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Wednesday, March 14, 2012

Volume 38 • Number 4

## Irrigation, Tillage Impacts On Soil Carbon, Nitrogen Focus Of Talk

In water-limited arid and semiarid regions, water needs to be used efficiently for sustaining irrigated crop yields and that efficiency can vary widely with the type of irrigation system used. But what other impacts do these differing systems have on sustainability? For example, how do they impact key soil nutrients such as carbon and nitrogen? And what of the increased use of strip tillage for sugar beet rotations in the MonDak? How do these different irrigation systems impact soil carbon and nitrogen under strip tillage?

These questions and more are the subject of the next presentation in the 2012 BrownBagger series sponsored by the USDA-ARS Northern Plains Agricultural Research Laboratory (NPARRL), Sidney. The presentation by NPARRL Soil Scientist Upendra Sainju is set for Friday, March 16 from noon-1 p.m., and is entitled "Irrigation System and Crop Rotation Effects on Soil Carbon and Nitrogen Fractions". The one-hour session is open to the public.

In his research, Dr. Sainju is comparing the effects of two different sprinkler irrigation systems – the conventional Mid-Elevation Spray Application (MESA) system and the highly efficient Low Energy Precision Application (LEPA) system – in both conventional- and strip-tilled sugarbeet-malt barley rotations. He's interested in knowing how the irrigation, tillage and rotation systems impact carbon and nitrogen in the soil.

In particular, he's interested in how much of both nutrients are available for uptake by plants, or subject to leaching loss; how much is stored or sequestered in the soil over the long term, and how much is changing rapidly over the growing season under these different irrigation and tillage scenarios. All of these different types or "fractions" of soil carbon and nitrogen have significant impacts on crop yields and soil quality, according to Dr. Sainju.

"We will evaluate these fractions for carbon and nitrogen sequestration, microbial biomass and activity, nitrogen mineralization potential, and soil quality and productivity as influenced by irrigation system and crop rotation," he notes.

Each component, irrigation and tillage, also have their own set of impacts on crop sustainability, according to Sainju. For example, the MESA applies water through nozzles from a height of 3 feet which results in low water application efficiency (35-80%) and increases loss of water soluble carbon and nitrogen through leaching and surface runoff. In contrast, the highly water-efficient LEPA sprinklers apply water near the soil surface, and can reduce carbon and nitrogen loss through these processes.

As for tillage, multiple tillage operations conducted in conventional sugarbeet and malt barley production can increase soil erosion, fuel costs, and seedling damage caused by windblown soil. Multiple tillage operations can also reduce soil quality due to increased organic matter mineralization, influencing future crop yields, Sainju says. In contrast, reduced tillage, such as strip tillage where only crop rows are tilled with the areas between them left undisturbed, can reduce soil erosion and improve soil quality without influencing crop yields.

So bring your lunch and learn more at another informative presentation in the sixth of our 2012 Friday BrownBagger seminars. Coffee and cookies will be provided. The lab is located at 1500 N. Central Ave. Sidney. All presentations begin at noon. For more information, contact Beth Redlin at 406-433-9427.

Don't miss these remaining presentations in 2012:  
March 30: Tatyana Rand, Entomologist, ARS-Sidney, MT  
*Factors influencing wheat stem sawfly infestation levels and parasitism by native biocontrol agents*

April 6: Kevin Delaney, Entomologist, ARS-Sidney, MT  
*Wheat stem sawfly – wheat interactions with spring wheat, and classical biocontrol of weeds.*



A sold out crowd enjoyed micro brews from all over the state of Montana as well as great music by The Clintons from Bozeman at the Bakken Brew Fest held Saturday night. Pictured: Thorsten Geuer, Bayern Brewery master brewer, taps the keg of Bakken Bock, the unique microbrew dark lager beer developed by Bayern for this area.

## Watford City Community Prevention Coalition Hosts Town Hall Meeting

The Watford City's Community Prevention Coalition will be hosting a Town Hall Meeting on March 29 at the Watford City Civic Center. The meeting will take place from 6:30-8 p.m., with a free catered supper starting at 6 p.m. The meeting is titled "What's Really Happening in Watford City?". Door prize drawings for those in attendance include two Kindle Fires, \$100 and \$50 in Watford City bucks.

"This is an opportunity to create awareness that prevention efforts are occurring locally and a great way for community members to take action," said Slade Herfindahl, Watford City Police Chief.

Pre-registrations are requested by Tuesday, March 27 to give a food count, but is not required for attendance. The evening will provide education and awareness of underage drinking and other substance abuse related issues in the Watford City area. Strategies, tools and techniques will also be discussed to help parents communicate with their children about this difficult subject.

The meeting will have a panel with members from the following agencies Watford City Police Department, McKenzie County Sheriff's Department, McKenzie County Healthcare Systems, Watford City Fire Department, McKenzie County Social Services, McKenzie County District #1 Superintendent of Schools, Watford City High School Student Council, McKenzie County Ministerial Association, and a parent representative. The evening will conclude with a presentation from the coalition on their current substance abuse

prevention strategic plan.

According to the 2009 Watford City High School Youth Risk Behavior survey, 49% (state average is 44%) of students reported having at least one drink of alcohol on one or more of the past 30 days and 40% (state average is 31%) of students reported binge drinking on one or more days of the past 30 days.

The Watford City Community Prevention Coalition is part of the Targeted Communities program, which is under the North Dakota Department of Human Services' Mental Health and Substance Abuse Services Division. The coalition works with the State Prevention Team in developing unique plans to address and prevent alcohol and other substance abuse.

The Town Hall Meeting is sponsored by the McKenzie County Community Prevention Coalition.

For more information on the coalition or the Town Hall Meeting, contact Marcia Hellandsaas, NDSU Extension Agent/McKenzie County at 701-444-3451 or marcia.hellandsaas@ndsu.edu.

## Glendive Judge Appointed To Arnold Kidnapping Case

Attorneys for suspects Lester Van Waters, Jr. and Michael Spell, Colorado, the men accused of abducting and killing Sidney school teacher Sherry Arnold, filed documents recently requesting a substitute for Richland County District Judge Katherine Irigoin.

