-6375

## The Roundup AUTO TRADER

**YOUR VEHICLE HERE!**  
 Give some details about your vehicle. Is it gently used, or basically new?



For Info, Call: 123-456-7890  
**\$12,345 OR BEST OFFER**

**ONLY \$17 A WEEK!**  
 If you run it for two weeks & it doesn't sell, we'll run it for two more weeks FREE!  
[classes@esidney.com](mailto:classes@esidney.com) • (406) 433-3306 for details

## Inspired to CARE



**Join our team! Job Opportunities**

Admissions Receptionist	Laboratory Medical Technologist (MLS/CLS) or Medical Laboratory Technician (CLT)
Cancer Care Infusion RN Medical Oncology Clinic MA, LPN, or RN	Lodge at Lone Tree Creek Cook Registered Nurse Resident Assistant
Clinic Population Health Nurse Receptionist RN or LPN Ear Nose & Throat Clinic & Ortho Clinic	Nursing CNA/Cardiac Monitor Tech Certified Nurse Assistant OB Nursery & Med Surg Registered Nurse or LPN Med/Surg Registered Nurse Critical Care Unit, ER & ER Charge, OB
Food Services Aide Food Service Worker II Utility/Dishwasher	Outpatient Coordinator
Engineering Maintenance Worker	Patient Accounts Patient Financial Counselor
Environmental Services Extended Care Housekeeper/ SHC Housekeeper	Personal Assistance Aide
Extended Care Activities Aide Assistant Director of Nursing Certified Nurse Assistant Certified Nurse Assistant Classes Licensed Practical Nurse Registered Nurse	Pharmacy Pharmacist
Health Information Coding Specialist II Medical Records Clerk/Scanning	Radiology CT Technologist/Mammographer Technologist Registered Radiologic Technician Ultrasound/Echo Technician
Information Systems Help Desk IT Network Infrastructure Tech	Respiratory Services Respiratory Therapist
	Surgery Outpatient RN Perioperative RN
	Visiting Nurse/Hospice Director Registered Nurse

**SIDNEY HEALTH CENTER**  
 Exceptional Care for Life

For additional information or to apply online, visit our website or contact: Human Resources at (406) 488-2571  
[HR@sidneyhealth.org](mailto:HR@sidneyhealth.org)  
 216 14th Ave SW • Sidney, MT

**BENEFITS:** Health insurance • Generous paid leave • Competitive pension plan • Flexible spending accounts • Voluntary dental, vision, critical illness and accident insurance • Life and AD & D Insurance • Hospital and Fitness facility discounts

**Visit Our Website at: [www.sidneyhealth.org](http://www.sidneyhealth.org)**

## The Roundup Classifieds

Reaching over 10,889 Households in Western North Dakota and Eastern Montana Every Week

(Please Print)

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_ (5) \_\_\_\_\_ (6) \_\_\_\_\_  
 (7) \_\_\_\_\_ (8) \_\_\_\_\_ (9) \_\_\_\_\_ (10) \_\_\_\_\_ (11) \_\_\_\_\_ (12) \_\_\_\_\_  
 (13) \_\_\_\_\_ (14) \_\_\_\_\_ (15) \_\_\_\_\_ (16) \_\_\_\_\_ (17) \_\_\_\_\_ (18) \_\_\_\_\_  
 (19) \_\_\_\_\_ (20) \_\_\_\_\_ (21) \_\_\_\_\_ (22) \_\_\_\_\_ (23) \_\_\_\_\_ (24) \_\_\_\_\_  
 (25) \_\_\_\_\_ (26) \_\_\_\_\_ (27) \_\_\_\_\_ (28) \_\_\_\_\_ (29) \_\_\_\_\_ (30) \_\_\_\_\_ (\$9.25)

(31) (\$9.35) (32) (\$9.45) (33) (\$9.55) (34) (\$9.65) (35) (\$9.75) (36) (\$9.85) (40)

**\$9.50 for 30 words or less; 10¢ per additional word**  
**Payment Must Accompany Ad**

# of words \_\_\_\_\_ x # of Times \_\_\_\_\_ = Cost \$ \_\_\_\_\_

**Mail To:** Name \_\_\_\_\_  
 The Roundup  
 PO Box 1207, Sidney, MT 59270

# Area Hockey Action



Watford City goalie, Emma Carlson, gets help from her teammates as she turns away a shot by Dickinson. The Lady Oilers came up short against Dickinson 0-3 in the 19U game Friday in Watford City. (Photo by Kathy Taylor)



Trey Thurman #12 scores for the Oilers against a determined Hazen/Beulah goalie during the 16-team Mite tournament in Watford City on Saturday. (Photo by Kathy Taylor)



Rhylan Olson #5 scores a backdoor goal against Hazen in a Jr Gold game on Tuesday. Hazen recorded the win outscoring the Oilers 9-3. (Photo by Kathy Taylor)

The Ranger Squirts travelled to Williston for two games on Saturday, Jan. 15 and were successful with two wins. Squirts won over Williston Orange 17-

6. Squirts won over Williston Grey 12-2.

On Sunday the Squirts faced Crosby twice on home ice.

First game ended a loss for the Squirts. At the end of the 3rd period the game was tied 9-9 and went to a shootout that is when the Squirts fell to Crosby.

Game 2 versus Crosby ended in a victory for the Rangers of 10-5.

Left: Lohgan Letherman bringing the puck around the net vs. Williston Orange.



