

The Roundup

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Wednesday, January 16, 2019

Volume 44 • Number 49

Watford City Voters Approve Funding For New School

By Jordan Hall

Watford City voters have overwhelmingly approved two ballot initiatives set to fund the construction of an elementary school and provide potential funding for another.

Two questions were asked of voters. The first was whether or not residents should approve a general obligation bond up to 35 million dollars for the purpose of building a new elementary school, which would raise millage an additional 13 mills, equal to \$13 dollars on each thousand dollars taxable valuation for the first taxable year. The second question posed was whether residents should approve an increase of its school Building Fund Levy from 10 mills to 20 in order to facilitate additional anticipated building needs.

Voters approved the measures on January 8, with more than 80% of voters voting 'yes' on the first question and more than 71% voting 'yes' on the second question. Sixty percent of voters needed to approve the measures for them to move forward, which was handily achieved. A similar bonding issue was narrowly rejected in the Williston School District the same day.

The Roundup spoke with Shilo Chavez, who organized

the 'Vote Yes Committee,' which promoted the passage of both initiatives.

Chavez told the Roundup that she was excited about the two questions being answered by voters in the affirmative. Although there were not as high a percentage of affirming votes as the last similar school-funding measure, there was enough to get it done.

Chavez said, "The last vote was closer to 90 percent in favor, so we did come down from that, but we still see that a large part of the community supported it. We knew there were people who weren't excited about the building structure of the high school and so may not be for the new elementary school, but we still had a lot of support from people in the community."

Chavez also commented on the narrow defeat in Williston. "I'm heartbroken for Williston," Chavez continued, "and I hope they have the ballots come in from absentees that they need. I believe their need is actually worse than our own here in Watford City. From my understanding, they're already using quite a few portables and just lack the necessary space."

According to Chavez, the results won't be official until all absentee ballots are counted, but it likely won't make a difference in the election's outcome.

Chavez reported, "The ballots that came in prior to the vote have been counted and had to be postmarked by the 7th. They'll do a final tally on the 14th and will have the School Board approve the votes then. There are about twenty ballots that still haven't been returned yet. Ultimately, we're not expecting it to change anything."

Chavez expressed thanks to the community, saying, "We want to say thank you to everybody who supported us and supported our future and supported our kids. Thanks to everybody who helped sponsor the 'Vote Yes Committee' and helped to get the word out.

Inside This Issue:



WELLNESS & BEAUTY SPECIAL SECTION

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As for the 'Vote Yes Committee,' Chavez says their work is done.

"For the most part," Chavez said, "we'll just dissolve. Most people from the committee are already involved in other areas as parent volunteers. We don't have any next project."

PBS Travel Show Features Watford City and McKenzie County Based Episode



Daytime Emmy Award nominated TV host, Darley Newman, rolls out the sixth season of her PBS and Amazon Prime series "Travels with Darley" with an episode based in Watford City and McKenzie County.

Kicking off the series that travels to Brittany, France, California's Central Coast, Culpeper, Virginia, Alabama, Arkansas and a special episode dedicated to delectable global foods you must try on your travels, Darley discovers and falls in love with North Dakota's Badlands.

Watch as Darley mountain bikes along the beautiful Maah Daah Hey Trail, learns about Native American Culture at the Earth Lodge Village, hikes to surprising ice caves in the Little Missouri National Grassland, celebrates the local flavor at a Watford City festival and learns about presidential history in Theodore Roosevelt National Park on a new half hour PBS episode of "Travels with Darley."

McKenzie County Tourism and the Watford City Chamber of Commerce will be hosting two viewing parties on January 29 at 5 p.m. and on January 30 at 12:00 noon at Six Shooters Showhall. Guests are invited to attend a social, enjoy free popcorn and refreshments and view the show's premier on the big screen.

Prairie Public will be airing Travels with Darley featuring Watford City/McKenzie County on Wednesday, January 30th at 12:30 pm on their sub channel called Lifelong Learning Channel. For more information on Travels With Darley and to preview the North Dakota episode, visit travelswithdarley.com

For more information about the viewing party contact Doug Bolken at 701-444-5804 or email dbolken@co.mckenzie.nd.us

Fellowship Food Pantry Helping Those In Need

By Jaymi Loobey

Since 2008, the congregation of Fellowship Baptist Church in Sidney, Montana has been helping those in need of food through the Fellowship Food Pantry. Now, the people and businesses of Sidney and the surrounding area are helping them.

Last December Town Pump Charitable Foundation, Town Pump Corporate Fund, and the Bridger Lounge Corporation, through Town Pump's match donation program, donated \$3,300 to Fellowship Food Pantry for purchasing subsidized food products from the Montana Food Bank. The money went for helping those in need of food but in an indirect way assisted the church as well. Fellowship Food Pantry is usually staffed, paid for and supplied by the congregation of Fellowship Baptist Church. Fellowship Food Pantry is partnered with Montana Food Bank. Montana Food Bank is a non-profit organization out of Missoula that partners with neighborhood food banks, community pantries, social organizations, homeless shelters, schools, and hundreds of other organizations that are all working together to end hunger in Montana according to their website, <https://mfbn.org>. Through the partnership, the Food Pantry receives bulk do-

nations of free dry goods, fresh produce, and frozen meats, and has the opportunity to purchase very low-cost food products. Every six weeks they have to purchase food products that were needed but not donated from the Montana Food Bank. The food pantry receives financial support from what the congregation gives in tithes and offerings that is budgeted for the purchases.

Also in December, the students and Staff of Lambert School donated 500 lbs of food to Fellowship Food Pantry. It was part of their Do - Good December Drive from December 17 through the 21. Principal Kara Hansen Triplett told me that students and staff were encouraged to bring in food, new socks, or pairs of shoes. They got to make an ornament to hang on the school's caring tree outside the Main Office, and then took the ornament home before Christmas break. The Student Council gave away a soda or water to those who contributed. According to their Facebook page, the drive was done to invite their students and staff to consider ways to spread holiday cheer.

