

The Roundup

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Wednesday, January 18, 2017

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Conversation With Your Pharmacist January 23

By Jody Wells

Larsen Drug pharmacists Jenna Wahlstrom and Kelsey Linseth will begin holding monthly educational classes for the community beginning January 23 in the Rough Rider Center Ballroom starting at 6:30 pm. The classes will provide information to the public on different health and wellness related topics with Power Point presentations, handouts and question & answer sessions. The cost for admission will be \$5.

The first topic for the class will be detox. It will include a general discussion on detox and feature the Clear Change detox kit by Metagenics and other products available at Larsen Drug to aid in detoxification.

"It's an educational opportunity to start a detox program to aid in weight loss, feeling better and combat fatigue," said Wahlstrom. The detox program will also include a Facebook group and an elimination diet to help determine food sensitivities.

Check future issues of The Roundup for upcoming Conversation With Your Pharmacist classes and topics.



Larsen Drug pharmacist Jenna Wahlstrom holds the Clear Change detox kit that will be part of the Jan. 23 discussion.

Forage Analysis Workshop Kicks Off ARS 2017 BrownBagger Series

By Beth Redlin

The USDA-Agricultural Research Service facility in Sidney is pleased to partner with the Richland County Extension Office to host an interactive forage analysis workshop to open the lab's 15th annual winter BrownBagger series on Friday, Jan. 20th.

This special kickoff presentation features Montana State University Extension Beef Specialist Rachel Endecott and will be held from noon to 1 pm in the Tech Transfer Room at the Northern Plains Agricultural Research Lab (NPARL) in Sidney, MT. The lab is located at 1500 N. Central Avenue.

Dr. Endecott will discuss how to properly interpret a forage analysis so that producers know what nutrients are being supplied in their cows' diets through their forages, according to Richland County Agent Tim Fine. "The workshop is intended to be interactive," he said. "Participants are encouraged to bring a forage analysis with them to be used for a one-on-one analysis with Dr. Endecott." Fine had announced last week that producers should include requests for ADF (acid detergent fiber) and NDF (neutral detergent fiber) figures when requesting forage reports for this event.

Having a handle on forage nutrition content could go far in saving producers time and money, Fine said, particularly in this low price market. Dr. Endecott's presentation will provide tips on how to do just that, he said, noting that cattle producers will still find the talk very informative regardless of whether they are able to bring their own forage analyses to the event.

The Extension Office and Sidney ARS invite all interested persons to join us for this very enlightening kick-off presentation at noon on Friday, Jan. 20, at NPARL. Bring your lunch. We'll provide the dessert!

In addition to Dr. Endecott, other speakers scheduled for NPARL's 2017 BrownBagger season include:

Feb. 3 – Michelle Downey, Pheasants Forever Farm Bill Biologist, NRCS, Scobey, MT; (Topic TBA)

Feb. 17 – Zachary Sylvain, Post doc, USDA-ARS Northern Plains Agricultural Research Lab, Sidney, MT (Topic TBA)

Mar. 10 – Frankie Crutcher, Assistant Professor, MSU Eastern Ag Research Center, Sidney, MT (Topic TBA)

Mar. 24 – Ann Fischer, District Conservationist, NRCS, Baker, MT (Topic: Bale Grazing)

Apr. 7 – Cam Lay, Entomologist, Natural Resource Program Manager, MT Dept. of Ag, Helena, MT (Topic: Beekeeping in MT)

Note: all days listed are Fridays and all presentations begin at noon in the Tech Transfer Room at the Sidney ARS lab.

For questions or more information on our joint kickoff presentation with Dr. Endecott, contact Tim Fine at 406-433-1206 or timothy.fine@montana.edu. For more information on upcoming speakers in the NPARL's 2017 BrownBagger series, contact Beth Redlin at 406-433-9427 or beth.redlin@ars.usda.gov.



Sidney Chamber Honors Businesses, Individuals At Annual Banquet

The Sidney Area Chamber of Commerce held its annual banquet Friday evening. Awards were presented to: back row, l to r, Stockman Bank, Horizon Award, represented by Wade Whiteman; Cattlemen's Ball, Agriculture Award, accepted by members of the MonDak Stockgrowers and the Foundation For Community Care; Jim Steinbeisser, Gina Heckey, Marci Sondeno, Kristan Haugen, Katelyn Dynneson and Trista Prewitt.

Front row winners were, l to r, Fred Lake, Sunrise Spirit Award; Kilee Sundt, Educator of the Year Award; Laura Struckman and Paitan Twigg of the Meadowlark Public House, Entrepreneur's Award. Not pictured is Luke Beenken who won the Making A Difference Award sponsored by the Sidney Chamber.

Chad Prather Tickets Go on Sale in Feb.

Richland County Ag Days has provisionally confirmed that Chad Prather will provide the entertainment for the banquet on Thursday, March 2, 2017.

Tickets will go on sale the second week in February. Check upcoming issues of The Roundup for the exact date tickets will be available for purchase.

4-H Sewing Program Gets a Boost

The Richland County 4-H sewing program just got better. The 4-H council voted to fund money to purchase new sewing machines. Quilts & More provided an opportunity to purchase 2 machines and then generously donated 2 more to the sewing program. Shown above is Nancy VanHook from Quilts & More,



Emma Torgerson- 4-Her and Amy Conlin representing the 4-H Council. These will be put to good use in the monthly sewing classes held. Thank you to Quilts and More for your continued support of the Richland County 4-H Program. Anyone interested in the 4-H program should contact the Richland County Extension Office at 406-433-1206 or email to jevenson@montana.edu.

Eastern Montana Sheep Symposium Feb. 13

By Tim Fine

If you are like me, when the term livestock producers in Richland County is mentioned, your thoughts almost immediately turn to our ranchers who are working with cattle every day. And while our cattle ranchers certainly make up a large portion of the livestock inventory in our county, we still have a fair amount of sheep producers who often times get little or no attention or thought. In February, Richland County will be hosting the Eastern Montana Sheep symposium to hopefully bring some much needed educational programming and shed some light on our other livestock producers in the county.

The plans are still in the works and logistics are being ironed out, but for the most part the schedule is confirmed. The Eastern Montana Sheep Symposium will be held Monday, February 13 here at the meeting room at the Richland County Extension Office. This program will begin at 10:00 AM and end around 3:00 PM with a lunch provided. The exact schedule is still being hammered out, but the topics will include; Ewe Body Condition Scoring and Late Gestation Nutrition, Alternative Feed Stuffs, An Update from the Montana Wool Growers Association (MWGA), Results from a Trace Mineral Study, Integrated Pest Management, and Marketing.