North Dakota musician & author  
**JESSIE VEEDER**  
*Children's Book Reading & Creative Workshop*  
 Friday, January 21 @ 4:30 PM  
 Door 204  
 FREE and open to all ages  
 jessieveedermusic.com

## PRAIRIE HILLS *Gelbvieh* ANNUAL BULL SALE

1PM MST • FEBRUARY 12, 2022

AT THE RANCH — NORTH OF DICKINSON, ND  
 SELLING 50 PUREBRED GELBIEH, BALANCER, AND RED ANGUS BULLS

 P#10 Jack Daniel's 802 Exact Combination of Crossbred Sire 90% Gelbvieh, Home Filled BW 82, WW 120	 P#10 Jim Deans 114 Super Sire & Super Sire 93% Gelbvieh, Home Filled BW 77, WW 141	 P#10 Johnnie Walker 147 Super Sire & Revolution Sire 93% Gelbvieh, Home Filled BW 81, WW 144
 P#10 Justified 158 W Abundant Sire & Super Sire 94% Gelbvieh, Home Filled BW 82, WW 120	 P#10 Juggernaut 167 Super Sire & Super Sire 93% Gelbvieh, Home Filled BW 81, WW 120	 P#10 Just Do It 1120 Super Sire & Super Sire 93% Gelbvieh, Home Filled BW 84, WW 137

**PRAIRIE HILLS *Gelbvieh***  
 Visit our website for sale preview information.  
 PRAIRIEHILLSGELBIEH.COM

KLINT, MARALEE, KYLEE,  
 EMERSON, TREV & SAGE SICKLER  
 701-483-5250 • 701-260-1853 Cell  
 2171 102nd Ave SW • Gladstone, ND  
 BID ONLINE AT: [PS Auction](http://PS Auction)

## Sidney Public Schools

### Strategic Planning Surveys



Sidney Public Schools is in the process of collecting data from all stakeholders to complete our strategic planning process. The district has created surveys for students, staff, parents, community members and businesses. The data collected from these surveys will be used to create short and long term goals and ultimately move our district in a direction that will make our bond with all stakeholders stronger.

The surveys are specific to the role that you serve in the community, so we ask that you only fill out the surveys that you feel are applicable to you. You may feel that since you are a parent you want to fill out that survey, but not the community survey. **The district does ask that if you are NOT a parent of a student in the school district that you refrain from filling out the Parent Survey.** This is very specific to communication to current parents and programs that the district is currently using. We are not using the same methods of communication that we used 5-10 years ago.

We appreciate you taking the time to fill out these surveys to allow us to better serve all of you.

**Please visit [www.sidneyps.com](http://www.sidneyps.com), "District News" for more information. Surveys will be open until Friday, January 21, 2022.**

# VINYL PLANK GRAVITY FLOORING

by *Cheney Carpet*

- Revolutionary flooring can be loose laid
- Perfect for every room in your home
- Great sound reduction
- Ease of replacement of just one plank



## NOW ONLY \$3.33 sq. ft.

**Builders FirstSource** ProBuild, LLC

100 14th Street SE • Sidney, MT  
 406-433-2012 • [www.bldr.com](http://www.bldr.com)  
 M-F: 7am - 5pm • Sat: 8am - 1pm

## Speech, Debate & Drama Team Results



Front row: Corbin Steinbeisser, Kaileigh Laroche, Cayla Hanson, Gabby Juarez, Emma Cundiff, Noah Thiel, Daniel Stevens and Cedar Hovde; Back, Kyle Pust, Colten Dahl, Hayden Wiidanen, Kodi Schulz, Markalen Watson, Chloe Go, Wyatt Reid, Garrett Dodds and Jade Emly. (Submitted by Christy Pierce)

On Saturday, Jan. 15 the SHS Speech, Debate and Drama team was in Fairview. The Drama team took 2nd and the Speech and Debate took 3rd.

Debate:  
Public Forum: Corbin Steinbeisser and Daniel Stevens took 3rd.

Lincoln Douglas: Gabby Juarez took 8th.

Speech:  
Informative: Chloe Go took 1st.

Memorized Public Address: Noah Thiel took 4th.

Drama:  
Classical Theatre: Emma Cundiff and Wyatt Reid took 1st. Markalen Watson, Kodi Schulz and Garrett Dodds took 2nd.

Pantomime: Jade Emly took 4th.

Dramatic Solo: Wyatt Reid took 2nd.

Dramatic Theater: Hayden Wiidanen and Cayla Hanson took 7th.

Humorous Theatre: Garrett Dodds and Markalen Watson took 6th, Jade Emly & Emma Cundiff took 8th.

## “Art For Everyone” - Ardis Jacobson & Douglas Engberg Exhibition

Submitted by Joe Bradley, MonDak Heritage Center Board President

The MonDak Heritage Center announces “Art For Everyone”, an exhibition of Art by Ardis Jacobson & Douglas Engberg, on display through Feb. 26 at the MonDak Heritage Center, 120 3rd Ave SE, Sidney.

Ardis Jacobson knew in high school that art would be a lifelong love affair for her! Ardis says “I am a creator as well as an artist. Creating something lively from a cast off is the ultimate. Painting a beautiful painting with oil, watercolor, acrylic, pastel, colored pencil, encaustic (wax), batik, scherenschnitte (paper cutting), collage, zentangle.... I enjoy it all. My favorite medium is the one I am using at that time.