Several other businesses and organizations have assisted and donated to Fellowship Food Pantry over the last year. Wood Group, previously Mitchell's Oil Field Service, al-



Sidney residents, Jeff Tibbets with his two sons, Andrew (left) and Hunter (right) volunteer at the Fellowship Food Pantry.

lows the Montana Food Bank to make Fellowship Food Pantry's drop on their property and loads the pallets to be taken to the church. The Pantry has received additional support from the Friends of Reynolds program at Reynold's Market, the Foundation for Community Care for outreach work, and the Lower Yellowstone REC's Operation Roundup program to purchase a new freezer; and has received donations of food from the Brorson Farmhands 4H group, Richland County Health Department staff, and many, many others.

Fellowship Food Pantry gives thousands of pounds of foods each year to families unexpectedly in need, or experiencing chronic food insecurity. Just from July to November in 2018 they helped 306 individual families with 6,607 lbs

of food. They will take food donations from individuals outside the church but do not solicit for them. Pastor Jordan Hall told me, "We understand there is another food bank in town that needs donations." He also told me that they have a Friends of Reynolds account and if individuals wish to donate they can simply give the cashier the number 2015 at checkout when shopping at Sidney's Reynolds Market and a percentage of the purchase will be donated to the food pantry.

Fellowship Food Pantry is part of Fellowship Baptist Church and is located at 2181 W. Holly St. in Sidney, Montana. Those who wish to receive food must call the church at 406-433-4004 to make an appointment.

ElectricLand Still Loves Making Lives Richer and Easier

By Dianne Swanson

After taking a short break to move, ElectricLand re-opened at 225 2nd Avenue N.E., Sidney. Although the showroom is considerably smaller, the store still has the same suppliers except for Verizon, which cancelled their agreement.

"We are stocking the things we use, sell and install," explained Raleigh Peck who owns the store along with his wife Deb. Those things include cables, networking equipment, TVs and mounts and much, much more.

Right now, shoppers can save during ElectricLand's close-out sale on toys, musical accessories, band supplies, cell phone accessories, car stereo speakers and more.

Home audio and video equipment and installation are still available along with most sizes of Sony TVs. Other brands may be special ordered so stop in now to have yours ready for the big game. Also in stock are cell phone boosters, satellite radio equipment and accessories, smart home and home automation equipment and all the cables and connectors to make it all work.

ElectricLand specializes in low voltage installation and service; including residential, commercial, industrial, educational, religious, retail and medical facilities. They install and service everything from TV mounting to whole-home automation, network infrastructure, fire and security systems, camera systems, access control, custom integration and the list continues.

Whether you want home security, or the ability to adjust your thermostat from your phone, or low voltage lighting that comes on automatically to guide you to the bathroom, Electricland can take care of your needs. "Everything can be groomed to your lifestyle," Raleigh said. "Contact us to discuss our services, we are a nationally certified custom integrator shop and will design and build to your lifestyle or needs."

"What we really like is to make people's lives richer and easier," Raleigh said. "We like happy customers!"

Visit ElectricLand at 225 2nd Ave., N.E., Sidney or call them at 406-433-4370. They're open from 9 a.m. to 5 p.m. Monday through Friday to serve you.



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18 East 2nd St. Culbertson, MT (406) 787-5890



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

Serving Watford City At Meyer's Department Store
200 N Main • 701-444-2906 | Mon-Fri: 10am - 6pm • Sat: 10am - 5pm
Serving Sidney At Big Sky Embroidery And Design
108 E Main • 406-433-7679 | Mon-Fri: 10am - 5pm

DRY CLEANING | SHIRTS & JEANS STARCH | WELDERS STARCH
1129 2nd Ave W • Williston, ND | 701-572-3734 | www.willistondrycleaners.com
Mon-Fri: 8am - 6pm • Sat: 9am - 3pm



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

HANSEN HIDE & FUR
ROUTE SCHEDULE

Wednesday, Jan 16, 30, Feb 13, 27, & Mar 13
DickinsonAndrus Outdoors @ 5:30pm

Thursday, Jan 17, 31, Feb 14, 28, & Mar 14
Grassy Butte Sweet Crude @ 11:10am
Watford City..... Cenex @ 1:00pm
Williston..... Scenic Sports @ 5:15pm

Friday, Jan 4, 18, Feb 1, 15, Mar 1, & 15
Fortuna Teacher's Lounge @ 7:45am


Buying all furs. Will trade deer hides for gloves or knives.
COYOTES WANTED
Buying through Mid-March

605-396-7469 (no texting) | Follow us on Facebook

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DRIVER WANTED

Delivery driver for The Roundup.
Must have valid driver's license (CDL not required),
be able to lift at least 80lbs. One day a week.
Pick up application at 111 W. Main, Sidney, MT, or
at the Sidney Job Service.



STATISTICS

LAKE WATER LEVEL REPORT
Sakakawea

Current Elevation.....	1839.6
Last Week's Elev.	1839.5
One Year Ago	1840.9
Release For Day (C.F.S.)	16,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
January 7.....	39	25	0.00
January 8.....	26	10	0.00
January 9.....	25	7	0.00
January 10.....	40	15	0.00
January 11.....	26	8	0.00
January 12.....	28	7	0.00
January 13.....	37	13	0.00
Total YTD Precipitation.....		0.00	

OBITUARIES

Leota Johnson, 78

Miles City, MT formerly of Sidney, MT

Funeral services for Leota Johnson, 78, of Miles City, MT formerly of Sidney, MT were held Saturday, January 12 at 11 a.m. at People's Congregational Church in Sidney, MT. Family received friends on Friday, January 11 from 1 to 4 p.m. at Stevenson & Sons Funeral Home in Miles City, MT. Interment was in the Riverview Cemetery, Savage, MT under the direction of Fulkerson-Stevenson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Leota passed away on Sunday, January 6 in Miles City, MT.