Dawson County Seventh Judicial District Court Judge Richard Simonton has accepted the assignment to take over the Richland County case.

Simonton agreed to preside over the criminal cases at the request of Judge Katherine Irigoin, who was asked to remove herself from the case by defense attorneys. The reason for the request has not been reported.

The omnibus hearings are still scheduled for 2 p.m., April 17 unless Simonton rules differently.

Although Simonton is now the judge, the case will be tried in Richland County. The defendants can state the request for a change of venue during the omnibus hearing.

Irigoin and Simonton are the only two district court judges serving in the judicial district that covers the counties of Richland, Dawson, McCone, Prairie and Wibaux.

According to Richland County District Court documents, Spell and Waters have pleaded not guilty to aggravated kidnapping in the disappearance of 43-year-old Sherry Arnold, who was abducted while jogging the morning of Jan. 7.

Arnold is presumed dead, but her body still has not been found.

Trial dates for Spell are scheduled for July 16-20 and trial dates for Waters have been set for July 30-Aug. 3.

## Free Community Concert This Sunday

Everyone is encouraged to come together this Sunday, March 18 for a free community concert at St. Matthew's Parish Center, 310 7<sup>th</sup> St. SE, Sidney. Concert organizers have put together an afternoon of music in order to help address all the changes in our community in recent months and to reaffirm the solid strength we possess. The concert will feature a broad spectrum of music and performances by members of the community, as well as a chalk drawing by Katie Pust. Don Gratz, former Sidney High School music teacher, will host.

Doors open at 1 p.m., with the concert starting at 2 p.m. Attendees are encouraged to pick up a free logo button and sign or leave a message on a tree leaf, which will become a part of the Sidney Community Tree. The tree will be on display in Sidney for a while and then be dismantled with the leaves put in a scrapbook.

In addition to the concert, there will be a silent auction, with proceeds going to Gary Arnold's stepchildren. People may enjoy refreshments before the concert, as they check out all the auction items, and again following the program as they make final bids and wait to take home their treasures.



# Baby Shower

Join us in welcoming  
**Eleanor Mae Carico**  
Daughter of  
**Russ & Susan Rudie Carico**  
Born March 2, 2012

**Saturday, March 17**  
St. Catherine's Church • Fairview  
1 to 3 p.m.  
Everyone is welcome!



Sidney FFA member Ethan Chamberlain with ROI employee Curt Myhre looking on is fueling up ROI's new recycle truck while others washed windows, mirrors and lights. The fuel was purchased with USDA/FFA funds from a national Learning 2 Serve Grant. A portion of the grant will provide seed money to fuel the cardboard recycle truck for a period of time this spring. The participants for the activity were: Ethan Chamberlain, Dalton Thomas, Kris Iversen, Emily Schaff, Marianne Gartner, Kalah Frazier, Kurt Myhre, Bill Gilligan and Brock Mjolsness.



Agriculture/FFA students take time to witness, experience and participate in this pick-up site at Reynolds' Market in Sidney. It is reported that the compactor truck is a welcome addition to ROI's fleet and service to Richland County for recycling of cardboard products. The FFA encourages the community and businesses to join the efforts of ROI and assist financially and in participation in the recycling movement.

Marianne Gartner applies the finishing touches on the truck. This project and additional wood constructed recycle sheds for area distribution, are the key components to this 2<sup>nd</sup> year of the Living 2 Serve Grant. Phase 3 will be planned, written and submitted this summer. FFA and ROI thank those past contributing business and individuals. The increased volume of garage and recyclables are hitting Richland County. So! Please step up and do a bigger part in the need for reducing Land Fill waste! Partner up for the LONG HAUL!

# Iseman Sale

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Sunday, March 25 • Noon - 4 p.m.

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# “The Master Barber” Is In Town

Robert Newberry, “Master Barber”, has moved to Sax Barber Shop, Watford City.

Newberry moved from Kansas and Atlanta, GA and is truly a master barber with 20 years experience and master barber graduate of Roffler Moler College.

Business was slow in Kansas and he had heard of the oil boom in North Dakota. Not being experienced in the oil field he contacted the North Dakota Barbering Association and they put him in touch with Marlene Sax, Sax Barber Shop owner.

Sax was looking to retire after over 35 years in the business. “I’m very happy to have him,” she quotes.

Newberry is married and has seven grown children.

Sax Barber Shop is located at 505 N. Main St. and the “Master Barber” may be reached at 417-296-2809 or 701-444-6149. He accepts walk-ins and appointments.



## Hackbarth In Concert As Part Of Big Sky Concert Series March 22

The Northeastern Arts Network proudly presents Andy Hackbarth in concert on Thursday, March 22 as part of their Big Sky Concert Series.

Award-winning Nashville recording artist, songwriter and Classical-Flamenco guitarist Andy Hackbarth holds a Bachelor of Music in Classical Guitar Performance from the University of Colorado, Boulder.

Hackbarth was raised on the idea that music can paint colors more vivid than any paintbrush. He does just that, weaving the world of flamenco and classical guitar into an arsenal of upbeat, contemporary-folk songs that are 100%, unmistakably Andy Hackbarth.

In 2006, Hackbarth left his parents’ llama ranch and the Colorado mountains behind for the bright (neon) lights of Music City, USA to raise his craft as a songwriter and performer to a new level.

“You don’t realize how much you have to learn until you move to Nashville,” he says. “Truly great songs are so rare. It’s the best feeling in the world to know that you’ve written a song in which every word counts; one that forces everyone who hears it to stop, really listen, and look at the world in a completely different way.”

Last May, Andy released his much-anticipated third full-length album, “The Last Love Song”, worldwide in the midst of a 16-month, 200+ show tour that spanned, quite literally, from coast-to-coast. It included stops such as the legendary Bitter End in New York, the historic Fox Theater in Colorado, Salt Lake’s Sandy Amphitheater and the Hotel Cafe in California. Along the way he shared the stage with Melissa Etheridge, Jimmy Wayne, Lonestar, Katie Armiger, Buddy Jewell, Due West and many others.