Ardis has taken workshops from a variety of accomplished artists in Canada, North Dakota, Montana, California, Indiana, Illinois,

New Mexico and Colorado. In 1973, she attended the Peace Garden Art Camp to brush up for the opportunity to teach adult art. Receiving an invitation to attend the Peace Garden Appreciation Tour she toured seven European countries. Highlights of the tour included viewing originals by the masters; Raphael, Goya, Van Gogh to name a few. She has exhibited at art centers in San Bernardino, CA; Dickinson, Jamestown, Crosby and Williston, ND; Durango, CO and Farmington, NM. A highlight of her painting endeavors was an invitation to display at the International Rough Rider Show in Williston, and being the featured artist at the Wines of the San Juan in New Mexico.

Doug Engberg was born and raised in Williston ND. He graduated from Williston High School, in 1974 and worked in the oil field on drilling rigs for 30 years. He



Douglas Engberg’s “2 Great Giants.” (Photo submitted)

says he has been drawing and painting all my life. He also tried wood burning and painted with cheap watercolor. A few years later he thought about wood burning on leather. You didn’t have to deal with the wood grains. He decided to add color to the leather burning, using a light touch to avoid taking away from the leather and

burning. He uses acrylic paint for the medium on the leather. He also works with oil, pencil, chalk, and many other mediums.

Ardis and Doug are excited to share their work with the MonDak region and invite you to drop by the MonDak Heritage Center and have a look at this unique exhibit of art from locally based artists.

We also invite the public to join us at the MonDak Heritage Center to meet Ardis and Doug at a Closing Reception 2-4 p.m., Saturday Feb. 26.

The MonDak Heritage Center is open Tuesday-Friday from 10 a.m.-4 p.m. and Saturday from 1-4 p.m. Admission is free. For more information call 406-433-3500 or e-mail mdhc@richland.org. Visit us online at www.mondakheritagecenter.org.

## Annual Celebrating Chocolate Event With MDHC

Submitted by Joe Bradley, MonDak Heritage Center Board President

Celebrating Chocolate returns to MonDak Heritage Center, Saturday Feb. 19, the doors open at 6:30 p.m., and the event starts at 7 p.m. This year marks the 15th Annual Celebration for this Fund-Raising Event and will be celebrated in person this year.

We will celebrate “Love Around The World” this year with an internationally inspired menu of delicious appetizers accompanied by tasty chocolate treats from Lisa Combel, Orleans Cuisine, Sidney. (Visit her website at orleanscuisine.com). There will be a silent auction with a large variety of items to bid on, a wine pull and a few surprises during the evening.

Music this year will feature Acoustic Eidolon. This Colorado based duo of Hannah Alkire (cello and vocals) and Joe Scott (double-nick guitjo, ukulele and vocals) performs original music, covers, and weaves stories of the music and their travels and life between songs. Their passion and energy draws one into their musical realm with humor and poignancy. Both performers are recognized internationally for their music and instrumentation. See their website at acousticeidolon.com

Celebrating Chocolate at MDHC is sponsored by Stockman Bank and Prairie Electric and proceeds from the event helps to ensure the future of live music events at MDHC.

Call the MonDak Heritage Center at 406-433-3500 or stop in to purchase tickets. You can also purchase tickets online at www.mondakheritagecenter.org. Ticket prices for Celebrating Chocolate are: \$60 per person or \$50 for MDHC Members (you can join at the time of your purchase). You must be 21 to attend.

The MonDak Heritage Center is located at 120 3rd Ave SE, Sidney and is open Tuesday-Friday 10 a.m.- 4 p.m., Saturday 1-4 p.m.

Admission to the MonDak Heritage Center is free. For more information call 406-433-3500 or e-mail mdhc@richland.org.

**NOT BUYING - BUT SELLING - SEE US!!!**

**WE BUY CARS!!!**

**RED AUTO ROCK**  
WATFORD CITY, ND



**INDOOR SUPER SALE**

**4 Bears Casino**  
202 Frontage Rd.  
New Town, N.D.  
58763

**Only at 4 Bears**  
**Event Center**  
New Town,  
N.D.

**If you are looking**  
**for a vehicle**  
**“Don’t Miss This Sale”**

**ON THE SPOT FINANCING!! \$0 DOWN DELIVERS OAC**

**Chrysler**  
**Dodge**  
**Jeep**  
**Ram**



**Over 250 used**  
**units available**

**Bad Credit? No Credit?**

**Our Goal is**

**100%**

**Credit Approval**

**Easy to Apply - No Hassles**

**Come to the Event Center TODAY**

**2022 Jeep Compass Latitude**  
**Stock # 82059**



**MSRP \$32,875<sup>00</sup>**  
**SALE PRICE \$29,990<sup>00</sup>**

**\$1,500<sup>00</sup>**  
**PUSH**  
**PULL or**  
**DRAG!!**

**HUGE**  
**TRADE-IN**  
**VALUES**

**We**  
**Need**  
**Your**  
**Trade!!**

**4 DAYS ONLY!!!!**

**Vehicles on site with**  
**HUGE PRICE REDUCTIONS**  
**January 19-20-21-22, 2022**

**Red Rock Auto**

**BEAT THE COLD AND SNOW**  
**INDOOR SALE!!!**

**Jeep Ram**  
**Dodge Chrysler**

**January 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**Hours Wed., Thurs. & Fri. 9 a.m. - 7 p.m.**  
**Sat. 9 a.m. - 4 p.m.**

# John Birch Society Returns to Sidney

By Anna Dragseth

With a mission to bring about less government, more responsibility, and a better world by providing leadership, education, and volunteer action with moral and Constitutional principles, a John Birch Society returns to Sidney.