Speakers for this event include Dr. Whit Stewart who is our MSU Extension sheep specialist; Colleen Buck, the Agriculture/4-H Extension Agent in Sheridan County, Chad Page, a masters in science degree student at MSU working on trace mineral supplementation in growing ram lambs; Sam Ortmann a district director with MWGA; and Larry Prager with Center of the Nation Wool in Belle Fourche.

Consider this your "save the date" announcement with more details and a complete schedule to come. There will be a charge at the door as lunch will be provided but all of those details are still being hammered out.

It is my hope that we will be able to fill the meeting room for this event which, to my knowledge, has not been held in Richland County previously. If you are a sheep producer, are looking at getting into the business, are looking at diversifying your operation, or are just generally curious about what it takes to raise some sheep, you are encouraged to attend. As always, if you have questions, you are welcome to give me a call at 433-1206 or send an email to timothy.fine@montana.edu.

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Thank You

The Salvation Army and Richland County Health Department R.S.V.P. would like to thank all volunteers that came out in the cold to ring the bells. Your thoughtfulness means the world to us. This event would not happen with out you. We had over 52 volunteers with the youngest being 4 years old and the eldest being 92 years old. We received right under \$8,000 for supporting organizations and people in Richland County in need. Our volunteers consisted of individuals, friends, High School FFA members and local church members volunteer. Thank you all from the bottom of our hearts!

The Salvation Army & The Richland County Health Department R.S.V.P.





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AREA RECOVERY GROUPS

MONDAYS:
12 p.m. — AA Monday Noon Group, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
1 p.m. - 3 p.m. — Grief Recovery Support group at First Lutheran Church, Watford City.
6 p.m. — Al-Anon Family Group Meeting, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
7 p.m. — Fairview Alive and Kicking at Fairview Alliance Church, 704 S. Western Ave.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

TUESDAYS:
6:30 p.m. — Clebrate Recovery, Sidney Assembly of God Church, 414 East Main, Sidney.
7 p.m. — AA Welcome Home Group, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

WEDNESDAYS:
7 p.m. — NA meeting, MonDak Office, 725 W. Holly, Sidney.
8 p.m. — Al-Anon, Sanford Room, McKenzie Co. Public Library, Watford City.

THURSDAYS:
7 p.m. — NA meeting, MonDak Office, 725 W. Holly, Sidney.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

FRIDAYS:
12 p.m. — AA Friday Noon Edition of Monday Noon Group, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
12 p.m. - 1 p.m. - AA meeting, basement of Wilmington Lutheran Church, Arnegard.
6:30 - 7:30 p.m.- 5 Stones - Faith Based Recovery meeting, Sidney First Church of the Nazarene, 606 9th St. SW, Back door is open.
7 p.m. — Fairview Alive and Kicking Group, Fairview Alliance Church, 704 S. Western Ave.
8 p.m. — AA Welcome Home Group, Trinity Lutheran Church Ed. Bldg, 214 S. Lincoln, Ave., Sidney.

SATURDAYS:
9 a.m. & 7 p.m. — AA Welcome Home Group, Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.
7 p.m. — AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

SUNDAYS:
3 p.m. - Straight The Path Group of NA, Trinity Lutheran Church Ed. Bldg, 214 S. Lincoln, Ave., Sidney.
7 p.m. — NA meeting, MonDak Office, 725 W. Holly, Sidney.
7 p.m. — AA Welcome Home Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

OBITUARIES

Glenna L. Hall, 89 Sidney, MT

Funeral services for Glenna L. Hall, 89, of Sidney, MT were held at 10 a.m., Monday, January 16 at the Faith Alliance Church, Sidney, MT with Pastor Paul Turek officiating. Interment was at 2 p.m., Monday, January 16 at the Sunnyside Cemetery, Squaw Gap, ND under the direction of the Fulkerson-Stevenson Funeral Home of Sidney. Visitation was held on Sunday, January 15 from 11 a.m. to 6 p.m. at the funeral home and one hour before at the church. Glenna died on Monday afternoon, January 9 at the Sidney Health Center, Sidney, MT.

Lonsdale Free Store Opening Postponed

The next opening of the Lonsdale United Methodist Free Store opening has been postponed to Saturday, January 28, from 10 a.m.-12 p.m. due to a schedule conflict. It will not be open this Saturday, January 21.

Civil Air Patrol Meeting Jan. 28

The Sidney Richland Airport will be hosting a meeting for those interested in starting a Civil Air Patrol Program. This program needs volunteers and pilots to operate effectively and will assist youth in discovering new opportunities in the aviation industry.

The meeting will be held January 28th at 1 pm at the airport to introduce the program to the community. This would be a great program for Sidney's youth and others interested in the aviation industry.

For more information, check out their website www.govcivilairpatrol.com.

Montana Department of Transportation Proposes Resurfacing Project for Montana Secondary Highway 254

The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to resurface about 11.8 miles of Secondary Highway 254 between Bloomfield and Richey in Dawson County. The project begins approximately 8 miles north of Bloomfield at the intersection with county roads 416 and 516 at reference post 31.5 and extends northwest for approximately 11.8 miles, ending at the intersection with Montana Highway 200 at reference post 43.3. Proposed work includes milling the existing surface, applying a new overlay, and finishing with a seal and cover (chip seal), and also includes upgraded pavement marking, signage and centerline rumble strips. The purpose of the project is to extend the life and service of the existing pavement.

The project is tentatively scheduled for construction in January 2019, but may be let earlier, depending on completion of all project development activities and availability of funding. No new right-of-way or utility relocations will be needed.

For more information, please contact Glendive District Administrator Shane Mintz at (406) 345-8212 or Project Design Engineer Kevin Gilbert at (406) 4446230. Members of the public may submit written comments to the Montana Department of Transportation Glendive office at P.O. Box 890, Glendive, MT 59330-0890, or online at: www.mdt.mt.gov/mdt/comment_form.shtml

Please note that your comments are for project UPN 9161000. Alternative accessible formats of this information will be provided upon request by contacting the Office of Civil Rights, P.O. Box 201001, Helena, MT 59620; (406) 444-9229; fax (406) 444-7243, or e-mail to aflesch@mt.gov. Those using a TTY may call (800) 335-7592 or through the Montana Relay Service at 711.

County Agent Update

By Danielle Steinhoff 64th Annual National Hard Spring Wheat Show

Well folks, it is that time of year again. The 64th Annual National Hard Spring Wheat Show is February 7-9. On the 7th there will be over 450 5th graders coming to the Grand Williston Hotel to learn about bread. The kids will learn about wheat from planting and the steps it takes to get to the loaf they buy at the store. During this time, they will make a loaf to bring home that night to bake, a delicious honey whole wheat bread out of the oven. Nothing better!