This concert will be held at the Sidney Middle School

Auditorium at 7 p.m. Tickets prices at the door: adults \$15, senior \$13, and students \$10. For additional concert information contact Candy Markwald 406-488-4155, Jill Hill 406-488-3845, or Karen Boehler 406-433-4375.

The Big Sky Series is made possible in part by the

Montana Performing Arts Consortium Presenter Development Program which is supported by grants from the National Endowment for the Arts, Montana Arts Council, and legislative grant from Montana’s Cultural Trust and WESTAF.

### Great Effort & Talent

Big Muddy District concluded activities for the year with Leadership Career Development Events. Lambert FFA hosted the day event. Emily Schaff, Sidney FFA Chapter, participated in Prepared Public Speaking and Extemporaneous Public Speaking. This sophomore student produced an outstanding day of events by winning first place honors in both speaking events. She now moves on to State FFA Convention to represent BMD and Sidney FFA Chapter in both events. The State FFA Convention is March 28-31 in Bozeman.





### Quilts & More Business After Hours

March 15 • 4:30 - 6:00 p.m.  
12653 Cty Rd. 352, Sidney  
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## Rotary Classic Basketball Tournament

Watford City, ND

Girl's Grades: 4, 5, 6, 7 & 8  
**Saturday, March 24**

Boy's Grades: 4, 5, 6, 7 & 8  
**Sunday, March 25**

Contact  
Laura Sanford  
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Your Team

Deadline  
March 17th  
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## Dakota West Credit Union Members!

### Dakota West Credit Union’s 71st Annual Meeting

Thursday, March 22 • Watford City High School Commons Area


#### 6 p.m. - Dinner & Kids’ Party

#### 6:45 p.m. - Enjoy Terry Fleck, The Attitude Doctor

A humorous and inspirational speaker  
focusing on the institute of attitude.

#### 7:30 p.m. - Business

Purchase your ticket at any of  
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**Prom Tux Deadlines**

Prom	Prom Date	Student Disc.	Final Day
Lambert	March 17	February 29	March 7
Sidney Culbertson	March 24	March 7	March 10
Savage Fairview	March 31	March 14	March 17

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All income eligible McKenzie County residents welcome!

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**March 20, 2012**  
2 pm to 4 pm  
Open the 1st Tuesday evening of each month from 5 pm to 7 pm and the 3rd Tuesday afternoon of each month

Located in the lower level of  
First Lutheran Church, 212 2nd Avenue NW, in Watford City

For more information or to set up an appointment to visit the pantry call 701-444-3431.

Pantry includes new shipment of a wide variety of:

- frozen meats
- canned goods
- personal care items!





**James “Jim” Steppler, 54, Brockton, MT**  
Mass of the Christian Burial for James “Jim” Steppler, 54, Brockton, MT, was at 10 am, Friday, March 9, 2012 at St. Matthew's Catholic Church, Sidney, MT, with Father Jim O'Neil officiating. Wake services were at 6:30 pm, Thursday, March 8, at St. Matthew's Catholic Church. Jim died on Monday, March 5, 2012 in rural Richland County near his ranch. Remembrances and condolences may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com).

**Selma Damm, 94, Fairview, MT**  
Funeral services for Selma Damm, 94, Fairview, MT, were at 10 a.m. Tuesday, March 13, 2012 at St John's Lutheran Church, Fairview, MT, with Pastor David Warner officiating. Interment was in the Fairview Cemetery under the direction of Fulkerson Funeral Home, Sidney, MT. Remembrances and condolences may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com). Selma passed away Thursday morning, March 8, 2012 at the Sidney Health Center.

**Goldie Hilliard, 97, Savage, MT**  
Funeral services for Goldie Hilliard, 97, Savage, MT, are at 10 a.m., Friday, March 16, 2012 at the United Church of Christ, Savage, with Pastor Neil Lindorff officiating. Interment will follow in the Dawson County Cemetery, Glendive, MT. Remembrances and condolences may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com). Goldie died on Sunday, March 11, 2012 at the Sidney Health Center Extended Care Facility.

**See This Week's Sports Coverage Online**  
Due to space limitations, the results and photos for wrestling, gymnastics and tendo tae kwon do competitions will be available in the “Sports” section on our website, [Roundupweb.com](http://Roundupweb.com).



**Conservation Reserve Program Begins March 12**  
USDA's FSA will conduct a four-week Conservation Reserve Program (CRP) general signup, beginning on March 12 and ending on April 6. For more information, contact the FSA county office. FSA's Non-Insured Crop Disaster Assistance Program (NAP) was designed to provide financial assistance to producers of non-insurable crops when low yields or prevented planting occurs as the result of natural disasters. Application deadlines for 2012 NAP coverage in Montana is March 15. For more info on NAP or other FSA programs, contact your local FSA office. 2012 Direct and Counter Cyclical Program (DCP) enrollment will end June 1, 2012. Contact the FSA County Office to schedule an appointment.

**Now Showing**

**Tues. - Thurs., Mar. 13-15**  
**The Vow@ 7:30 p.m.**

**Fri. - Thurs., Mar. 16-22**  
**Dr. Seuss's “The Lorax” @ 7:30 p.m.**  
**& Sat. Matinee @ 1 p.m.**

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Students: \$5  
Matinee \$5


Lake Water Level Reports			
	Fort Peck	Sakakawea	
Current Elevation .....	2234.4	1837.8	
Last Week's Elev. ....	2234.7	1838.1	
One Year Ago .....	2235.2	1837.9	
Release For Day (C.F.S.) .....	12,100	22,000	

Watford City Weather Data			
Source: North Dakota Agricultural Weather Network			
Date	High	Low	Precip.
Mar. 5 .....	38	28	0
Mar. 6 .....	59	33	0
Mar. 7 .....	48	18	0
Mar. 8 .....	34	17	0
Mar. 9 .....	43	19	0
Mar. 10 .....	66	24	0
Mar. 11 .....	69	32	0

Sidney Weather Data			
Source: MSU Eastern Agricultural Research Center			
Date	High	Low	Precip.
Mar. 5 .....	62	26	0.00
Mar. 6 .....	60	29	T
Mar. 7 .....	38	19	0.00
Mar. 8 .....	49	18	0.00
Mar. 9 .....	69	21	0.00
Mar. 10 .....	71	32	0.00
Mar. 11 .....	71	21	0.00
Average YTD Precipitation .....			0.91
2012 YTD Precipitation .....			0.34

**Lambert Spring Vendor Fest**  
**Sat., March 24 • 9 a.m. - 3 p.m.**  
**Lambert School Old Gym**  
No Admission  
Prizes • Over 20 Vendors • Drawings  
For any questions call Myra at 406-943-4040.