Thomas Lorenz, 63

Sidney, MT

Funeral services for Thomas Lorenz, 63, of Sidney were held Saturday, January 12 at 10 a.m. at Trinity Lutheran Church in Sidney with Pastor Rolf Preus officiating. Visitation was Friday, January 11 from 12 to 6 p.m. at Fulkerson-Stevenson Memorial Chapel in Sidney, MT. Interment was at Richland Memorial Park Cemetery in Sidney, MT under the care of Fulkerson-Stevenson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com. Thomas passed away Sunday, January 6 at Sidney Health Center Emergency Room, Sidney, MT.

Red Cross Blood Drive Jan. 22

A Red Cross Blood Drive will be held on Tuesday, January 22, from 12:30 to 6 p.m. at St. Matthew's Parish Center, 310 7th St. SE, Sidney. Walk-ins are welcome, but appointments are strongly recommended. To make an appointment, call Red Cross at 406-403-0956 or visit redcrossblood.org.

The MDHC Announces The Female Gaze Exhibition

The Female Gaze by artist Jamie Azevedo is a series of images of the female form in motion, exploring what it feels like to inhabit the female form. According to Azevedo: All of us are wrapped up in fragile bodies subjected to abuse and annihilation. But we also possess creative minds, which can empower and enlighten others. As we females stand on the shoulders of the countless brave women who have helped pave the path towards our own insight and successes, let us remember that we are much more than our bodies. And we can not be contained. I hope these portraits remind you that we are resilient, creative energies capable of brilliance, transcendence, and grace. May each generation of women make life inside the female form better for the next.

The exhibition is on display at the MonDak from January 15 to February 23. Azevedo will contribute \$50 from each piece sold in the show to an educational scholarship through the Williston State College Foundation to assist in funding a young woman's studies.

Jamie Azevedo grew up in rural North Carolina. She is inspired by the metaphysical world, history, meditation, laughter, mind-bending conversations, the game of "what if," her amusing family, quirky humans, philosophy, and the ludicrous yet jubilant journey that we are all on together. Her work has been shown in galleries throughout the United States. Currently, she lives North Dakota with her husband and chocolate lab, ZuZu.

For more information contact MDHC at 406-433-3500 or visit mondakheritagecenter.org. The MonDak Heritage Center is open Tuesday-Friday from 10 a.m. to 4 p.m. and Saturday from 1 to 4 p.m.

Active Parenting Of Teens Class Available

Sidney, MT—MSU Extension Richland County and District II Alcohol and Drug Program is offering Active Parenting Classes. The teen years of your child's life can present changes and challenges, for you as a parent and your child. Active Parenting is a program created by Dr. Michael Popkin who is a parenting expert. Active Parenting of Teens program is a six-session class designed to help parents learn about a variety of items such as what teens need to succeed, communication and cooperation, handling anger, courage and self-esteem, preventing risky behavior, and much more. Classes start Tuesday January 22, 2019, at the MSU/Richland County Extension Office meeting room from 6-8 p.m. and are free of charge. Class size is limited, please RSVP by noon on January 18 by calling the MSU/Richland County Extension office at 433-1206.

Soil Health Workshop in Sidney January 18

A soil health workshop aimed at helping Montana producers learn new strategies and techniques for improving soil health on their land and their bottom line is coming to the MSU Extension Office Building in Sidney on January 18, 2019.

The workshop will feature well known soil health speakers Race King and Keith Berns.

Race King brings a wealth of expertise in ranching and herd management to his job as Ranch Manager at La Cense Montana. La Cense Montana specializes in raising and developing Angus and Angus-cross feeder cattle entirely on grass and forage. They are strong proponents of grazing management strategies that use high stocking densities for short durations. Race will be speaking about his experience with year-round grazing and improving hay systems that work for both the cattle and the operator.

Keith Berns brings the experience of 20 years of no-till farming, ten years of teaching about agriculture and computers, and years of experimentation with over 100 different cover crop types and hundreds of mixes planted into various situations to his presentations. Keith also developed the SmartMix Calculator, a widely used cover crop selection tool. Keith will talk about Carbonomics - his acclaimed approach to thinking about soil processes in terms of economy - and his experience and advice for using cover crops in Montana.

For more information and to register, visit: www.swcdm.org/soilhealth. The cost is \$20. Doors open at 8 a.m., and workshops begin at 9 a.m. and end in the mid-afternoon. Contact Ann McCauley, 406-443-5711, with questions or to inquire about sponsor and vendor opportunities.

EVENTS
SEND US YOUR EVENTS!
THE ROUNDUP: PO Box 1207
111 West Main • Sidney, MT 59270
406-433-3306 • Fax: 406-433-4114 • Email: classads@esidney.com