A society was founded in Sidney in 1959 and is starting to regain traction after Leah Southwell John Birch Society Regional Field Director, met with over a dozen adults to restart the one in the area.

"JBS has never gone away but it was very strong in eastern Montana since 1959. As our members aged out, the

societies influence waned in the area. Some of the very strong members were Math and Doris Dassinger, Wendell Elliot and Russell and Mary Mercer," explained Southwell.

Chris Miller is the local leader for Sidney; the local group will host regular meetings to educate members on Americanism and the threats against it.

JBS was founded in 1958, with a goal to protect the Constitution. Societies are located throughout the nation; members are locally organized into small chapters and follow a National Agenda.

According to jbs.org, the

groups have been men and women of good character, humane conscience, and religious ideals who have worked together to safeguard the Constitution. Members create great pressure and influence originates locally and is felt nationally.

JBS members have worked for over 60 years toward educating and activating Americans to abide by the original intent of the Founding Fathers. Societies are principled, coordinated, and effective activism.

"Our goal has always been to expose the Deep State and reveal their plans to

rob us of our liberties and to turn us over to the globalists. We have always recognized that the only way to restore liberty is through a well-educated and moral populace. It's time for a new generation to take over this work," said Southwell.

"Everyone should be receiving our very fine publication The New American Magazine." The free daily publication version can be seen at <https://thenewamerican.com/>.

Learn more about JBS, apply for membership, or speak with Local Leadership for opportunities to get

involved at <https://jbs.org>. To hear about scheduled meetings, contact Southwell at [lsouthwell@jbs.org](mailto:lsouthwell@jbs.org).

**Leah Southwell speaks to a group of JBS supporters in Sidney. (Photo submitted)**



# Democratic House of Rep. Candidate Jack Ballard Visits Sidney

Jack Ballard, Democratic candidate for Montana's 2nd Congressional District, visited Sidney Jan. 11. Ballard held a meet and greet at Meadowlark Brewery followed by speaking to local Democrats at Greg Miller's shop.

Ballard is running against fellow Democrats Penny Ranning and Skylar Williams in the upcoming primary June 7. The US House of Representatives seat for the 2nd Congressional District is currently held by Rep. Matt Rosendale. Rosendale faces primary challenger Mary Todd.

Ballard is from the Red Lodge area and is currently a full-time, freelance writer and photographer. He is nationally renowned outdoor writer and photographer covering pri-

marily hunting, fishing, wildlife biology, conservation and general outdoor recreation. Before becoming a writer, Ballard taught at MSU-B for over a decade. He's also held positions as a minister, manager for a fencing contractor, roofer and temporary laborer.

Ballard grew up on a farm and ranch west of Three Forks. Growing up he learned the value of hard work on the farm. Ballard graduated college from Yellowstone Baptist College, Billings, and the Southern Baptist Theological Seminary, Louisville, KY where he also earned a Masters of Arts degree at the University of Louisville. Subsequently, he completed a Masters of Education degree from MT State University-Bill-

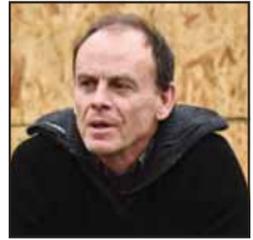
ings (MSU-B).

Ballard feels he connects well with working Montana's. He feels his positions on job and wages such as increasing the minimum wage, changing corporate executive pay and strengthening labor unions better fit with the needs of Montana workers.

Some of the other topics Ballard discussed were adjusting the tax code for corporations, the need for additional health care reform and preserving the second amendment. For more information on Ballard and his stance on issues visit [www.ballardformontana.com](http://www.ballardformontana.com).

Ballard is currently expected to visit Sidney again for the Democratic primary candidate forum on April 23

at 6:30 pm at the Elks Lodge in Sidney.



Jack Ballard

## SIDNEY EAGLE

### WRESTLER OF THE WEEK



**KEELA KARY 120#**

Keela just won the Cowgirl Invitational in Miles City last weekend and took 5th at State last year. **Congratulations, Keela.**

**You are the Sidney Eagle Wrestler of the week!**

This week sponsored by Sidney Red-E-Mix

# LARGE HAY AUCTION

(+/- 2500 BALES TO BE SOLD BY THE BALE)  
OWNERS: J&S PROPERTIES LLC, SHANE 406-769-2304

SATURDAY, FEBRUARY 5, 2022 1:00 P.M.



**LOCATION I**



**LOCATION II**

**BAINVILLE, MT-FROM THE WELCOME STOP CONVENIENCE STORE IN BAINVILLE ON HWY 2, GO EAST 1 MILE TO COUNTY ROAD 405, TURN NORTH FOR 6 MILES TO THE JUNCTION OF COUNTY ROAD 405 AND COUNTY ROAD 1006, STAY TO THE RIGHT ON ROAD 1006 FOR 3 MILES. HAY YARD IS ON THE RIGHT SIDE.**

**ALL BALES ARE NET WRAP (average weight +/-1375#s)**

- 2021- 107 Hay Barley Bales
- 2020- 180 First Cutting Alfalfa Bales
- 2019- 203 First Cutting Alfalfa Bales
- 2018- 197 First Cutting Alfalfa Bales