**What do you mean I'm 50!**



**Happy 50<sup>th</sup> birthday**  
**Kirk R. Johnson!**

Call him Tues., March 20 to wish him a Happy 50th Birthday! **480-2125**

**EVENTS**  
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**Richland County**  
Events in Sidney unless otherwise listed. MT Zone.  
**Wed., March 14**  
Noon—Toastmasters, Sharp-n-Sassy, 1401 9th Ave SW. Bring a sack lunch. Coffee will be served.  
7 p.m.—Gambler's Anonymous, Millers' Corner back room.  
**Thurs., March 15**  
1-2 p.m.—Middle School Science Fair. Open to the public.  
5 p.m.—TOPS, Crestwood NW entrance, Weigh-ins 5-5:30 p.m., meeting 5:30-6 p.m.  
6:30 p.m.—Pinochle, Moose Lodge, 101 3rd St. SE.  
8 p.m.—NA meeting, Millers' Corner banquet room.  
**Fri., March 16**  
5-7 p.m.—Knights of Columbus Fish Fry, St. Matthew's Parish Center, 310 7th St. SE. \$9/adult.  
**Sat., March 17**  
9 a.m. & 7 p.m.—AA meeting, Trinity Lutheran Church Education bldg., 214 S. Lincoln.  
**Sun., March 18**  
7 p.m.—AA meeting, Trinity Lutheran Church Education bldg., 214 S. Lincoln.  
**Mon., March 19**  
12 p.m.—AA meeting, Trinity Lutheran Church Education bldg., 214 S. Lincoln.  
6 p.m.—Vigilante Theatre Co. Dinner Theatre, Sidney Country Club. \$35/person. Order tickets in advance at Stockman Bank or Sidney Country Club.  
**Tues., March 20**  
9 a.m.-12 noon—Commodities Distribution, 123 W. Main (Nutter Bldg.). West door where the ramp is located.  
7 p.m.—AA meeting, Trinity Lutheran Church Education bldg.

**McKenzie County**  
Events in Watford City unless otherwise listed. CST Zone.  
**Wed., March 14**  
10 a.m. — Chamber coffee/forum, The Visitors Center.  
8 p.m.—Al-Anon, Sanford Room, McKenzie Co. Public Library.  
6:30-8 p.m.—Become a Love & Logic Parent Series, McKenzie Co. Courthouse meeting room.  
**Thurs., March 15**  
8 p.m.—AA Group, Northern Pump & Compression. Call 770-3603 or 770-2675 for directions or ride.  
**Tues., March 20**  
11 a.m.-3 p.m. — 2012-2013 McKenzie Co. Public School District #1, Kindergarten Registration, Watford City Elementary School.



# Virus Kills Wild Turkey In Southeast MT

Near the small town of Olive, ten wild turkeys were found to have died from a viral infection identified as Avian Pox. Avian Pox is usually found in localized populations and is most commonly contracted from domestic poultry. It is transmitted from bird to bird once it is established in the population. It is not always fatal; how-

ever, in this case the “chicken pox” type rash broke out internally in the mouths and throats of the birds preventing them from eating or drinking and impairing their breathing. Symptoms of infected birds are an external chicken pox type rash on the legs or head, birds continually walking in circles or sitting in a roost tree for days at

a time and never leaving. Spring turkey season begins April 14 and hunters and residents alike need to know this virus is rare in eastern Montana and this is believed to be a localized occurrence. Jennifer Ramsey, FWP state veterinarian, emphasizes that there is no risk of

infection to humans or livestock. However, she does recommend not letting pets eat the carcasses of harvested turkeys. If you have questions or would like to report mortality of groups of Wild Turkey, please contact Fish, Wildlife and Parks, Region Seven, Miles City at 406-234-0900.

## Initial Private Pesticide Applicator Training March 23 In Sidney

The Richland County Extension Service will be conducting an initial private pesticide application training course March 23 at the extension office meeting room.

Pre-registration is encouraged by March 21 for a meal. 8:30-9 a.m.-Registration 9-9:15a.m.-Welcome and Introductions 9:15-9:30 a.m.-Your

Pesticide License 9:30-10:15 a.m.-IPM 10:15-10:30 a.m.-Break 10:30-11:15 a.m.-Calibration 11:15-noon-Testing

poly tanks for structural integrity-Don't spring a leak Noon-1 p.m.-Lunch 1-1:45 p.m.-USDA recordkeeping, Pesticide disposal, and recycling program 1:45-2:45 p.m.-Pesticide mode of action, formulations, and environmental fate 2:45-3 p.m.-Break 3-3:45 p.m.-PPE 3:45-4:15 p.m.-Labels 4:15 p.m.-Quiz using turning point 4:45 p.m.-Wrap up and adjourn



**Elks Donates To B & G Club Members**  
Boys & Girls Club members (Back) Gage Gustafson, Tristyn Brost, Brooke Tiesen (Front) Thia Danielson and Savanna Juarez proudly display the \$200 in gift cards to local grocery stores donated by the Sidney Elks Club.

### St. Matthew's Youth Activity

On Friday evenings during Lent after the Fish Fries, different groups lead Stations of the Cross at St. Matthew's Catholic Church, Sidney. The Meditative Prayers of the Stations reflect Jesus' walk to Calvary. Pictured (L to R) Back row are: Molly Brodhead, Stacie Olson, Abby Brodhead and Julie Brodhead. Front row (L to R): Connor Fink, Wyatt Reid, Ben Brodhead and Kassidie Olson.