RICHLAND COUNTY
Events in Sidney unless otherwise listed. MT Zone.
Wed., Jan. 16
10 a.m. - 4 p.m. - **Wonderland Circus** - This event will continue through Feb. 2. **The Female Gaze Art Show by Jamie Azevedo** - This event will continue through Feb. 23. Viewing is free and open to the public. MonDak Heritage Center, 120 3rd St. SE, Sidney, 406-433-3500. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.
Fri., Jan. 18
8 a.m. - **Soil Health Workshop** - Learn new strategies and techniques for improving soil health. MSU Extension Office Building, Sidney, MT. For more information and to register visit www.swcdm.org/soilhealth. 10:30 a.m. - **Story Time** - All ages welcome but the focus is kindergarten readiness. Includes songs, finger-plays, stories and a craft. Sidney-Richland County Library, 406-433-1917.
Mon., Jan. 21
6-9 p.m. - **Sidney Area Chamber of Commerce & Agriculture 28th Annual Awards Banquet** - No host social, 6 p.m.; dinner and program, 6:30 p.m. Richland County Event Center, Sidney, MT. Advanced tickets can be purchased at the Sidney Chamber for \$45 starting Jan. 1 or you can register online at <http://sidneymt.chambermaster.com/events/details/2019-annual-awards-banquet-16747>. 7-8 p.m. - **Sidney City Council Meeting** - If a resident has a matter to discuss with City Council, contact City Hall to be put on the agenda. Public welcome. City Hall, 115 2nd St. SE, Sidney, MT. For more information call 406-433-2809.
Tues., Jan. 22
12:30 - 6 p.m. - **Blood Drive Sidney Community** - St. Matthew's Parish Center, 310 7th St. SE. Walk ins are welcome but appointments are recommended. To make an appointment call the American Red Cross, 406-403-0956 or visit redcrossblood.org and enter sponsor code: sidney. 4-5 p.m. - **Lego Club** - Creative building for kids K-5th grade. Sidney-Richland County Library, 406-433-1917.
Thurs., Jan. 24
11:30 a.m. - **Richland Red Hatters Lunch Meeting** - Sidney Country Club. RSVP by Jan. 22. Call Sylvia, 798-3882 or Margaret, 488-4613.
Sat., Jan. 26
10:30 a.m. - **Tales For Tots** - Designed for families with babies and toddlers. Sidney-Richland County Library, 406-433-1917.
Tues., Jan. 29
12 p.m. - **Diabetes Support Group** - Free peer support for type II diabetics and prediabetics. Share your experiences, find support in your community, learn about different diabetes topics. Community Services Building RM 201, 1201 W. Holly St., Sidney, MT. Meets last Tues. of the month, Jan. - May. For more information call 406-433-2207 or sasaf@richland.org.
Fri., Feb. 1
7 p.m. - **First Friday Film Series The Trouble With Wolves** - Free to the public. MonDak Heritage Center, 120 3rd Ave. SE, Sidney. The series also includes My Country No More, March 1; California Typewriter, April 5 and The Rider, May 3. For more information call 406-433-3500 or visit mondakheritagecenter.org.
Mon., Feb. 4
6 p.m. - **Fairview Chamber Annual Recognition Dinner** Enjoy the banquet and entertainment by FHS Drama Club. St. Catherine's Church, 317 7th St., Fairview, MT. \$35 per person, \$60 per couple. RSVP with payment by Jan. 26 to Fairview Chamber, PO Box 374, Fairview, MT, 59221.
Wed., Feb. 27
1 p.m. - **West Side Second Graders will be performing Pajama Party** - West Side Gym, Sidney, MT.

ROOSEVELT COUNTY
Events in Culbertson unless otherwise listed. CT Zone
Thurs., Jan. 24
10 a.m. - **MSU Extension-Roosevelt County Presents: Soil Salinity and Remediation** - All are invited. Speaker Scott Brown, Montana Soil Salinity Control Association. Roosevelt County Complex, 307 Broadway, Culbertson, MT.
McKENZIE COUNTY
Events in Watford City unless otherwise listed. CT Zone
Thurs., Jan. 17
11:30 a.m.-12 p.m. - **Storytime** - For children between the ages of preschool and 2nd grade. Sing songs, use finger-plays and read stories with related themes and topics. Free event, no registration necessary. McKenzie County Public Library, Watford City, ND. This event continues every Thursday through May, 2, 2019.
Fri., Jan. 18
10:30 a.m. - **Tater Tot Time with Miss Sandy & Miss Val: Winter** - For moms and their children ages infant to 4 years of age. Pioneer Museum of McKenzie County, 100 2nd Ave. SW, Watford City, ND.
Fri., Jan. 25
5 p.m. - **McKenzie County Soil Conservation Districts Cowgirls 'n Conservation** - Come one, come all for some old fashioned fun. Social and dinner. Rough Rider Center, Watford City, ND. Registration fee: \$30. For more information call 701-842-3628, ext. 3.
Tues., Jan. 29
5 p.m. - **Travels with Darley Watford City Viewing Party** Watch "Travels with Darley" in Watford City and McKenzie County on the big screen. Free event with popcorn and refreshments. Six Shooters Showhall, Watford City, ND. This event also occurs Jan. 30 at 12 p.m.
Sat., Feb. 2
Javan Slow & Family Cancer Support Fund & Benefit - Donations can be made to First International Bank, Javan Slow Family Benefit, 100 Main St. S, Watford City, ND, 58854 or drop by one of their locations. A benefit is planned for Feb. 2. For more information contact Janell Anderson, 701-770-3149.

WILLIAMS COUNTY
Events in Williston unless otherwise listed. CT Zone.
Thurs., Jan. 17
7 p.m. - **Confluence History Book Club** - Join history buffs in a discussion of this month's selected book, "Little House in the Big Woods," by Laura Ingalls Wilder. Free refreshments. Please call in advance, 701-572-9034. Missouri-Yellowstone Confluence Interpretive Center.
Fri., Jan. 18
9 a.m.-4 p.m. - **Confluence Quilters Monthly Meeting** - All experience levels invited and instruction provided. This event continues on Jan. 19. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.
8-10 p.m. - **Out Loud At The James** - Acoustic musicians, storytellers, comedians and poets bring your poems, songs, and jokes to share with your friends and neighbors. No entry fee, donations welcome. James Memorial Art Center, Williston, ND. For more information contact The James, 701-774-3601.
Sat., Jan. 19
8-12 p.m. - **80s Prom Night** - Cash bar, live DJ and appetizers. For adults 21 and over. Tickets \$10 per person. James Memorial Art Center, Williston, ND. Stop by the James to reserve your spot. For more information call 701-774-3601.
Sun., Jan. 20
3 p.m. - **The Cheryl and Jim Lingenfelter Concert** - Free and open to the public. Donations welcome. Missouri-Yellowstone Confluence Interpretive Center. 701-572-9034.
Sat., Feb. 2
All Fur Love Annual Fundraiser - Live and silent auction, dinner and dance. Tickets \$50 and can be purchased by calling 701-577-7387. VIP tables also available. Grand Williston Hotel & Convention Center, Williston, ND.

DAWSON COUNTY
Events in Glendive unless otherwise listed. MT Zone
Thurs., Feb. 7
6-8:15 p.m. - **Monthly Trivia Night** - Entry fee \$10 per team. Up to 7 teams of 4 can compete. Cross Country Brewing, Glendive, MT. The Friends of the Library will receive a \$1 from the sale of every pint of beer and the entry fees collected. Preregister your team by 5:45 p.m. by calling 406-377-2739 or 406-939-4634.

Week 1 Report from the Legislature

By Richland County Representative Joel Krautter

The first week of the legislative session in Helena got underway this past week. I was excited to be sworn-in, along with 30 other freshman House members and with family and friends present.