On Wednesday, Feb. 8th we have a full day of great speakers lined up. Starting the morning and show off is the Real Colors® training. Personalities sometimes can cause friction in the work place and farm operation, come join us for breakfast (\$10.00) and a wonderful program about communication. Over the lunch hour we have Durum merchandiser from CHS, Greg Nessler, presenting about the 2017-2018 Durum Outlook. Nessler will also make an appearance after our supper at 6:30p.m with area famers to have a round table discussion on vomitoxin. Before supper, we have a Barley and Beer presentation. That's right, we have going to have a beer tasting portion of the wheat show. This will start at 4:45, with Travis Peterson from Meadowlark Brewery coming to discuss craft brews.

On Thursday February 9th starting off the last day of the 64th show is Daryl Ritchison, Interim Director of the North Dakota Agriculture Weather Network, presenting on the Projected Weather Patterns for the 2017 Growing Season. Next is Ed Usset, Grain Marketing Specialist out of the University of Minnesota. He will be discussing Five Common Mistakes in Grain Marketing and also on 2017 Market Outlook. Thursday awards luncheon is a chance to recognize all those that make this program possible, come join us a noon with a Roast Beef lunch (\$10.00) and the professional speaker Bill Sorenson. Some of you might recognize him from being the former Mayor of Bismarck or the former co-host of the Medora Musical.

We look forward to seeing you at this year's show, the 64th Annual National Hard Spring Wheat Show. Visit the Facebook page for all the latest updates- Annual Hard Spring Wheat Show- Williston, ND.

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EVENTS
SEND US YOUR EVENTS!
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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Wed., Jan. 18
5 - 10 p.m. - Community Pint Night- Meadowlark Public House. \$1 for every pint sold will go to support a community organization.
6 p.m. - Free Community Meal - Everyone welcome. Pella Lutheran Church, 418 West Main.
6:30-7:30 p.m. - Worship On Wednesdays - Kids & youth night with laughter, encouragement, worship, prayer and fun! Lonsdale United Methodist Church, Sidney.
Thurs., Jan. 19
11:30 a.m. - Richland Red Hatters Lunch Meeting - Rod Iron. RSVP by Jan. 17 call Slyvia, 798-3882 or Margaret, 488-4613.
12-1 p.m. - Sidney Kiwanis Club Meeting - Elks Lodge, 123 3rd St. SW.
Sat., Jan. 21
10 a.m.-4 p.m. - Free Appraisals - Flyin' Lion Antiques & Collectibles, 102 N. Central Ave., Sidney, MT. For more information 406-489-1209 or arch@midrivers.com.
Mon., Jan. 23
12-1 p.m. - Sidney Lions Club Meeting - Elks Lodge, 123 3rd St. SW.
Tues., Jan. 24
5:30 p.m. - Grief Recovery Support Group - This program is for anyone who has suffered a loss of any kind, recently or in the past. The group meets once a week on Tuesdays for 8 weeks and started January 10. St. Matthew's Parish Center, 310 7th Street SE. There is still time to register for the program. To register or for more information contact Deb Prevost at 433-2389.

Fri., Jan. 27
9 a.m.-noon - Senior Commodities Distribution - Back door of the Nutter building, 123 West Main. Message phone 406-433-4353.
7 p.m. - Benefit Coyote Tournament Registration for Bryton Brien - Registration and mandatory rules meeting at the V.F.W. Sidney, MT, followed by Calcutta. 5 p.m. on Jan. 28 first check in; 7 p.m., Jan. 29 second check in. Two or three man team, \$300; early entry \$250. For more information contact Brett Finnicum, 406-480-0787 or Gary Brien, 406-973-2971.
Sat., Jan. 28
10 a.m.-12 p.m. - Lonsdale Free Store Opening - This has been postponed from Jan. 2 to Jan. 28. Lonsdale United Methodist Church, Sidney.
1 p.m. - Civil Air Patrol Program Meeting - Volunteers and pilots needed to start a Civil Air Patrol Program at the airport. This program would assist Sidney's youth and others in discovering new opportunities in the aviation industry. Sidney Richland Airport. For more information www.govcivilairpatrol.com.
3 p.m. - Dummy Team Roping - 3-4 p.m., entries; 4:30 p.m., roping begins. Proceeds benefit the Neal Hermanson Memorial Ranch Rodeo and Ranch Horse competition. VFW, Sidney, MT.
6 p.m. - Silent Auction & Dinner Benefit for Bryton Brien - Tickets: \$50 a couple, \$30 single. Tables, call for information. Richland County Event Center. For tickets or more information contact Kayla, 406-488-7888 or Diane, 406-488-3637.
Wed., Feb. 1
10 a.m. - 4 p.m. - Youth Art Show - Art from local schools, grade 7-12 will be on display for judging by professional artist and people's choice. Viewing is free and open to the public. This event will run through the month of February. MonDak Heritage Center, 120 3rd St. SE, Sidney, MT, 406-433-3500. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.

Tues., Feb. 7
9 a.m. - 11 a.m. - MOPS - Mothers of 0-5 years old can come and connect, laugh, cry and embrace the journey of motherhood. Breakfast and childcare provided. Sidney Lutheran Brethren Church, 1100 Madison Lane, Sidney, MT. For more info contact Rachel Dasinger, 406-480-0924, sidneymops@hotmail.com.
Thurs., Feb. 9
7 p.m. - Too Marvelous for Words: A Celebration of the Nat King Cole Trio - Peter Smith weaves in stories of Nat King Cole's life as they relate to the song selections, creating a fun, informative evening of Nat's life. Tickets at the door, \$15 for adults, \$13 for seniors and \$10 for students. MonDak Heritage Center, 120 3rd St. SE, Sidney, MT, 406-433-3500.
Sat., Feb. 11
7 p.m. - Celebrating Chocolate - Amazing live music featuring Too Marvelous For Words: A Celebration of the Nat "King" Cole Trio, lots of chocolate and a fine selection of beer and wine, coffee, milk and savory treats. MonDak Heritage Center, 120 3rd St. SE, Sidney, MT, 406-433-3500.
Mon., Feb. 13
6-8 p.m. - Hunter Ed Rifle Classroom Course Orientation/ walk in registration - Eastern Ag Research Center, 1501 North Central Ave., Sidney, MT. Class schedule Feb. 20, 21, 23, 24 from 6-9 p.m.; Feb. 25 from 8 a.m. - 2 p.m. Must attend orientation and all classes. No charge. For more information contact Larry Christensen, 406-489-2589, Ron Sorenson, 406-488-7664, Tom Lorenz, 406-433-2536 or Jim Miller, 406-489-1653. Online registration, <https://register-ed.com/events/view/89193>.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone

Fri., Jan. 27
5 p.m. - Cowgirls 'n Conservation - Step back in time with old fashioned desserts, ladies reflecting on the past, door prizes and comfort foods. 5 p.m., Social and craft show; 6 p.m. dinner. Rough Rider Center, Watford City, ND.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.