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Sidney Health Center recently recognized employees that have worked 5, 10, 15, 20, 25 and 30 years. Employees were treated to a dinner at the Sidney Country Club and given pins to honor their years of service.

Three employees, Nancy Dynneson, Peggy Kopp and Marie Lewis, were each recognized for their 30 years of service. Nancy is an RN that serves as the Clinical Services Administrator, Peggy is an RN working in Performance Improvement and Marie is a LPN working at Extended Care. Below is a listing of all employees that were recognized this year.

Employees working 20 years are Dora Christensen, Nursing Services; Maxine Haverkamp, Laboratory; Theresa Livers, Continuum of Care Administrator; Sammie Sharp, Health Information; Wanda Spaabeck, Surgery and Kathryn Vaira, Extended Care Nursing.

Services; Tami Larson, Clinic and Lana Whitney, Ambulance Service.

Employees working 5 years are Brenda Albrecht-Dahl, The Lodge; Nicole Carda, Clinic; Kristin Dimond, Pharmacy; Susan Dynneson, Pharmacy; Mickyla Eide, Clinic; Rachelle Ellis, Clinic; Jace Everett, Rehab Services; Katie Fullmer, The Lodge; Marilyn Halvorson, Extended Care Activities; Rachel Hampton-Cape, Laboratory; Carol Karst, Clinic; Sandi Kittleson, Ambulance Service; Susan Kortes, The Lodge; April McPherson, Laboratory; Tami Nunn, The Lodge; Hana Paladichuk, Extended Care Nursing; Katie Pappa, Sleep Center; Dawn Pederson, Laboratory; Alice Rasmussen, Extended Care Nursing; Kysa Rasmussen, Extended Care Social Services; Melissa Sanders, Ambulance Service; Tonya Schoepp, Clinic; Nicole Trevino, Surgery; Richard Will, Engineering and Kerry Wilson, Food Service.



Back row (L to R): Carol Karst, Clinic; Kristin Dimond, Pharmacy; Richard Will, Engineering; Tonya Schoepp, Clinic; Mickyla Eide, Clinic; Katie Pappa, Sleep Center and Nicole Treviño, Surgery. Front row (L to R): Dawn Pederson, Laboratory; Marilyn Halvorson, Extended Care Activities; Brenda Albrecht-Dahl, The Lodge; and Rachel Hampton-Cape, Laboratory.



Back row (L to R): Tabettha Lorenz, Extended Care; Brian Fay, Information Systems; Andrea Zelinsky, Business Office; Jennifer Reid, Nursing Services and Luan Cooley, Finance. Front row (L to R): Sheona Koffler, Extended Care Nursing; Sarah Farrow, Clinic; Patty Milender, Extended Care Administration and Judy Reid, Clinic.



(L to R): Juanita Johnson, Rehab Services; Tami Larson, Clinic; and Sharon Carlson, Ambulance Service.



Back row (L to R): Patricia Carlsen, Nursing Services - 25 years; Dora Christensen, Nursing Services - 20 years; Theresa Livers, Continuum of Care Administrator - 20 years; Brenda Eberling, Infection Control - 25 years and Wanda Spaabeck, Surgery - 20 years. Front row (L to R): Peggy Kopp, Performance Improvement - 30 years; Maxine Haverkamp, Laboratory - 20 years and Nancy Dynneson, Clinic Services Administrator - 30 years.

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# Dr. Dirt

## Life Of O'Reilly

By Jerry Kessler

Whether you love him or hate him, Bill O'Reilly is a celebrity that you probably know. His news show, "The Factor", can be seen on the Fox news channel on weekdays at 8 p.m., 11 p.m., and 5 a.m. He claims that he has had the number one rated news show for the last 12 years. I haven't found anything to refute this claim. The Fox news channel, in fact, draws more viewers than CNN, MSNBC, and HLN combined.

O'Reilly is a broadcaster who not only reports the news but also expresses his opinion on it. He claims his show is a "no spin zone." Critics disagree. They say O'Reilly is an arrogant mouthpiece of the radical right. O'Reilly, on the other hand, claims that he is always "fair and balanced."

In recent months, I have been watching (and studying) the O'Reilly news show. While his show certainly does reflect the conservative viewpoint, it is also informative and entertaining. I have also read O'Reilly's autobiography, *A Bold, Fresh Piece of Humanity*. That is what a Catholic nun said of O'Reilly

when he was in 3<sup>rd</sup> grade. It was meant to be criticism. O'Reilly has enjoyed the description, however, and frequently refers to himself as "the bold, fresh guy" in his book.

As a kid, O'Reilly was a self-admitted "tough guy". Some people thought that he even had "a chip on [his] shoulder". It was a "multitude of experiences" that influenced his personality. Perhaps he is who he is because his parents lived through the Great Depression; were poor; and were afraid to make waves. O'Reilly, on the other hand, has always enjoyed being in the lime light. He isn't afraid to mix it up, and he speaks his mind on a variety of subjects.

O'Reilly stands up for the things he believes in. His religion, he writes, "has been a very important thing in my life". It taught him the difference between right and wrong. He didn't agree with the "Age of Aquarius" thinking (in the 1960s) when everyone seemed to be criticizing America, practicing free love, and using drugs. He himself has "never been intoxicated or taken any illegal drug". He always kept his

nose to the grindstone, studied hard, and concentrated on trying to advance his career.

It is interesting to note that O'Reilly's first real job was as an English teacher at a Catholic high school in Florida. He then went on to graduate school to pursue his true love: broadcast journalism. O'Reilly's autobiography relates how hard work (and good fortune) led to his gradual ascendancy from a novice journalist into the big-time newscaster that he now is.

O'Reilly has used his show as a "crusade" to get people "to do the right thing". If they don't, then he exposes them on national television. He enjoys going after "villains that are hurting the country". He also goes after child abusers (and the judicial system that coddles them) and "evildoers of all kinds."