While the session officially began on Monday, the unofficial start for me was the day before, as a bipartisan group of a dozen legislators and I gathered at the home of Chief Deputy Attorney General Jon Bennion to make sausage and visit.

Senators Daines and Tester, along with Attorney General Fox each highlighted parallels between making sausage and making laws. The takeaway for me was how one can start with very different ingredients or in lawmaking, different ideas, that taken in combination, can still result in a good final product.

The biggest issue addressed in our first week was a discussion on the rules that will govern the session in the House of Representatives.

Concerns for why rules needed to be reformed were that current operating rules gave the Speaker of the House the opportunity to send bills he may not like to a committee of legislators he has discretion to appoint, where the bills can be killed and only resurrected to debate on the floor through the supermajority blast vote of 60 representatives.

Concerns on the other side were that by reducing the supermajority to a simple majority, it would undermine the work of committees who hear testimony and also undermine the power of the majority party. My priority was to support

rules that encouraged more fairness and transparency and discouraged the type of dysfunction we see coming out of Washington, D.C. I also pushed for a compromise that would bring lawmakers together to begin the session.

I am pleased to report a resolution was reached on the rules reform that passed the House on a bipartisan 88-12 vote, and earned the support of all Republicans.

The new House rules will now more closely mirror the rules that have been in place in the Senate for more than 100 years.

The composition of committees will no longer be at the sole discretion of the Speaker, individual members will have more influence on which committee a bill is assigned to, and numerous other safeguards have been instituted to ensure more fairness and transparency.

The blast motion has been revised to match the number of legislators in the majority caucus. This means the number of votes necessary to successfully remove a bill from committee will be 58 for this session, down from 60.

This session I will be serving on the Business and Labor,



MT House Rep. Joel Krautter at the swearing in.

Fish, Wildlife and Parks, and Transportation committees.

Thank you for the opportunity to serve our district and I look forward to giving my next update in a few weeks. Should an issue come up that you want to reach out to me on, please contact me by phone at 406-560-5952, email at joel.

krautter@mtleg.gov, or mail to: Joel Krautter, MT House of Representatives, PO Box 200400, Helena, MT 59620.



Krautter's parents Dr. Martin and Lual Krautter were able to attend the swearing-in.

Boyer Winner of 2018 MT TeenVax Challenge

Richland County Health Department is announcing our county winner in the 2018 MT TeenVax Challenge! Out of the 41 entries in Richland County, Logan Boyer was the lucky name drawn to receive a \$50 Amazon Gift Card. Congratulations!

To enter the challenge, youth aged 11-17 years old must have received one dose of Tdap, MCV4 and HPV prior to the entry deadline.

The MT TeenVax Challenge is a multi-year campaign to provide education, resources, and information about Tdap, meningococcal, HPV, and influenza vaccines for providers, parents, and teens. These vaccines are routinely administered at age 11-12 years with catch up for those 13 and older.

The MT TeenVax Challenge is in partnership with the Montana DPHHS Immunization Program, the Montana Chapter of the American Academy of Pediatrics, Montana Academy of Family Physicians and the Blue Cross Blue Shield of Montana Care Van program.

Are you up to the challenge with your immunization status?

Tdap vaccine protects against tetanus, diphtheria, and pertussis (whooping cough).

Meningococcal conjugate (MCV4) vaccine protects against meningococcal disease. Meningococcal disease is often severe and include infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia)

Human papillomavirus (HPV) vaccine protects against HPV infection and cancers caused by HPV. HPV infection can cause cervical, vaginal, and vulvar cancer in girls and penile cancer in boys. HPV can also cause anal cancer, throat cancer and genital warts in both boys and girls.

Influenza "flu" vaccine protects against seasonal influenza.

Please contact the Richland County Health Department at 406-433-2207 with any questions or for further information on immunizations and clinic times.



Health Assurance Nurse Director Kathy Helmuth (left) presents Logan Boyer with Amazon gift card for winning the MT TeenVax Challenge.

IT'S TAX SEASON

Here Are Some Helpful Tips From The IRS:

- 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.
- If self-preparing your taxes and filing electronically, you must sign and validate your return by entering your prior-year Adjusted Gross Income or your prior-year self-select PIN. **Using an electronic filing PIN is no longer an option.**
- All IRS Taxpayer Assistance Centers (TACs) are now 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.

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Caring for patients on weekdays are Dr. Lisa Rosa Ré and Joshua Deschaine, Physician Assistant to Dr. O. Pete Council, walk-in clinic medical director. Please note: Patients with chronic health concerns may be referred for follow-up care to one of Sidney Health Center's doctors.

Sidney Health Center's Walk-In Clinic is located in the **Medical Arts Building** near the hospital ER entrance on **12th Avenue Southwest** in Sidney.

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Eagles Take Top Spot at Cowboy Tourney

Above: Sidney high school wrestling team took first place at the Miles City Cowboy Invitational Tournament on Saturday, January 12.



#182 Jett Jones gets a takedown at the edge of the mat against Nakoda Siegel of Colstrip during the championship match. Jones won 7-5 to take first place.



#160 Riley Waters bear hugs Josh Macy of Billings Skyview to takedown. Waters beat Macy 6-4 to take 3rd place. For more photos, visit www.roundupweb.com.

- Results:
- 103: Kolby Hutzenbiler, 8th place.
 - 113: Kaiden Cline, 4th place.
 - 120: Jordan Darby, 4th place; Grady Nelson, 5th place.
 - 126: Everett Jensen, 2nd place
 - 132: Aden Graves, 5th place
 - 138: Christian Dean, 2nd place; Kade Graves, 3rd place.
 - 145: Zander Burnison, 3rd place; Dylan Lutz, 4th place.
 - 152: Jace Winter, 2nd place.
 - 160: Riley Waters, 3rd place.
 - 182: Jett Jones, 1st place.
 - 205: Ryan Wyman, 4th place.
 - 285: Brodey Skogen, 8th place.