Thurs., Jan. 19
7 p.m. - Fort Buford History Book Club - Join history buffs in a discussion of this month's selected book, "The Bloody Bozeman," by Dorothy M. Johnson. Free refreshments. Please call in advance, 701.572.9034. Missouri-Yellowstone Confluence Interpretive Center.
Fri., Jan. 20
9 a.m.-4 p.m. - Confluence Quilters Monthly Meeting - All experience levels invited and instruction provided. Bring your own lunch and unfinished projects. This event continues on Jan. 21. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.
6-10 p.m. - Williston Chamber Annual Banquet Journey to "Paris" Enjoy an evening of entertainment, awards and networking. Grand Williston Hotel and Conference Center. Call the chamber to reserve dinner tickets, 701-577-6000.
Sat., Jan. 28
9:30 a.m. - 3:30 p.m. - Historic Sewing Club - A group initiated by Fort Union to do historic period sewing. A presentation with instructions and information will be from 10 a.m.-noon and sewing will ensue from 1-3:30 p.m. Participants should bring their own materials and lunch. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone

Wed., Jan. 18
12-1 p.m. - Lunch N Learn - The importance of fitness as we age. Join Missy Miller as she discusses issues of falls and risks, strength and balance exercises, and ways to be safe at home and in public places. Tea and coffee will be provided, bring your own lunch. Glendive Public Library Community Room - For more information glendivefriends@thelibrary@gmail.com or <http://tinyurl.com/prgkapr>.
Fri., Feb. 10
10 a.m. - 5 p.m. - Glendive Agri-Trade Expo - Large variety of booths, new technologies and products, rifle raffle, variety of seminars, pressure cooking demonstration. This event continues 1-3 p.m. on Feb. 11 with a family financial planning seminar. EPEC Center, 313 S. Merrill Ave., Glendive, MT. For more information call 406-987-3777 or visit www.gateexpo.com.



Defending the Goal



Above: Watford City Goalie, Kallen Ladue-Bruington receives help from his teammates to clear the puck in Friday's Jr. Gold match up against Sidney. The Rangers outplayed the Oilers, recording a 4-1 win in league play.

Left: Watford City's Brayden Strom scores on a rebound against Crosby in the Mite Jamboree. The twelve team tournament was held at the Rough Rider Center over the weekend in Watford City. (Photos by Kathy Taylor)

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Golden Roundup

Planning for Those Golden Years

By Lois Stephens

I wonder where the term ‘golden years’ came from to describe those of us who not only have gold in our teeth and silver in our hair, but also some lead in our derrieres. From what I see to date, no gold of any sort accompanies those aches and pains and other little mishaps we oldsters seem to face more and more frequently.

Case in point: about a month ago I slipped on a patch of ice in my back yard and fell splat on my back. It has taken those four plus weeks since my crash for the muscles, ligaments, and ribs on my right side to heal enough so that I feel I have nearly returned to pre-accident form. I certainly received no gold of any sort as a result of this unfortunate incident.

However, the fall also made me pause for thought.

These golden years have a lot of pitfalls. What if I had broken a hip, or a leg, or my back, and become incapacitated? How would I cope? My golden years haven’t provided me with a plethora of spare cash, so how would I live if something devastating happened to me? The future holds two very real potential pitfalls, the state of my finances as well as the state of my health.

All of us face advancing age with different viewpoints and different wants and needs. My parents moved to a senior living facility that provided total care. Most residents started out living independently in the village (which my siblings and I dubbed Geezerville). As situations changed for individual residents, they could move to an apartment that provided some assisted living, then if and when the time came, they moved to a hospital bed. This set-up ideally suited my mother who enjoyed having company and neighbors close by, appreciated the opportunity to enjoy a cottage living situation without the maintenance or grounds keeping, but at the same time, knew that immediate help was a

simple phone call away. This setup provided her with security and safety. Geezerville suited my mother perfectly. A senior living center like that might appeal to my older sister as well, but it would not work for me, my brother, or my younger sister. Besides, I know very well I could not afford those living conditions. My golden years have not manifested enough gold for that scenario. Besides, I want to age at home, live in my own house for as long as I can. However, that means I need to plan, to think ahead, and to try to anticipate how my needs might change with advancing age. With very little gold to back us up, my husband and I have already put plans in place for our future. We have our current home on the market, and when it sells, we plan to move a small cabin to a five acre lot we purchased just outside of Virginia City. We expect this move will lower our taxes, slash heating costs in half, demand less money for maintenance and repairs, and get us in the financial mindset required for living on a reduced income. I still hope to retire from working full time before I reach the age of 90 and have begun to drool. Striking a reasonable balance between what I want now and what I might want or need in the future can sometimes prove a tad difficult. My brother-in-law, after hearing our plans and seeing the layout of the cabin we plan to purchase, inquired if we really wanted a loft at our age. I thought about that question for a nanosecond and replied that yes I do. At this point in my life a loft presents no obstacle for me and it is a feature I always wanted in a cabin. Negotiating a loft may become dicey in ten years, but I want to enjoy it while I can. If a loft becomes out of the question down the road, then I just won’t utilize that space. I can live the life I want all on the ground floor of our little home. I figure that yes I need to plan for older age and the pitfalls it will present, but I also want to live and enjoy what I have now. If a loft tickles my fancy and I can still easily handle the steps, then why not? There is only so much we can do to plan ahead. Financially, we can save every possible penny, we can and will downsize, cut out unnecessary expenditures, and take delight in what we have and in the small pleasures that come our way. Health-wise, we can only do our best to maintain our vigor. We eat properly, exercise well, and follow basic safety and common sense activities. I have always been healthy and plan to remain that way, but we don’t usually have much say about what might befall us physically. I have no idea how to plan for the eventuality of poor health, other than keep paying health premiums. I can only plan so far financially as well. After all, I no longer have thirty working years ahead of me. I have what I have at this point, and I can only cut back, make do, get my cabin outfitted for the future, and live within my means. After all, unless I win the lottery, I will not be showered with gold in the coming years. I want to live fully and well, I want to continue to enjoy life, but I also want to afford to eat when I reach 90, if I should live that long. My crystal ball has proved unreliable, so I can only plan, make decisions based on all the information I have at the moment, and hope for the best.



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Nearly 12 Million People with Medicare Have Saved Over \$26 Billion on Prescription Drugs Since 2010

Over 40 million Medicare beneficiaries utilized free preventive services in 2016

The Department of Health and Human Services released today new information that shows that millions of seniors and people with disabilities with Medicare continue to save on prescription drugs and see improved benefits in 2016 as a result of the Affordable Care Act.