**LOCATION II: BAINVILLE, MT-FROM THE WELCOME STOP CONVENIENCE STORE IN BAINVILLE ON HWY 2, GO SOUTH ON MAIN STREET TO THE END OF THE STREET, TURN LEFT ON COUNTY ROAD 1007 (IN FRONT OF OLD LUTHERAN CHURCH), CONTINUE FOR 5 MILES, TURN RIGHT ON COUNTY ROAD 2064 FOR 1 1/4 MILES.**

**ALL BALES ARE NET WRAP**

- 2021- 246 Irrigated First Cutting Alfalfa Bales (average weight +/-1305 #s)
- 2021- 42 First Cutting Alfalfa Dryland Bales (average weight +/-1395#s)
- 2020- 284 First Cutting Alfalfa Bales (average weight +/-1130#s)
- 2020- 320 Hay Barley Bales (average weight +/-1290#s)
- 2019- 500 Hay Barley Bales (average weight +/-1315#s)
- 2019- 85 First Cutting Alfalfa Bales (average weight +/-1435#s)
- 2018- 100 Hay Barley Bales (average weight +/-1275#s)
- 2018- 237 Second Cutting Alfalfa Bales (average weight +/-1225#s)

**AUCTIONEER'S NOTE: SHANE HAS SOLD HIS COWS AND WILL BE OFFERING HIS HAY AT AUCTION. ALL BALES WILL BE SOLD BY THE BALE. WE WILL WEIGH 2-3 BALES OUT OF EACH GROUP TO GET AN AVERAGE WEIGHT. AFTER THE SALE, SHANE WILL LOAD THE HAY AS LONG AS YOU CONTACT HIM IN ADVANCE. WE HOPE TO SEE YOU FEBRUARY 5TH! ~RICK**



**RK Rick Kniepkamp**  
Cedar, Montana STATEWIDE AUCTION (406) 485-2548  
WE SELL & ADVERTISE ACROSS THE UNITED STATES  
[www.r-kauction.com](http://www.r-kauction.com)  
Rick Kniepkamp (406) 485-2548 or cell (406) 939-1632

All information is from sources deemed reliable, but is not guaranteed by the Sellers or the Auctioneers. Offering is subject to error, omission, and approval of purchase by owner. We urge independent verification of each and every item submitted to the satisfaction of any prospective buyer. It is every potential bidder/purchaser's sole responsibility to accomplish his or her due diligence in whatever manner he or she deems advisable. Announcements made sale day take precedence over any printed materials. The items sold "As Is-Where Is." RK Statewide Auction Service and its auctioneers are acting solely as auctioneers for the seller.

ELK HIVER PRINTING • SIDNEY, MONTANA

# JANUARY Savings

On Good Used Fords!

**2020 FORD ESCAPE SEL**  
#6621, 4-Wheel Drive, Magnetic, 57 miles  
**\$37,695**



**2019 FORD EXPLORER LIMITED**  
#6614, 4-Wheel Drive, Blue, 26,447 miles  
**\$44,495**



"Experience the Eagle Country Difference!"



See Dealer For Details | 215 East Main • Sidney, MT  
406-433-1810 or 1-800-482-1810 | [eaglecountryfordsales.com](http://eaglecountryfordsales.com)



Scan Me To See Full Inventory

# THE BUSINESS ROUNDUP

Reach 26,500 Readers in the Entire MonDak Region

Call: 406-433-3306 or email: [info@roundupweb.com](mailto:info@roundupweb.com)

visit [www.roundupweb.com/directory](http://www.roundupweb.com/directory) for direct links to company websites & locations

\$26<sup>00</sup>  
WK

NICK JONES

R

REAL ESTATE REALTOR

TRUCK ROUTE SOUTH, SIDNEY  
OR CONTACT ONE OF OUR AGENTS:

Justin Jones  
406-480-9525

Jerrian Franzen  
406-478-3773

Dennis Wick  
406-480-1550

[www.NickJonesRE.com](http://www.NickJonesRE.com)

Network • Automation • Smart Home • AV Solutions



225 2nd Ave NE • Sidney, MT | Mon - Fri: 9am - 5pm | 406-433-4370

PARTY CENTRAL

Popcorn Gift Bouquet

D& Main Street

Address: 105 E Main ST • Sidney, MT  
Phone: 406-433-4FUN (4386)  
[www.PARTYCENTRALANDPOPCORN.COM](http://www.PARTYCENTRALANDPOPCORN.COM)

Tuxedo Rentals

Party Supplies

Balloon Bouquets

And Sculptures

And So Much MORE!



440 N Central Ave • Sidney, MT | Shops at Fox Run  
406-433-1800 | Mon-Sat: 9am - 6pm • Sun: 10am - 4pm  
[www.highcalibersportsinc.com](http://www.highcalibersportsinc.com)



## Bobcat

Of Williston

Sales • Rental • Service • Parts

701-572-5050 • 4419 W Front Street • [www.goironhide.com](http://www.goironhide.com)



Portables & Septic Service, LLC

PO Box 1003 - 34980 Hwy 23 - Sidney  
Blaine Rogers - Owner  
Office: 406-433-7586

Portable Toilets • Septic Pumping & Installation • Snake Jobs  
Camera, Locate Sewer Lines • Jetting Frozen Sewer Lines  
Pipe Bursting Sewer Lines (Eliminate digging up entire yard)