Sidney Wrestling Club Results



The Sidney Wrestling Club traveled to Helena this weekend for the Helltown Throwdown. The club also had 5 wrestlers attend the Miles City Invitational. The team took third place in the dual tournament.

- Individual placers in Helena are as follows:
- | | |
|----------------------------|---------------------------|
| Toby Kleinke, 4th place. | Kaden Wise, 1st place. |
| Max Kleinke, 4h place. | Zander Dean, 2nd place. |
| Brenner Mullin, 3rd place. | Owen Lonski, 5th place. |
| Aaron Schmitz, 2nd place. | Nathan Romo, 2nd place. |
| Tyson Syth, 2nd place. | Caleb Kleinke, 3rd place. |
| Ryland McGahan, 6th place. | Chace Waters, 2nd place. |
| Maliek Taylor, 6th place. | Amaiya Kirn, 2nd place. |
| Ryker Wise, 4th place. | Miles City Results: |
| Kaleb Kutzler, 4th place. | Brody Keysor, 1st place. |
| Gordon Knapp, 3rd place. | Ty Schepens, 4th place. |
| | Carson Propp, 4th place. |

Richland Ranger Mites Hockey



The Richland Ranger Mites traveled to Watford City this past weekend for the 3rd Annual Arden Berg Invitational. Pictured is Conner Price attempting to shoot the puck into the net (submitted by Brenda Filler).

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MEET SIDNEY HEALTH CENTER'S ORTHOPEDIC TEAM

Welcome Dr. Eric Sigmond



Eric Sigmond, M.D.
Orthopedic Surgeon

Sidney Health Center is pleased to welcome Eric Sigmond, M.D. to the medical staff. Dr. Sigmond, a surgical specialist in orthopedics, recently joined Dr. James Scott, Dr. Kimberly Burgess and Janie Darby, FNP at the Sidney Health Center Orthopedic Clinic.

Dr. Sigmond, who is American Board Certified in Orthopedic Surgery, provides full-time orthopedic services to residents living in the MonDak region. As a general orthopedic surgeon, Dr. Sigmond treats a wide-range of cases including upper and lower extremities including hips and knees as well as hand and wrist conditions such as osteoarthritis and carpal tunnel syndrome.

Dr. Sigmond received his medical degree from Loyola University Stritch School of Medicine in Chicago, IL. He went onto to complete his orthopedic surgery residency at Northwestern University Affiliated Hospitals with an Adult Reconstructive Fellowship at Mayo Clinic. Dr. Sigmond has nearly 35 years of experience in orthopedic surgery, practicing a majority of the time in Illinois and South Dakota. Since 2014, he has been employed with OrthoMontana, practicing at Glendive Medical Center.



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The Top 5 Supplements Everyone Should Be Taking In The New Year

(BPT) - Are supplements part of your daily routine? If they are, you're not alone. According to the National Institutes of Health, more than half of all Americans take one or more supplements in their quest for better health. That's because even if you have an ultra-healthy diet (and many people don't), it's difficult to get all the vitamins and nutrients your body needs for optimal health from food alone. So supplementing your diet is a good idea.

But going to a store or searching online for supplements can be confusing. There are a lot of choices out there, and not all supplements are created equal. So how do you know you'll actually be getting the benefits of the supplements you take?

The answer is to do your homework and choose wisely. Here are five of the top supplements on the market today, and insights into what to look for on the label to ensure you're getting

the optimal benefit for your health.

High-potency multivitamin: Millions of people take multivitamins because there's no simpler way to stay healthy and live better. But not just any multivitamin will do the job. The Recommended Dietary Allowances (RDAs) most multivitamins provide are only the minimal doses. To promote optimal health, a high-potency multivitamin should be part of everyone's routine.

Curcumin/turmeric: Turmeric has been used in India for thousands of years, and not just to give curry its yellow color. Turmeric helps inhibit inflammation and is a strong antioxidant, mostly due to the curcumin it contains. Scientists believe managing inflammation plays a key role in heart health, optimal cellular function, cognitive support and more. However, it would be difficult to get the optimal amount of curcumin per day simply by sprinkling turmeric on your food, so most people take a supplement. But be choosy about which you use, because absorption of this critical compound can be an issue. Super Bio-Curcumin(R) by Life Extension(R) absorbs up to seven times better than conventional supplements, providing protection against inflammatory factors for your body.

Fish oil: The EPA and DHA omega-3 fatty acids from fish oil promote heart health, support cognitive health and inhibit inflammation, too. Make sure the supplement you choose is made with fresh, pure fish oil concentrate with 1,400 mg of EPA and 1,000 mg of DHA for optimal health benefits.

Coenzyme Q10: CoQ10 is a potent antioxidant that has been called the ultimate heart-friendly supplement. But look carefully when you're choosing a supplement because there's a slight difference in the type of CoQ10 out there, and it means a big difference for you. A traditional form of CoQ10, termed ubiquinone, is difficult for the body to absorb. Supplements with ubiquinol, like Super Ubiquinol CoQ10 from Life Extension, absorb up to eight times better.

Probiotics: Probiotics seem to be everywhere these days, from the dairy aisle to grocery store shelves. They balance the ratio of good-to-bad bacteria in your intestines, and it's not just about digestion. Probiotics help your overall health, including immune health, and are becoming necessary as the good bacteria are under siege from dietary and environmental changes in recent years. Look for supplements that only target the bad bacteria, leaving the good bacteria in your gut alone.

With any dietary supplement, it's wise to talk with your healthcare provider about what you're taking. And stick to the recommended dosage on the bottle. For more information about supplements, contact Life Extension at LifeExtension.com/Top5, or call toll-free 1-855-813-9013.

Bio-Curcumin(R) and BCM-95(R) are registered trademarks of DoCas-Biotech, LLC.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Stockman Bank Offers Assistance To Federal Employees Impacted By Government Shutdown

Billings – On January 2, 2019, Stockman Bank implemented a plan to assist federal employees impacted by the government shutdown. This includes furloughed employees who are not working and essential employees who are currently working without pay.