More than 11.8 million Medicare beneficiaries have received discounts over \$26.8 billion on prescription drugs – an average of \$2,272 per beneficiary – since the enactment of the Affordable Care Act. In 2016 alone, over 4.9 million seniors and people with disabilities received discounts of over \$5.6 billion, for an average of \$1,149 per beneficiary. This is an increase in savings compared to the 2015 information released this time last year, when 5.2 million Medicare beneficiaries received discounts of \$5.4 billion, for an average of \$1,054 per beneficiary.

Medicare beneficiaries also continue to take advantage of certain recommended preventive services with no coinsurance:

- An estimated 40.1 million people with Medicare (including those enrolled in Medicare Advantage) took advantage of at least one preventive service with no co-pays or deductibles in 2016, slightly more than in 2015.
- More than 10.3 million Medicare beneficiaries (including those enrolled in Medicare Advantage) took advantage of an Annual Wellness Visit in 2016. Looking just at original Medicare, nearly one million more people utilized an Annual Wellness Visit in 2016 than 2015 (more than 6.6 million compared to nearly 5.8 million).

“While the Affordable Care Act has expanded coverage to 20 million Americans, the law is also a game changer for millions of older Americans,” said Centers for Medicare & Medicaid Services (CMS) Acting Administrator Andy Slavitt. “These benefits are providing seniors and people with disabilities with Medicare coverage increased financial security and the guarantee that they can get an important preventive screening without cost to them.”

Today’s announcement is part of the Administration’s broader strategy to improve the health care system by paying providers for what works, unlocking health care data, and finding new ways to coordinate and integrate care to improve quality. The Affordable Care Act provides tools – such as providing certain recommended preventive services at no cost sharing and closing the Medicare Part D “donut hole” – to make our health care system more affordable for patients and move it toward one that

rewards doctors based on the quality, not the quantity of care they give patients. In addition, Medicare exceeded – earlier than predicted – the Administration’s goal to tie more than 30 percent of fee-for-service payments by the end of 2016 through alternative payment models to quality and cost metrics. Medicare is on pace to reach 50 percent by the end of 2018.

Closing the prescription drug “donut hole”

The Affordable Care Act makes Medicare prescription drug coverage more affordable by gradually closing the gap in coverage during which beneficiaries had to pay the full cost of their prescriptions out of pocket, after hitting their initial coverage limit, and before catastrophic coverage for prescriptions took effect. The gap is known as the donut hole. Because of the Affordable Care Act, the donut hole has been narrowing each year, and will be closed by 2020.

Because of the health care law in 2010, anyone with a Medicare prescription drug plan who reached the prescription drug donut hole received a \$250 rebate. In 2011, beneficiaries in the donut hole began receiving discounts and savings on covered brand-name and generic drugs. People with Medicare Part D who are in the donut hole in 2017 will receive discounts and savings of 60 percent on the cost of brand name drugs and 49 percent on the cost of generic drugs.

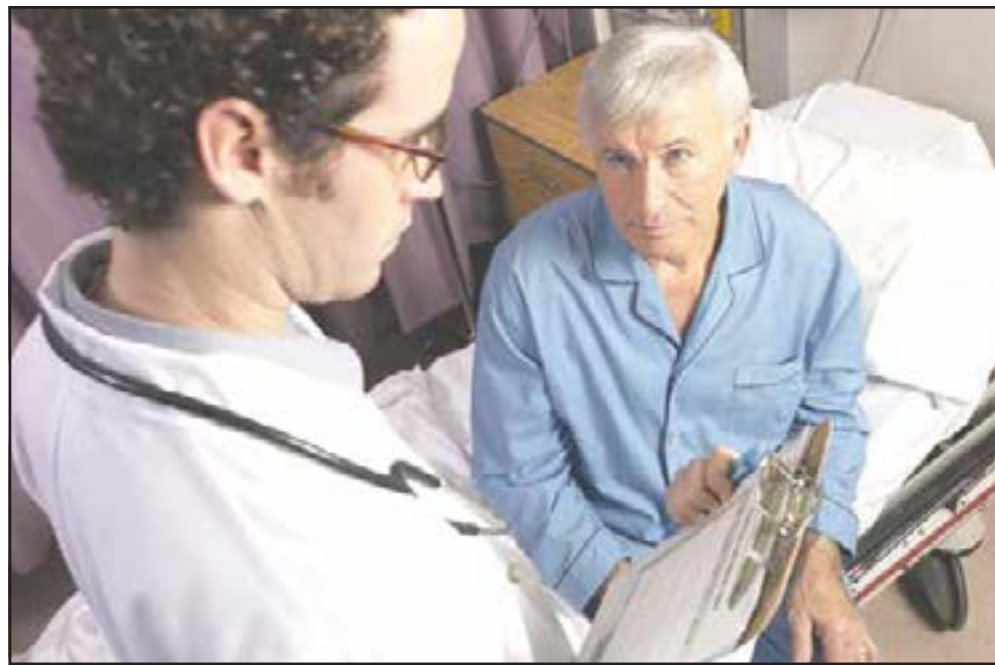
For state-by-state information on discounts in the donut hole, go to: <https://downloads.cms.gov/files/Part%20D%20Donut%20Hole%20Savings%20by%20State%20YTD%202016.pdf>.

For more information about Medicare prescription drug benefits, go to: <http://www.medicare.gov/part-d/>.

Medicare preventive services

The Affordable Care Act added coverage of an annual wellness visit and eliminated coinsurance and the Part B deductible for certain recommended preventive services covered by Medicare, including many cancer screenings and other important benefits. By making certain preventive services available with no cost sharing, the Affordable Care Act removes barriers to prevention, helping Americans take charge of their own health and helping individuals and their providers better prevent illness, detect problems early when treatment works best, and monitor health conditions.

For state-by-state information on utilization of an annual wellness visit and preventive services at no cost to Medicare beneficiaries, please visit: <https://downloads.cms.gov/files/Beneficiaries%20Utilizing%20Free%20Preventive%20Services%20by%20State%20YTD%202016.pdf>



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Erdal Diri, MD
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Leah Brewster, DNP-C
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Application materials include a district application, please call 776-2317 to receive one, a letter of interest, a resume and 2 to 3 letter of reference. Please mail application materials to Superintendent, PO Box 110, Savage MT 59262 or email to superintendent@savagepublicschool.com.

If you have any questions please call 776-2317. This position is open until filled.