O'Reilly's show regularly points out the difference between "pinheads and patriots". His attacks can sometimes be caustic, and his style is often arrogant and self-righteous. Whether you love him or hate him, however, there is no doubt that Bill



O'Reilly is "a bold, fresh piece of humanity", and he truly has a deep love for America.

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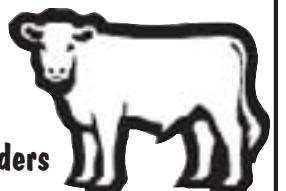
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The Richland County Cancer Coalition is gearing up for the 7<sup>th</sup> Annual Bra Auction and requesting community groups, businesses, and individuals to participate by decorating and donating a “theme-related” brassiere.

The decorated bras will then be auctioned off at the fulfilled annual event on the evening of April 27 at the Sidney Elks Lodge. RK Auctioneer Service will live auction 35 bras and another 20 entries will be part of a silent auction. Appetizers and music by K-Hook will also be part of the festivities.

"This event draws a lot of attention for a cause that is near and dear to me. Plus, it brings in a significant amount of funds for cancer care programs in our area," stated Troy

Barnett, Site 13 Montana Comprehensive Cancer Control Program coordinator.

To participate, individuals, groups or businesses must submit their decorated bras to the Richland County Health Department by April 13. This year, all proceeds are going to the Foundation for Community Care's Cancer Care Campaign and benefiting Phase II of the Cancer Care Center at Sidney Health Center.

The following rules apply to all entries:  
Registrations are currently being accepted; *keep a copy of the registration*, as bras must be turned in to the Health Department with registration form. The deadline for entering



a bra is April 13. Limit of three entries per person, business or group.

The entire bra package will be auctioned off (excluding mannequins). If you have multiple items please include a detailed description of everything included. Please remember that space is limited.

Bras will be displayed online, at [www.richland.org/health/cancerawareness.html](http://www.richland.org/health/cancerawareness.html) (Click on Bra Auction), and will be available for voting from Monday, April 16-Friday April 20.

In the past, bras have been decorated very creatively with items such as fishing poles, feathers, lights and even brand-related materials like Harley Davidson and Miche bags.

Bras will be voted on in three categories including People's Choice, Best Business and Most Inspirational. Entries must be submitted two weeks prior to the auction and the general public will have one week to submit their votes.

Registration forms are available online at: [www.richland.org/health/cancerawareness.html](http://www.richland.org/health/cancerawareness.html) (Click on Bra Auction) and at the Richland County Health Department, Eagle 93 Radio Station and Sidney Health Center. For more information, contact Barnett at 406-433-2207.

Welcome back to 221 Baker Street. London 1902. After his illustrious career the incomparable Sherlock Holmes has announced his retirement. Doctor Watson has arranged a surprise dinner party, inviting many of the detective's former clients and friends. Mrs. Hudson has prepared a feast. Everything is going swimmingly until...one of the guests, King Wilhelm of Bohemia accuses Holmes, Watson and Mrs. Hudson of blackmail. The King invokes his international power and places our hosts under house arrest and orders a lock down until he has been avenged and the perpetrator apprehended.

This is the fantastic scenario which will be created by the Vigilante Theatre Company of Bozeman Monday, March 19 at the Sidney Country Club dining room. Seating will begin at 6 p.m. The entertainment and a great meal of Sirloin cut or chicken with potato, green beans, salad and fresh homemade bread, will be provided for \$35 a plate. This is a fundraiser for the annual Footlights and Greasepaint Youth Theatre Retreat which will be July 9-14. The Stockman Bank of Sidney is a co-sponsor of this dinner theatre event.

Tickets are available now but seating is limited and reservations are required. Visit the Sidney Country Club or the Stockman Bank main bank. Call 1-800-482-5109 or 433-7460 or email [arch@midrivers.com](mailto:arch@midrivers.com) or [sidneycc@midrivers.com](mailto:sidneycc@midrivers.com). For more information contact Arch Ellwein at 406-488-5109.

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## Influenza Cases Confirmed In Richland Co.

Richland County's flu season has begun with two confirmed influenza cases confirmed as of March 7, 2012. One person was vaccinated with the influenza vaccine and one was not vaccinated. Neither required hospitalization.

Vaccination remains the best prevention for influenza and influenza related complications. Vaccination is recommended for all children ages six months and older. Persons who have any chronic health condition (diabetes, heart disease, cancers, immune suppressed, pregnant, have compromised lung/respiratory diseases, etc.) are at risk of complications from influenza illness and are strongly urged to get yearly influenza vaccinations. Richland County Health Department wants residents to know there is still time to get a flu shot from the health department or check with their local healthcare provider.

In addition to vaccination please take other precautions to help limit the spread of the disease, including:

Wash your hands thoroughly and frequently, especially after contact with anyone who may be ill;

Cover your nose and mouth with a tissue when coughing or sneezing;

Stay home from work, school, daycare and large

gatherings when you're sick;

Get plenty of rest; and

Eat nutritious foods and drink plenty of fluids.

Symptoms of influenza include sudden onset of fever, severe body aches, chest discomfort and cough, chills, fatigue. Occasionally a sore throat & stuffy nose may be included. Influenza is spread person to person through close contact.

Contact your healthcare provider or the health department for more information. For information on vaccinations clinics at the Richland County Health Dept. call 433-2207 or go to <http://richland.org/health/>.

Submitted by Julie Brodhead, RN, RCHD Communicable Disease Surveillance Nurse.

## Pipeline Amendment Rejected By Senate

**By Jodi McPherson**

Last Thursday, North Dakota officially became the third largest oil producing state in the nation, trailing only Texas and Alaska, while Republicans on Capital Hill continued to try to advance the Keystone XL Pipeline.

President Obama's decision on the Keystone XL Pipeline project fueled a GOP measure that the Senate narrowly rejected last Thursday. The amendment would have bypassed the Obama administration's current objections to the Keystone XL pipeline and allowed construction on the controversial project to move forward immediately.