Signs  
OF SIDNEY

**Signs • Banners  
Vehicle Lettering  
Vinyl Letters  
Location Signs  
Decals  
with High Tack Option**

224 6th St. SW, Sidney • 406-433-2476 • [signsofsidney@midrivers.com](mailto:signsofsidney@midrivers.com)

# Roundup

## WEB.COM

Customer Service is Our #1 Priority



Farm & Ranch, Oil Field & Construction Materials, Fencing Supplies, New Steel, Pipe, Aluminum & Stainless

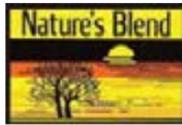
Sidney: 35002 CR 123 • 406-433-7737  
Glendive: 2703 W. Towne St. • 406-377-4398  
Plentywood: Hwy 16 East • 406-765-2624

Williston: 13896 W. Front St. • 701-572-5493  
Miles City: 12 Peggy Lane • 406-874-7428

# We're Your #1 Supplement Supply Center!



These Trusted Brands:



- Hair, Skin & Nail Supplements
- Seasonal Vitamins
- Huge Selection of Health Remedies
- Full Service Pharmacy



## Barrett Pharmacy & Variety

145 Main • Watford City, ND • 701-842-3311



# Wellness & Beauty Special Section



*Put your best self forward*



### AESTHETIC MEDICINE

- Exclusive line of Medical Spa Treatments
- Medical Grade Skincare
- Medically Supervised Weight Loss
- All procedures performed by Dr. Twigg

Visit our website at [SHCAAdvancedAesthetics.org](http://SHCAAdvancedAesthetics.org) for monthly treatment and skin care specials!

Shari Twigg, MD  
Board Certified in Aesthetic Medicine



Call now to schedule:  
406.742.5256

304 S. Ellery Avenue, Ste. 2 | Fairview, MT  
[SHCAAdvancedAesthetics.org](http://SHCAAdvancedAesthetics.org) | f | i

Toss your **Razor**  
Try our **Laser**



## McKenzie County Aesthetics Clinic

### Laser Services

- Facial and Body Hair Removal
- Acne
- Scars
- Veins
- Stretch Marks
- Sun Damage
- Rosacea
- Resurfacing
- Photo-Facial

FREE Initial Consultation!

Call us to schedule your appointment today! 701.444.8651



# Get The Smile You've Always Wanted



**No-Charge Initial Consultation  
And No Referral Needed**

## FISHER



[www.fisherortho.com](http://www.fisherortho.com) | Practice Limited to Orthodontics

215 W. Highland Dr. #D • Williston, ND • 701-572-3414  
122 2nd St. SE • Sidney, MT • 406-433-3414 | 361 N. Main St. • Watford City, ND • 701-580-4764

# Changing Up Your Body Care Routine For The Season

(BPT) - When it comes to the changing seasons and onset of fall, we often think of breaking out our boots and sweaters rather than changing up our lotions and potions and prioritizing our overall wellness. There are facets of our overall well-being that can be quick to take care of and, with a little daily maintenance, can create long-lasting positive effects through the fall and winter months that most of us find most dreary. Many would be surprised to know that the easiest of all routine changes that can impact overall wellness is how we take care of our skin.

Your skin, the largest and one of the most important organs in your body, acts as a protective envelope, keeping vital substances in and harmful ones out.

Here are three wellness benefits that come from taking care of this vital organ.

1. Preserves a healthy and fresh appearance. Probably the most noticeable

and talked about benefit of a skincare routine is how a daily regimen including cleanser, moisturizer and SPF preserves a healthy appearance. When you look good, you feel good - and the benefit is not exclusive to one area of the body. Body care products help the skin stay clean and hydrated to improve the look, feeling and softness too.

Finding the right moisture level in your body lotion is paramount to the success of your skincare routine. Knowing if you need ultra-rich moisturization or if you have sensitive skin makes a big difference in how your body retains moisture and helps keep you warm in winter months. "We like to recommend people talk to someone knowledgeable and pick a product that works for them so they can follow a routine, and stick to it, so their body reaps the benefits continuously even if they happen to miss one day," says Diego Ortiz De

Zevallos, Global Marketing and Brand Development Director, The Body Shop. It's important to educate yourself on the benefits of certain ingredients too. Look for products with shea or cocoa butter, known for their rich texture and hydrating benefits. The beloved Body Butter from The Body Shop offers 96 hours of moisturization and uses shea butter as the core ingredient across 13 scents, so even if you skip a day, your skin is covered. An added bonus: The product now offers an all-new vegan formula and 100% recyclable packaging.

2. Provides a good indicator of overall health. Skin is an excellent indicator of overall health. If you're dehydrated or sick, it often shows on your skin first. Be sure to drink plenty of water and contact a doctor or dermatologist if something more than dehydration seems to be amiss. If you're consuming enough water, your skin will give off a slight sheen,



professionals say.

3. Improves your mental well-being. Many experts recommend pampering yourself at home. You don't need an expensive spa to do it either. Just a warm bath, some relaxing music and a great smelling body lotion to massage into skin following

a quick towel dry should do the trick. Not only will it help you wash away the day and relax your muscles but the scent from your lotion should soothe you into a soft slumber and rejuvenate you for the next day.

To ascertain if you have normal, dry and sensitive

or ultra dry skin, head to TheBodyShop.com or your local store to choose which Body Butter is right for your skin type.