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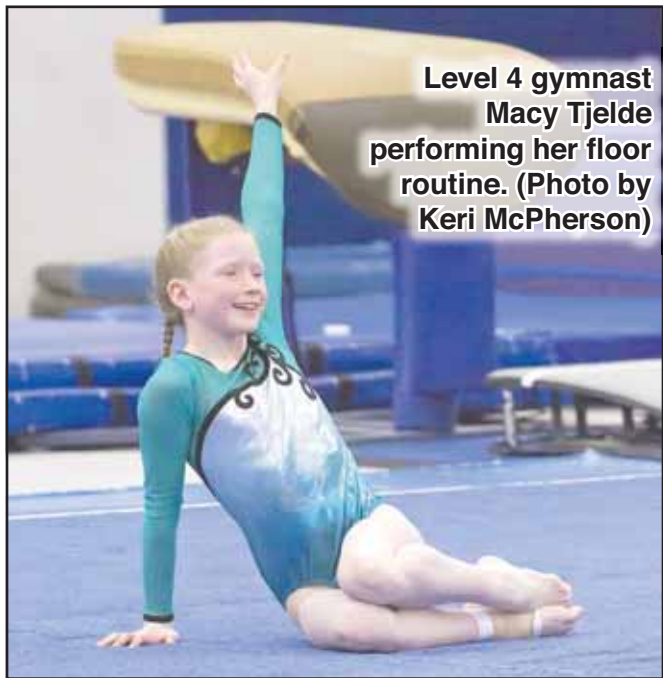
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Level 4 gymnast
Macy Tjelde
performing her floor
routine. (Photo by
Keri McPherson)

Julie Ziegler Memorial Gymnastics Meet Results

Submitted by Pat McWilliams

Sidney Gymnastics Club started the New Year off with a bang by bringing home two third place trophies from the Julie Ziegler Memorial Gymnastics Meet in Bismarck, ND on Saturday the fifteenth.

It was a good "eye opener" for SGC as they met up for the first time this season with the American Gold Gymnastics Club-the highest ranked team in North Dakota.

Coach Pat McWilliams said, "The athletes at AGC train more hours than we do at SGC, almost double, yet our kids did an outstanding job of stepping up to the challenge, in several cases placing first. Coach Jan and I are very proud of their accomplishments this weekend."

Level Three Results: Team Results: First place, Gymmagic 109.550; second place, American Gold 109.400; third place, Sidney Gymnastics Club 107.00; fourth place, Bismarck Gym 103.55; fifth place, Dickinson Gym 102.1; sixth place, Western Stars (Williston); 101.005; seventh place, Jamestown Gym 98.550; eighth place Valley Twisters (Valley City, ND) 95.400

As a result of this competition, all SGC Level 3 gymnasts are qualified for the State Meet in Helena, in March.

Top Ten Individual Results (40 athletes)

Vault: Sixth place, Morgan Kindopp 9.200;

Uneven Bars: First place tie at 9.200 Emma Coughlin & Tyra Witt; sixth place Avery Barker; ninth place, Kenzie Gaffield 8.700.

Balance Beam: Eighth place tie at 8.650 Emma Coughlin & Morgan Kindopp.

Floor Exercise: Second place, Morgan Kindopp 9.050; fourth place, Avery Barker 8.800; ninth place, Emma Coughlin 8.400.

All Around: second place, Morgan Kindopp 36.00; sixth place, Emma Coughlin 35.350; ninth place, Avery Barker 35.100.

Level 3 Competitors For SGC: Morgan Kindopp, Emma Coughlin, Avery Barker, Kenzie Gaffield, Natalie Judd, Averi Riedel, Hailey Getchell, Sophia Schoepp, and Tyra Witt.

Level 4 Results: The Level 4 team was without a couple of their usual "counters," (in gymnastics, only the top three scores per event count towards team score-no matter how many competitors are on the team) yet still did an outstanding job winning the All Around and the Vault titles against very stiff competition.

Team Results: First place, American Gold 106.900; second place, Gymagic (Minot, ND) 105.700; third place, Sidney 104.850; fourth place, Valley Twisters 101.850; fifth place, Bismarck Gym 99.950; sixth place, Dickinson Gym 98.850; seventh place, Jamestown Gym 95.750; eighth place, Western Stars 56.350.

Top Ten Individual Results (52 athletes) : Marleah Campbell, Taylor McPherson, & Kambre Kloker showed excellent routines with Campbell grabbing two first place finishes (All Around & the Vault). In addition Campbell's & McPherson's scores were "counters" on all 4 events.

Vault: First place, Marleah Campbell 8.500; fifth place, Taylor McPherson 8.200.

Uneven Bars: Eighth place, Marleah Campbell 8.750.

Balance Beam: fifth place, Kambre Kloker 9.000; tenth place, Taylor McPherson 8.750.

Floor Exercise: third place, Marleah Campbell 9.500; fourth place, Kambre Kloker 9.450.

All Around: First place, Marleah Campbell 35.700; ninth place tie, Taylor McPherson & Kambre Kloker.

Macy Tjelde and Kiley Schoepp moved up from Level 3 to Level 4 at this competition; both qualifying for Level 4 state.

Level 4 Competitors For SGC: Marleah Campbell, Taylor McPherson, Kambre Kloker, Kylie Schoepp, Macy Tjelde, Riley Jimison, and Allison Thiel

Next Competition for SGC: Sidney heads to Spearfish, SD the weekend of January 21, 2017 for their next competition.



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Lunch Menus

Sidney School
Thurs., Jan. 19: French toast, sausage links, hash browns, orange wedges.
Fri., Jan. 20: Chicken patty on a bun, oven wedges, pineapple tidbits.
Mon., Jan. 23: Hot dog, tater tots, applesauce.
Tues., Jan. 24: Chicken alfredo, steamed broccoli, breadstick, mandarin oranges.
Wed., Jan. 25: Hot ham and cheese, cheesy potatoes, pears.
Savage School
Thurs., Jan. 19: Hot ham and cheese, chicken noodle soup, carrots and cucumbers, mandarin oranges.
Fri., Jan. 20: Fritters, baked beans, fries, bread, peaches.
Mon., Jan. 23: Stroganoff.
Tues., Jan. 24: Turkey hot dish.
Wed., Jan. 25: Pizza.

Rau School
Thurs., Jan. 19: Taco haystack, carrots with ranch, pineapple.
Fri., Jan. 20: Tomato soup, cheesy breadstick, veggies with ranch, apple.
Mon., Jan. 23: Hot dog, baked beans, celery, fruit.
Tues., Jan. 24: Beef stroganoff, green beans, bun, peaches.
Wed., Jan. 25: Second grade pick.

Froid School
Thurs., Jan. 19: Pizza, corn, salad bar, fruit, milk.
Fri., Jan. 20: Ham and cheese casserole, veggies, salad bar, fruit, milk.
Mon., Jan. 23: Pigs in a blanket, baked beans, salad bar, fruit, milk.
Tues., Jan. 24: Chicken alfredo, garlic bread, veggies, salad bar, fruit, milk.
Wed., Jan. 25: Ham, cheesy hash browns, buns, veggies, dessert, salad bar, fruit, milk.