"Government shutdowns are very stressful for workers who still have bills to pay," said Bill Bickle, Chief Credit Officer for Stockman Bank. "We are happy to make accommodations for impacted federal employees to help reduce stress and protect their credit."

Until the shutdown ends, Bickle said Stockman is offering to defer any loan payments that are due. Then, post shutdown, the bank will restructure debt for borrowers as necessary. Stockman will also work with commercial customers directly impacted by the shutdown on a case-by-case basis.

Stockman Bank is Montana's largest, privately-held, family owned, community bank. Stockman has 34 locations throughout Montana and state-of-the-art online and mobile banking. Stockman is uniquely focused on Montana.

Conservation Cost Share Applications Accepted Until February 28, 2019

The Richland County Conservation District is accepting applications for the 2019 Conservation Cost Share Program. Applications can be picked up at the Conservation District Office 2745 West Holly ST, Sidney, MT 59270 between 7:30 a.m. and 4:30 p.m. Monday through Friday. Currently the Conservation District office is open as well as the Natural Resource Conservation Service (NRCS).

Landowners in Richland County seeking to implement conservation practices on their property may be eligible for 50 percent 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 district's share for 2019 is limited to \$4,050 per applicant. 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 decisions on prioritizing and acceptance of applications.

If you have a smaller conservation practice that would enhance the natural resources in Richland County, stop by the conservation district office at 2745 W Holly ST to pick up an application or call 433-2103 x3 to have an application sent to you. Applications are due back to the conservation district by February 28 and applicants will be notified by March 31, 2019 if they will be funded.

Upcoming Programs At Missouri-Yellowstone Confluence Interpretive Center

WILLISTON, N.D. – The public is invited to these upcoming events at the Missouri-Yellowstone Confluence Interpretive Center (MYCIC) near Williston. All events are free and open to the public. All times are Central Time.

Jan. 17: Confluence History Book Club, 7 p.m. Join history buffs in a discussion of this month's selected book, "Little House in the Big Woods" by Laura Ingalls Wilder. Free refreshments.

Jan.18-19: Confluence Quilters, 9 a.m.-4 p.m. Join the Confluence Quilters at their monthly meeting. All experience levels invited and instruction provided.

Jan. 20: Concert at the Confluence, 3 p.m. The public is invited to the Cheryl and Jim Lingenfelter concert. Free refreshments, donations are welcome.

For more information, contact Kerry Finsaas or Debbie Crossland at 701-572-9034. The Missouri-Yellowstone Confluence Interpretive Center is part of Fort Buford State Historic Site managed by the State Historical Society of North Dakota. Missouri-Yellowstone Confluence Interpretive Center hours: Wednesday-Saturday, 9 a.m.-4 p.m.; Sunday, 1-5 p.m. CT. Fort Buford is closed for the winter.

For more information about additional upcoming programs of the State Historical Society of North Dakota, go to history.nd.gov/events.

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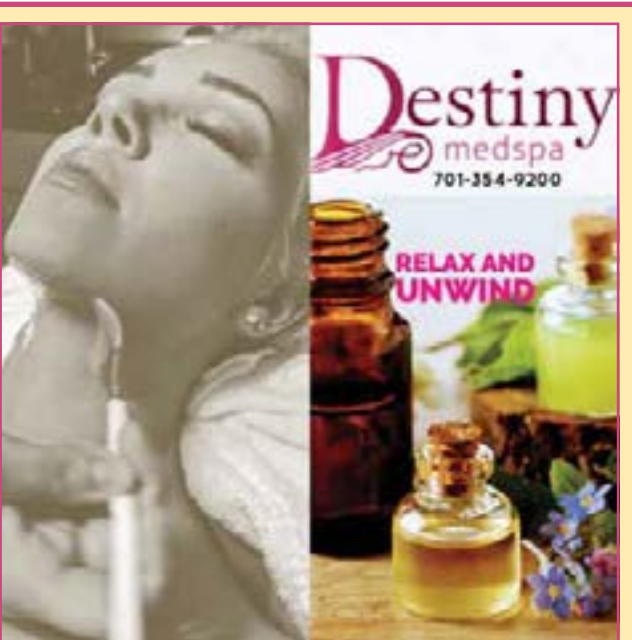


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Healthworks Offers Equipment Improvements

By Jordan Hall
Healthworks, a popular gym facility in Sidney, has recently added a new line of cutting-edge workout equipment.

The Roundup spoke with Scott Doty, who has served as director of Healthworks gym for the last 12 years. Healthworks is a separate non-profit from the Sidney Health Center, but rents space from the facility and is managed by hospital staff. Doty explained the new equipment and how it was acquired.

Doty said, "The newest equipment we have in is the

Keiser Strength Line. The nice thing about it is that it operates off of air resistance. There's an air compressor in a separate room so what's nice is it offers resistance at one pound at a time. There's no weight stacks. It's used a lot in sport performance. A lot of professional sports teams use it because you can do full-speed strength training with it."

Using what they call Kei-

ser Pneumatic Technology, the company claims the equipment allows muscles to remain active and engaged throughout the entire range of motion and velocities, with reduced shock loading to muscles and joints, allowing for workout regimens that can improve performance not possible with other strength-training methods.

The Keiser Strength Line, a total of 11 machines in all, was funded by a gift from the Good Cents Store.

Doty had some advice for those wanting to stay in shape even in a cold MonDak winter.

Doty suggested, "The biggest things are going to be balance between exercise and nutrition. If you're going for any type of weight loss or increased energy throughout the day, nutrition is the huge key. In terms of exercise, the biggest key is to find something you enjoy. Find something that fits for you. If you don't enjoy it or can't follow through with it, you're not going to be successful with it."

Healthworks, according to Doty, can help health-conscious people stay motivated and be successful.

"Most of our classes include yoga and some strength-training classes," Doty explained. "We have a separate cycling studio as well. We have big screens on the wall, where you're riding your bike and it shows up on the screen."

If someone needs a little help with their exercise routine, Healthworks also offers personal trainers to help facilitate the process of getting into better shape.

"We have one personal trainer on staff and then a number of independent trainers that work within the facility as well. We have three or four of those," Doty offered.