## 4 Easy Ways To Limit Carbs In 2022 For A Healthier You



(BPT) - Heading into the new year, you may be thinking about ways to work on your health and wellness. A new year is an ideal opportunity to consider positive lifestyle changes, and what you choose to eat is a big part of that. The good news is, you can focus on nutritional goals while still enjoying the food you eat.

"Think about important nutrients your body needs to stay healthy, like protein, healthy fat and fiber, when choosing what to eat," says registered dietitian nutritionist Kristin Kirkpatrick, M.S. "Focusing on foods with those nutrients, while reducing carbs, can help you stay on track toward your goals."

Here are Kirkpatrick's tips to help you limit carbs.

1. Utilize net carbs to your advantage

The great thing about tracking net carbs is that it helps you get the most bang for your nutritional buck, as an essential component of a net carb calculation is to deduct fiber. In the low carb world, fiber is found in nuts, seeds and cruciferous vegetables (like broccoli or cauliflower). Fiber is not digestible, which is why you deduct it from the total carbs. Adding more of these foods into your daily routine means you're getting fewer digestible carbs and more healthy fats, vitamins, minerals and antioxidants.

2. Add indulgences to stay on track

It's much easier to stick with healthier lifestyle changes if you include foods you truly enjoy that also provide nutritional content.

"I advise my patients to indulge but indulge smart," adds Kirkpatrick.

One great choice is Quest Frosted Cookies, which comes in two flavors: Quest Birthday Cake Frosted Cookies and Quest Chocolate Cake Frosted Cookies. These soft, bite-sized cookies are enrobed in either a birthday cake or chocolate coating that satisfies your sweet tooth with less than 1 gram of sugar, 5 grams of protein and 1 gram net carbs per serving\* - so you can enjoy these delicious treats and stay on track with your nutritional goals.

\*See individual product for nutrition information, including calories, total fat and saturated fat content.

3. Understand how soon you'll see benefits

"When you limit carbs, the results can be seen fairly quickly," says Kirkpatrick. "That's because the process of limiting carbs (at least in the beginning) leads to a reduction in water weight. Before the real weight starts coming off, you can start seeing the benefits. Sometimes, just feeling lighter will keep you motivated to continue in the beginning."

Additionally, limiting carbs means reducing processed foods and sugar. Multiple studies have found these eliminations to be beneficial to mental health. So, limiting carbs can help you with your physical health as well as your happiness factor!

4. Swap dips and sides Most dips and sides can be made low carb and reinforce your healthy habits. For example, you can make spinach-and-artichoke dip (a source of antioxidants) with almond flour (or no flour at all), snack on an apple with no-added-sugar peanut or

almond butter, or dip low carb chips into a healthy fat source like guacamole. These options give you way more nutrient density than the potato chips or pretzels you might be tempted to grab. They also help you feel fuller, longer.

Here are other lower carb dip ingredients to try:

\* Mayonnaise. This versatile condiment has zero carbohydrates. You can create plenty of dips combining mayo with mustard and/or sour cream.

\* Mustard. Add zing to your dips with mustard, as it contains zero net carbs. Some mustards will have added sugar or honey, so be sure to check labels.

\* Sour cream. While you may think full-fat sour cream is not the best choice, it actually contains fewer carbs than the low-fat version - and a lot fewer carbs than non-fat sour cream. It also adds flavor to any recipe and combines well with a variety of herbs and spices.

Meeting your health and wellness goals for 2022 will be easier if you center your goals on nutrition as well as enjoyment of foods you eat that also help give you what your body needs.

## Break Old Habits; Create New Ones With Kundalini Meditation: Are You Sitting Down Yet?



(BPT) - Many resolutions made on New Year's Eve look a lot more overwhelming in the cold hard light of New Year's Day. "Lose weight." "Exercise more." "Work on that novel." "Drink less." Oof. Where to start?

As Lao Tzu says, "A journey of a thousand miles begins with a single step." Sometimes that first step doesn't even require standing up.

Studies show that even 11 minutes a day of Kundalini meditation can boost mental health, promote mindfulness and increase gratitude.

MRI imaging has demonstrated that meditation changes our brains; specifically, the regions involved in learning and memory processes, emotion regulation, self-referential processing and perspective taking.

This simple daily practice, when repeated for 40 days, may be exactly what you need to reach all your resolution goals.

Why 40 days? Because

it takes 20 days to break old habits, and 20 days to start new ones. There's a reason Christians fast for 40 days during Lent, and Judaism teaches that those seeking answers to prayers should pray for 40 days in a row. Did you know that your skin cells renew, on average, every 40 days?

Kundalini meditation is easy. It's quick. It works. And guess what? You can do it with your eyes closed.

Where to start? 3HO, an organization dedicated to sharing Kundalini around the world, offers dozens of meditations. Give this one a try.

Posture: Sit in a comfortable cross-legged position, with a straight spine and your hands gently resting on your knees. Allow your shoulders to relax and picture a string lifting your sternum. Close your eyes and let your breath slow and deepen. Tuck your chin slightly into your chest so the back of your neck stays long and does not round. You'll feel a slight pressure in your throat.

Hands: Fist your hands

and extend your thumbs. Then place your thumbs on your temples and find the niche where the thumbs just fit. Now lock your back molars together so that your lips close. Keeping your teeth gently pressed together throughout this exercise.

Eyes: Keep your eyes closed and focus them on the center of your forehead between your eyebrows (sometimes called the "third eye"). This takes a little practice, and you will feel a tension in the ocular nerve.

Mantra: Silently repeat the following manta-Sa Ta Na Ma-while focusing on your third eye.