Bainville School
Thurs., Jan. 19: Hamburger gravy over mashed potatoes, corn, fruit.
Fri., Jan. 20: Cheese tortellini in marinara, green beans, roll, fruit.
Mon., Jan. 23: Elijah Romo Day! Popcorn chicken, fries, grapes, cheesecake.
Tues., Jan. 24: Soup, ham, croissant, fruit.
Wed., Jan. 25: BBQ chicken, rice, corn, melon.

Culbertson School
Thurs., Jan. 19: Pizza, fruit, milk.
Fri., Jan. 20: No school.
Mon., Jan. 23: Macaroni and cheese, hot dogs, fruit, milk.
Tues., Jan. 24: Tacos, fruit, milk.
Wed., Jan. 25: Corn dogs, french fries, fruit, milk.

Richey School
Thurs., Jan. 19: Turkey noodle soup, dinner roll, pears, milk.
Fri., Jan. 20: Chicken fried steak, mashed potatoes and gravy, green beans, pineapple, milk.
Mon., Jan. 23: Egg rolls, stir fry veggies, mandarin oranges, fortune cookie, milk.
Tues., Jan. 24: Hamburger gravy over mashed potatoes, peas, fruit cocktail, milk.
Wed., Jan. 25: Fish burger, chips, peaches, green beans, milk.

Lambert School
Wed., Jan. 18: Chicken alfredo, corn, fruit, buns, milk.
Thurs., Jan. 19: Super nachos, fresh veggies, fruit, milk.
Fri., Jan. 20: Spaghetti, corn, fruit, buns, milk.
Mon., Jan. 23: Egg rolls, stir fry veggies, pineapple, milk.
Tues., Jan. 24: Hamburger, fries, fruit, milk.
Wed., Jan. 25: Enchiladas, fresh veggies, fruit, milk.

Fairview School
Thurs., Jan. 19: Meatballs and gravy over mashed potatoes, mixed berries, dessert, milk.
Fri., Jan. 20: No school.
Mon., Jan. 23: Corn dogs, chips, apples, milk.
Tues., Jan. 24: Chicken rice broccoli cheese casserole, grapes, roll, dessert, milk.
Wed., Jan. 25: Spaghetti, tossed salad, tropical fruit, garlic toast, milk.

Watford City
Thurs., Jan. 19: Grilled chicken breast, rice pilaf, steamed carrots, pears, biscuit.
Fri., Jan. 20: Pepperoni pizza, broccoli with dip, grapes, fruit snacks.
Mon., Jan. 23: Cheeseburger, fries, carrots with ranch, melon, pickles.
Tues., Jan. 24: Pasta with meat sauce, steamed broccoli, garlic breadstick, fruit cocktail.
Wed., Jan. 25: Chicken nuggets, mashed potatoes with gravy, corn, cinnamon applesauce, roll.



Naming of the Rink

Present and past players and fans gathered on Friday to honor Dave Hansen and Arden Berg for their commitment to the development of the hockey program in Watford City. The program was started in 1986, skating on an outdoor rink when the weather permitted. The two new sheets of ice in the Rough Rider Center are named after Dave and Arden. (Photo by Kathy Taylor)

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Dickinson State University Announces Fall 2016 Dean's List

At the end of each regular semester, Dickinson State University recognizes those students named to the Dean's List. Eligible students must be enrolled full-time and must earn at 3.5 GPA or higher.

Chris Gartner of Sidney Whitney Leuenberger of Sidney

Dickinson State University was ranked fourth in regional public colleges in the Midwest, according to U.S. News & World Report's 2017 Best Colleges list.

The university's mission is to provide high-quality accessible programs, promote excellence in teaching and learning, support scholarly and creative activities, and to provide services relevant to the economy, health and quality of life for the citizens of North Dakota.

Area students named to University of Jamestown's Fall 2016 Dean's List

The following students have fulfilled the academic requirements to be named to University of Jamestown's Dean List for the Fall 2016 Semester.

Victoria Getchell of Sidney, MT (59270)

Brianna Reid of Sidney, MT (59270)

The University of Jamestown was established in 1883 and is ranked as a top tier regional school in US News and World Report and a top Midwestern school in The Princeton Review. The school features development of the whole person through its distinctive Journey to Success experience. For more information visit www.uj.edu.

MNAXLP

Rylee Peterson Named to SFCC Honor Roll

Rylee Peterson of Sidney was named to the fall 2016 honor roll list at Spokane Falls Community College. To receive honor roll status, students must earn a 3.0 grade point average or higher.

Community Colleges of Spokane is a dynamic, 12,300-square-mile state community college district that includes Spokane Community College, Spokane Falls Community College and six rural education sites, serving residents in Pend Oreille, Stevens, Whitman, Ferry and parts of Lincoln counties.

Fairview Schools Honor Roll

Junior High, High Honor Roll

Grade 6: Taylor McPherson.

Grade 7: Megan Asbeck; Lauren Kjos; Vilate Knapp; Lacie Selting.

Grade 8: Jadyn Gackle.

Junior High, Honor Roll

Grade 6: Allison Axtman; Denise Hall; Aubree Johnson; Martin Manuel; Max Rowlett; Hunter Sharbono; Jacob Thompson; Walker Whitmus.

Grade 7: Caleb Baxter; Luke Danielson; Jade Emly; Shaniyah Harris; Piper Hurley; Evan Kalligher; John Morley; Jayden Radasa; Cody Scarpholt; Avery Seadeek; Tristin Skov; Jack Smies; Teigan Taylor; Jace Vitt.

Grade 8: Brady Buxbaum; Keaton Condle; Jerron Davol; Shaylee Dean; Kennedy Hansen; Robert Hopes; Daniel Porter; Steve Rice; Erin Shannon; Kaden Skogas.

High School, High Honor Roll

Grade 9: Ryan Asbeck; Britnee Gullikson; Ashley Karst; Stephanie Nay; Jade Schlothauer; Allyson Young.

Grade 10: Emily Axtman; Bryce Neu; Jaycie Rau; Alexander Young.

Grade 11: Jae Kloker; Tanner Poulsen.

Grade 12: Kelly Danielson; Grace Dragseth; Parker Jensen; Chandler Norby; Lane O'Connor; Tanner Reynolds;

SHS Speech, Drama & Debate Results



Huntley Project Meet Results

The team was at Huntley Project this past Saturday, there were over 500 competitors from 36 Schools, 9 of which were class A. The Drama Team placed 2nd in Class A Drama Sweeps. Dramatic Solo: Jaz Hodge 2nd, Laura Elmore 4th. Classic Theatre: Peachlyn Simons & Atlas Hill placed 5th, Shea Roberts & Christine Turek placed 8th.