The President said he turned down the initial proposal because the 60-day deadline set by Republicans didn't allow time for a full review.

The Senate amendment was introduced by John Hoeven (R-ND) and would have sped up approval of the Keystone XL Pipeline.

Hoeven says the Canada to Gulf of Mexico pipe would take 100,000 barrels of North Dakota crude to markets every day and lessen the truck traffic on state highways.

Montana's congressional delegation has been supportive of the pipeline project as it would create a great amount of jobs in Montana. They all have said they would keep pushing for the approval of the pipeline.

The Hoeven amendment failed by four votes.

Eleven Democrats voted for the amendment. Fifty-six senators voted in favor of the amendment; four short of the 60 required for approval.

The proposed 1,700-mile long pipeline expansion is intended to carry crude oil from Canada's oil sands to the U.S. Gulf Coast. Supporters, including the oil industry, say it's a vital job creator that will lessen the country's dependence on oil imported from volatile regions.



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# Richland County Health Department Communities In Action Recognizes AmeriCorps Works: AmeriCorps\*VISTA Week March 10-18

The Corporation for National and Community Service, a federal agency, and President Obama have declared March 10-18 as AmeriCorps\*VISTA Week. Along eastern Montana, several VISTA (Volunteers in Service to America) members participate in programs that sponsor VISTA members.

The Communities in Action (CIA) Project, administered by the Richland County Health Department, Sidney, is implementing a sustainable community building process that combines all aspects of health and economic development to improve quality of life in eastern Montana. This unique, multi-faceted approach is a response to the modern day needs of frontier life and is established through identifying, developing, implementing, sustaining, and evaluating sustainable approaches to community development.

March 6-9 four AmeriCorps\*VISTA members of the CIA Project gathered together with Judy Lapan, Richland County Health Department director, and Monique Vondall-Rieke, consultant on the project, for a retreat in Belfry, MT.

The VISTA members are Stephanie LaChapelle, Melissa Logan, Emily Schnurr and Anina Estrem. Stephanie is in her second year as an AmeriCorps\*VISTA while Melissa, Emily and Anina are in their first year of service.

During the retreat, the VISTA members were able to reflect on their service and projects and, while coming to the final stretch of volunteer service, willingly shared their experiences.

Melissa Logan, originally from Washington, works with veterans services through the Sidney Job Service Program.

"It is important to volunteer within your own community and country," Logan said. "With my background, I always think of volunteering out of the country." Melissa majored in International Affairs, studied in India and saw the American influence first hand

in other countries. This led her to volunteer in her homeland rather than joining Peace Corps, an international volunteer program.

The most valuable lesson learned by Melissa so far in her service is that "communities are so interesting – the way the oil field industry is evolving and the way the community is learning from past experience and watching how they change from the past is interesting," she added.

She also said, "Veterans are an important part of our community and they've given a lot to our country and we need to give back to them." The biggest needs for her project, Melissa admits, are for younger veterans to step forward, stop in to the Sidney Job Service office and emphasize their needs.

"How can we get information to assist them if they don't reach out to be recognized?" she asks.

Melissa's community projects include assisting in organizing a "Stand Down", which is a one-stop direct service event that provides veterans with donations from the community and from the national and state military support community. This past year, this community event handed out over \$150,000 in in-kind donations and gifts to local veterans. "It's awesome," Melissa said of the project.

Her project wants to help veterans, they want to get services to the veterans in the community and people are interested in learning all of the needs of veterans. Local businesses have shown enthusiasm, especially veteran business owners, according to Melissa.

Emily Schnurr is a VISTA member in the Poplar Schools in Poplar. She originates from Des Moines, IA, and has been focusing on getting more parents involved in their children's education at the school.

"Poplar Schools needs motivated donors," Emily says. "We need goods such as children's clothes, shoes, books and especially dedicated parents to get

involved in making the school a proud place."

Emily began her interest in serving as a volunteer while taking a year off before attending graduate school, which is very typical of the type of person that becomes a VISTA member, according to Vondall-Rieke.

"Instead of sitting around doing nothing for a year, I wanted to serve and make a difference," Emily said.

Her efforts have paid off. This year, with her help, the Poplar Schools' Family Resource Center has increased the number of home visits conducted by teachers themselves. In addition, Emily has also been instrumental in facilitating a suicide prevention support group. She has also brought in at least one guest speaker and another will be speaking this week.

"What did I learn from my service?" Emily asked. "It takes longer than a year to change the world."

These lessons are often learned by volunteers that are young and full of fresh new ideas, Vondall-Rieke and Lapan agree. The experience, they both add, is worth the effort. VISTA members are given a monthly living stipend while they serve and are also able to take a lump sum payment at the end of their service or put money towards student loans that they already have in exchange for their service.

Emily said her favorite thing about living in Poplar is "the sense of community". She said she has met people that will "give you the shirt off their back and take the time to get to know you and welcome you to the community."

Anina Estrem is the VISTA member located in Forsyth and Hysham. Anina is a Food Corps volunteer, which is a branch of AmeriCorps\*VISTA that looks at bringing healthy, local food choices to communities. Her work in Forsyth has involved teaching agriculture to school-aged youth and starting a com-

post project with kindergartners and other elementary students.

"I wanted a job in sustainable agriculture and Food Corps fit it to a 'T'," Anina said.

The biggest lesson learned by Anina is that "communities move at their own pace and you can't force them to move." This concept agrees Vondall-Rieke, is very true because of the need for the community to "buy into" the project and feel a sense of ownership and origination of the project.

"Let's face it – when these VISTA members are gone, the community needs to sustain the project," Vondall-Rieke added.

Why sustainable agriculture, people may ask. "There is an obesity crisis in America," Anina said. "We need to teach children how to eat healthy, we need people to get involved in getting healthy food in communities like Forsyth and communities like Hysham deserve to get a store."

Currently, these communities travel up to 70 miles to find fresh produce. That distance, Anina agrees, is a long way to go to find fresh cucumbers and other produce. The rising cost of gas also contributes to the cost of fresh produce. Anina's project includes students maintaining healthy gardens in Forsyth.