Time: Continue for anywhere from 3-31 minutes. It's a powerful practice, and even three minutes is enough to see results!

If you can, practice this meditation every day for 40 days.

You've got this.

For more information on Kundalini Yoga and meditation and how it can benefit your health and wellness, visit 3HO.org.

### CUSTOM ORTHOTICS, NUTRITIONAL SUPPLEMENTS & DOT PHYSICALS!



**Yellowstone Chiropractic Clinic** 222 2nd Ave SW • Sidney, MT  
406-433-4757 • 1-866-433-4757

**KEEP THAT SUMMER GLOW** with **Meuchel Computer Services**

**Disconnect & Tanning Salon** Tanning, Lotions (We Have Video Rentals)

**Internet Cafe with Espresso and Fresh Fruit Smoothies!**

Mon-Fri: 9am - 5pm | 313 N Main • Watford City, ND

**TANNING BARN**

Mon-Fri: 8am - 6pm  
Saturdays by appt

**406-480-7882**  
966 10th Ave SE • Sidney, MT (In MacGrady Construction Bldg)

# Wellness & Beauty

Special Section



## Make A Total Transformation!



### Permanent Makeup:

• Ombre Lips • Eye Liner • Lip Liner

### Brows:

• Micro Blading • Powdered • Combination

### Plus Full-scale Hair Menu

**SUPERNOVA**  
Hair Design and Permanent Makeup

Mon-Fri: 9am - 5pm | 304-902-0310 | 105 Main St S, Suite 4 • Watford City, ND  
(Subway Shopping Center)

## VITAMINS THAT WORK FOR YOU!

### Manage Your Stress:

Talk with our pharmacists about natural products for relieving stress



**LARSEN**  
SERVICE DRUG

701-444-2410  
244 N Main Street  
Watford City, ND

# HEALTHY SMILES DENTAL



Teeth are an important part of your health!  
General Dentistry & Complete Orthodontics

Services provided by a General Dentist

Mon - Thurs: 8 am - 4:30 pm • Fri: 8 am - 2 pm  
203 2nd Ave SW • Sidney, MT | 406-433-7645



# Restore



## RELAX, REJUVENATE & RENEW HELPING HEAL THE MIND & BODY

We invite everyone to come and experience our one of a kind spa experience here in Williston, ND and emerge back into the world calm, invigorated, renewed, and refreshed. We offer over a 3,200 Square Foot Space with 9 treatment rooms, a waiting room, vanity room, R & R lounge and staff waiting on you with refreshments, snacks, and anything else you may need. It is a total mind and body healing spa with luxury robes, slippers, showers, pampering and relaxation. Step inside and let the cares of daily stresses melt away in an environment of tranquility with massages, facials, skin care products, float pods, red light wellness cocoons, and many more offerings to come. You will walk out fully rejuvenated from head to toe. Please feel free to explore these and all of our offerings throughout our site and do not hesitate to contact us with any questions. We are located in the lower level of the downtown plaza (same building as fresh palate).

Did I mention we are also working with YOUR INSURANCE?



The Red Light Wellness Cocoon offer many benefits. Great for athletes of all levels, also wonderful for those who like to relax in encapsulating warmth and soothe sore or tired muscles. Its equipped with Red Light Therapy for the body and works together with Infrared to better intensify your results and wellness benefits!

Benefits include:

- Tone and Tighten
- Lose Weight
- Relaxing Massage
- Holistic Cleansing and Detoxing
- Reduce Stress
- Easy Fitness while Rejuvenating
- Increased Metabolism
- Improved Flexibility
- Greater Range of Motion
- Quicker Muscle Recovery
- Joint and Muscle Pain Relief
- Reduced Water Retention/Bloating
- Minimized Fatigue
- Increased Healing and Circulation



Glo Skin Beauty provides professional treatments, combined with homecare products, to deliver transformative results for skincare professionals and their clients. Researched and developed with innovative, active ingredients, our professional products complement our retail products seamlessly. Glo Skin Beauty delivers your personalized regimen for healthy, beautiful skin.

Our innovative skincare formulas are designed to balance your skin type and pair seamlessly with customized treatment plans to tackle your top skin concerns.

With your optimal skincare routine identified, we provide the finest mineral makeup collection to ensure a healthy, radiant complexion. Our award winning, skin nourishing, mineral makeup formulations enhance and protect even the most sensitive skin. With a variety of formula's, finish options and an exceptional shade gallery to promote every beauty ideal, Glo Skin Beauty delivers customized complexion perfection.



The Float Pod is a zero-gravity environment that allows the mind and body to completely let go, relax, and reset. Using 1,000 pounds of Epsom Salts, the buoyancy of the water makes floating on water feel like floating on air. By eliminating the forces of gravity pulling on the musculoskeletal and nervous systems, you can effortlessly relieve pain, relax, recover and improve sleep in this unique state.

Just a few benefits:

- Improved Blood Circulation
- Reduced Rehabilitation and Recovery Times
- Help with Insomnia
- Relieved Pain (Arthritis, Headaches, and Chronic Pains)
- Reduced Blood Pressure, Heart Rate, and Oxygen Consumption
- Improved Physical and Athletic Performance
- Decreased Production of Cortisol, Lactic Acid, and Adrenaline
- Improved Balance
- Levels of Magnesium Throughout the Body

701-609-5048

313 Main Street Suite 1 Williston ND 58801  
<https://www.facebook.com/Restorewellnessspa/>