The Speech Team results Original Oratory: Luke Turek 1st, Patrycja Wierzchalek 6th. impromptu: Kasey Gorder 3rd Extemporaneous: Zach Sommerfeld 7th place. Divisionals in Havre is where the team is heading next week.

SHS Hosted their meet January 8, 2017. Fifteen schools from Eastern Montana showed up to compete in 14 different events. With volunteers from across the community helping judge, the tournament was a success! The Sidney Eagles placed 1st in Class A Drama and 1st in Class A Speech & Debate. Pictured left: The drama team led by three talented Dramatic Soloists: Laura Elmore 1st, Kyle Topp 2nd, Jaz Hodge placing 3rd. Other placers included Humorous Duo: Tyler Berka & Katrina Meldahl placed 4th. Dramatic Duo: Josh Delaney & Hollye Blekestad placed 5th. Classic Theatre: Peachlyn Simons & Atlas Hill 4th, Shea Roberts & Christine Turek 5th.

The Speech & Debate Team: Extemp: Zach Sommerfeld 1st, Shanyn Reidle 4th. Impromptu: Kasey Gorder 2nd. MPA: Johren Carpenter 1st, Tianna Earle 5th. Original Oratory: Luke Turek 1st, Patrycja Wierzchalek 3rd, Alex Messer 4th. Informative: Hannah Evans 4th. LD Debate: Sam Stephenson 3rd, Naomi Mata 6th. (Submitted by Christy Pierce)



Jaz Hodge with her 2nd place certificate.

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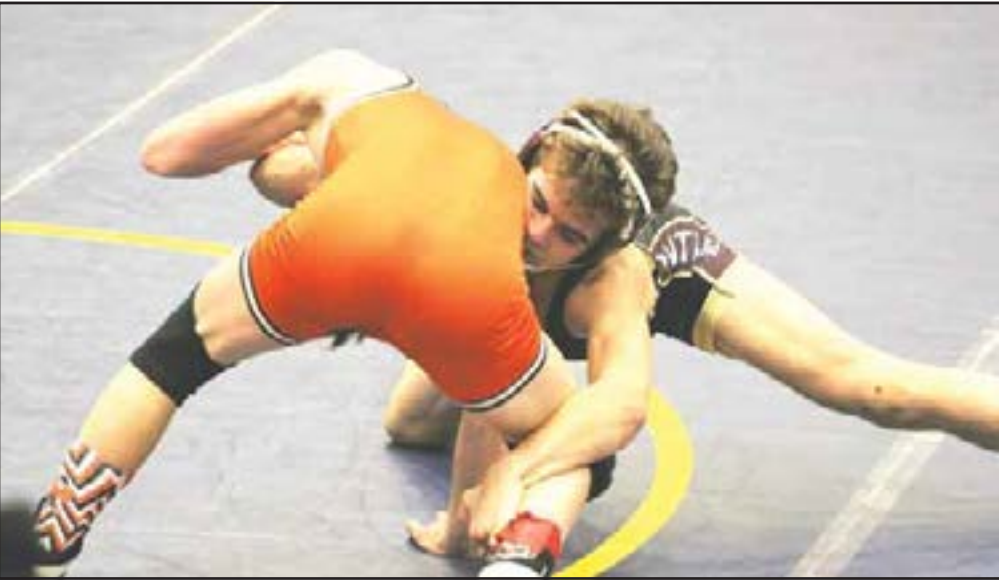
Sunrise Spirit Award:
Fred Lake

Dummy Team Roping Jan. 28

Dummy Team Roping returns to the VFW in Sidney on Saturday, January 28, with proceeds to benefit the Neal Her-manson 2017 Memorial Ranch Rodeo and Ranch Horse Com-petition. All proceeds from those events go to the Empty Saddle Memorial Foundation. Entries will be accepted from 3-4pm with roping starting at 4:30pm. Kids rope first. Pick 1 – Draw 1, \$20. The top 15 teams will go to the short go for the cal-cutta.



Eagles Place 6th at Cowboy



The Sidney High School wrestling team placed 6th at the Cowboy Invitaional Wrestling Tournament in Miles City last weekend. Pictured above, Everett Jensen shoots in for a takedown. Jensen placed 5th at the tournament. Also placing were Sawyor Thorgersen - 5th, Ryan Horner - 5th, Jace Johnson - 5th, Jett Jones - 7th, Christian Dean - 7th, Jace Winter - 8th and Kaiden Cline - 8th.

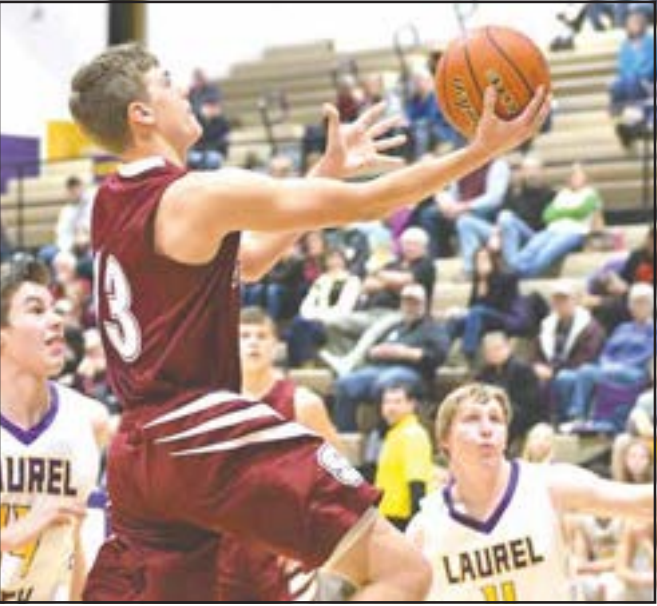
Sidney Wrestling Club Results

The Sidney Wrestling Club took 2 teams to the Helltown Throwdown in Helena, Montana for some tough individual and dual team competition. Team Brodie took third place in the tournament. Team Eastern Montana took ninth place. Individual results are as fol-lows:

Ryker Wise, Intermediate, 70lb, third place.	School, 136lb, third place.
Reese Graves, Novice, 60lb, fourth place.	Easton Hopes, Middle School, 144lb, third place.
Aden Graves, Middle School, 105lb, second place.	Riley Waters, Middle School, 152lb, first place.
Colton Reidel, Middle School, 120lb, sixth place.	Brodey Skogen, Middle School, 160lb, second place.
Kade Graves, Middle School, 120lb, first place.	Trey Schepens, Middle School, HWT, first place.
Kolten Reid, Middle	

Sidney Basketball Action

Jared Steinbeisser lays it in for 2 points against Laurel. The Eagles fell to both the Locomotives and Billings Central this past weekend. They travel to Glasgow this Thursday to play the Scotties and host the Miles City Cowboys on Saturday. (Photo by Kathy Johnson.)





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