Doty gave the hours of operation, "We open at 5 a.m. on weekday mornings and Monday through Thursday we close at 9:30 p.m. On Fridays we close a little bit earlier at 7:30 p.m., on Saturdays is 8 a.m. to 4 p.m., and Sundays our operating hours are 12 to 4 p.m."



Healthworks now has a new, state-of-the-art strength training line. (Photo by Jordan Hall)

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What Is Aesthetics?



Lisa Swanson, RN, currently provides all of the laser services at McKenzie County Aesthetics Clinic. (Submitted by Lynn Walker)



Right: Dr. Shari Twigg and her receptionist, Lynette Leininger are happy to assist patients with their aesthetic medicinal needs. (Photo by Jaymi Loobey)

By Jaymi Loobey

According to Merriam-Webster's dictionary, aesthetics is a branch of philosophy dealing with the nature of beauty, art, and taste and with the creation and appreciation of beauty or a particular theory or conception of beauty or art: a particular taste for or approach to what is pleasing to the senses and especially sight. It also says that aesthetics is a pleasing appearance or effect.

Sam Perry, the Clinic Administrator of McKenzie County Aesthetics Clinic in Watford City, believes aesthetics is the potential beauty of something. I asked Lynn Welker, Director of Public Relations and Fundraising for McKenzie County Healthcare Systems, how important attention to one's personal aesthetics can be and she said, "Because of various types of environmental exposure and skin damage that can be caused by the sun and a drier climate, aesthetics can be helpful in reducing the appearance of fine lines and wrinkles. Wearing sunscreen year-round is equally important. When you feel confident about how you look and feel there are many psychological benefits." Perry said, "We offer a service that can improve a person's self-worth and image. It may sound like a small service but it can go as far as decreasing depression, increasing energy and saving long-term grooming costs for the patient." According to them, the most prominent aesthetic concerns in the MonDak area would be signs of aging such as sun spots and wrinkles which can be corrected by providers at the McKenzie County Aesthetics Clinic.

McKenzie County Aesthetics Clinic offers services to treat many different aesthetic concerns. They have a Cynosure machine that is used to treat rosacea, acne, unwanted facial and body hair, scars, stretch marks, fine lines, and wrinkles. A more intense treatment is also offered for deeper wrinkles. For dry skin and acne, a skin care regimen can be discussed with a provider as well as a skincare line. Currently, McKenzie County Aesthetics Clinic doesn't carry skin care regimen lines but is looking to add these.

Lisa Swanson, RN, currently provides all of the laser services at McKenzie County Aesthetics Clinic and is obtaining an education to become a Nurse Practitioner. Lisa has advanced training specific to the Cynosure machine as well. According to Lynn Welker, "During a patient's appointment with Lisa, she will be able to make unique recommendations for the patient based on their skin type in order to enhance both the skin tone and texture."

In Montana, according to Dr. Shari Twigg, M.D. at Advanced Aesthetics in Fairview, aesthetics is a way to enhance a person's beauty. Aesthetic medicine is a branch of the medical community used to improve a patient's appearance. She told me, "Everyone's wanting to look a little better, feel a little better."

Advanced Aesthetics is a part of Sidney Health Center that started up in December 2016. Dr. Twigg is originally from Pennsylvania. According to her bio on Sidney Health Center's website, she worked in a world-renowned spa and made a name for herself as an award-winning makeup artist. She went to medical school at West Virginia University and did her residency in Akron, Ohio. She originally worked in Obstetrics

and Gynecology at Sidney Health Center when she and her husband, Eric, came to Sidney. She continued on there for 5 years before deciding she wanted something different. She still wanted to practice medicine but treat her patients differently. A little over two years ago Shari got Board Certification in Aesthetic Medicine and began practicing in Fairview.

Advanced Aesthetics offers several treatments to help augment the appearances of men, women and kids from childhood through their golden years. They can help with acne, scars, general skin discoloration, sun damage, varicose veins, stretch marks, wrinkles, hair reduction, and hair re-growth. Dr. Twigg even offers weight loss programs for her patients. She has a program customized to fit her weight loss patient's needs involving diet, macronutrients, exercise and the occasional medication. She also has an HCG weight loss program that involves growth hormone treatments and a low-calorie diet. Pharmaceutical grade supplements, Advanced Aesthetics' own brand of skin care products and acne control system are available to purchase as well.

Lisa Swanson welcomes new patients and the opportunity to help them address their aesthetic areas of concern. McKenzie County Aesthetics Clinic is at 709 4th Avenue NE, Watford City, North Dakota. To make an appointment call 701-842-3771. Hours and more information on the McKenzie County Aesthetics Clinic can be found on McKenzie County's Healthcare Systems' website www.mckenziehealth.com.

Dr. Twigg loves her work and looks forward to seeing the men, women, and children who come to her for help. Advanced Aesthetics is at 304 S. Ellery Ave. Suite 2 in Fairview Montana. More information on Dr. Twigg and the services she offers can be found on the Sidney Health Center's website, www.sidney-health.org, under Advanced Aesthetics.

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Mark Anthony Kuylen Owner/Stylist

Monica Reuter Stylist/Pedicurist

Hailee Moore Stylist/Pedicurist

Kimberly Lange Stylist/Pedicurist

Cynthia Vickers Stylist/Pedicurist

Taylor Lange Stylist

Sharon Carlson, LMT Massage Therapy

DeAnna Damm Nail Technician



Mission Statement

The Richland County Housing Authority is dedicated to providing housing and related services for very low, low & moderately low income families & individuals. Our management & staff are committed to serving our clients with professionalism, courtesy & respect.

How To Apply

To apply for housing, you must either come to our office located at 1032 6th Street SW or call the office at 406-433-1978 and an application will be mailed to you. *Every applicant that applies for housing must sign a release form allowing the housing authority to check his or her criminal background. We may also check references from landlords & from other subsidized housing providers.*

Richland County's
Largest Affordable
Housing Provider
Established 1952



206-433-1978 • Toll Free: 888-369-8459 • Fax: 406-433-8115
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120 E. Main St (upstairs in the Village Square Mall)

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