Overall, however, Anina

feels that her project is a great way to build the community and get to be self-sufficient as well as a good way to help economic development in a rural town.

"We are pleased with our programs so far," beams Lapan. These young women are sharing their fresh ideas and experiences with small communities that look to the future generation to help save small towns and help them with sustainability, agrees both Lapan and Vondall-Rieke.

Overall, the goal is to help jump-start communities in eastern Montana to take action and ownership in making their society healthy and to sustain these projects because they are the

result of an assessment of community needs in the area.

Take the time to appreciate AmeriCorps\*VISTA members in your community. Currently, Richland County Health Department is recruiting for three new VISTA members. If interested in the Communities in Action project, contact Judy Lapan at the department by calling 406-433-2207.

For information on the AmeriCorps programs offered in Montana and elsewhere, visit <http://www.americorps.gov/>. Please take the time to thank any AmeriCorps\*VISTAs who volunteer to serve America during AmeriCorps Week.

## McKenzie Co. School Dist. #1 Conducting Kindergarten Registration March 20-21

McKenzie County Public School District #1 will be holding kindergarten registration for the 2012-2013 school term on Tuesday, March 20 and Wednesday, March 21 from 11 a.m.-3 p.m. at the Watford Elementary School office.

Please call the school office at 701-444-2985 if you have an upcoming kindergarten student and did not receive a letter, or are unable to register your student during that time or date.

To attend kindergarten, the student must turn five by July 31, 2012. When the child is registered, it will be necessary to bring the child's immunization record, birth certificate, social security card number and any guardianship or parental custody information that may pertain to the child.



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# The Roundup Classifieds

Reach Over 21,000 Readers Each Week  
In Eastern Montana & Western North Dakota  
And Always On The Internet at  
roundupweb.com

(Paypal required for online purchases)

\$7 up to 30 Words

Classy Deadline: Noon Monday

Add a photo  
to your classy  
online!

HELP WANTED

AD REPRESENTATIVE

Be a part of the most effective media outlet in the MonDak/Bakken region. The Roundup newspaper is looking for an enthusiastic, go-getter that doesn't mind having an unlimited earning potential. Represent a successful regional newspaper in western North Dakota that has been a mainstay of the MonDak/Bakken area for 30 years! Employee will service existing accounts with some work to gain new business. Commission and salary options are available with the possibility to earn more than an oilfield job. Send resume and applications to The Roundup, PO Box 1207, Sidney, MT 59270 or apply at local job service.

LIFEGUARDS WANTED

Svarre Municipal Pool. Must be 15, hold current lifeguard & CPR cards. Send application: c/o Pool Manager, 115 2nd St. SE, Sidney, MT 59270. Closing date April 20, 2012.

HELP WANTED

Bartenders & servers. Full & part-time. Day shifts now available. Cattle-Ac, 119 Central Ave., Sidney. 406-433-7174.

POSITIONS AVAILABLE

Richland Opportunities, Inc. has 1 full time & 6 part time positions available for direct care staff to serve adults with developmental disabilities in group home setting with evening & weekend hours. FT position is Thurs.-Mon. overnights starting at 10 p.m. through shift end with starting wage of \$10.10, includes full benefits w/paid insurance. Part time wage is \$9.35 w/ partial benefits. 6 mo. wage increase. Apply at ROI 1100 Silurian Lane or call Tami at 40-488-3341. Closes upon filling position.

LOAN OFFICER

Daniels-Sheridan Federal Credit Union is looking for a loan officer for our Medicine Lake office. Knowledge of financial management, budgeting, computer skills, strong organization & communication skills. Wages & benefit package will be based on qualification & experience. Position open until filled. Interested & qualified applicants can send resume to: Daniels-Sheridan Federal Credit Union, attn: Patricia Zuck, President/CEO, PO Box 1160, Scobey, MT 59263-1160.

JANITOR WANTED!!

Looking for full or part-time help. Duties include sweeping, mopping, dusting, vacuuming, deep cleaning & other duties as requested. Wages are negotiable. Apply at Sidney Cleaners & Laundry, 121 2nd Ave NE, Sidney. 406-433-1405.

COOKS BARTENDERS

Full & part time cooks & bartenders, Hi-Way Lounge, Alexander, 701-828-3100.

BUILDING CENTER HELP

In store help wanted. McKenzie Building Center, Watford City. 701-444-3665.

CARRIERS WANTED

Need extra cash or want to get some exercise? We have carrier routes available in most parts of Sidney. New motor route just opened. Call Linda to apply or fill out application at The Roundup.

LAUNDRY WORKER

Sidney Cleaners is looking for a full time presser/laundry worker. Mon.-Fri. 8 a.m.-5 p.m. Apply at Sidney Cleaners, 121 2nd Ave NE or call 406-433-1405.

HELP WANTED

Apex Remington Pipe & Supply Co. is hiring 3 drivers/

warehouse personnel for our new location 4 mi. south of Watford City. Experience preferred but will train the right people. We offer good benefits & competitive salaries. Please email a brief resume to DavidLangford@apexremington.com. Local contacts would be David Langford, store manager, 701-260-7708 or Linda Melland, office manager.

HELP WANTED

Waiters or waitresses part-time 4-9 p.m. plus, Mon-Sat. Pick up application or see Russ or Linda between 10 a.m.-9 p.m. Betania Ristorante Italiano, 102 N Central Ave., Sidney.

REAL ESTATE

FOR SALE - NO ZONING +/-22 acres, modular home, heated 25x30 shop in McKenzie Co. near Dore. Serious calls only, no cash, don't call. 406-489-1192.

FOR SALE

28x56 mobile home, appliances, hardwood floors, pellet stove, redwood deck, needs to be moved. Priced to sell. For more details call 406-489-2697 leave message.

FOR RENT

FOR RENT 2 bdrm. trailer house in Lambert. Available March 1. 406-774-3453, leave message if no answer.

FOR RENT

2 bdrm. house in Lambert. Needs handyman & some

cleaning. Will trade rent for work. Fix up the way you like. 406-774-3453, leave message if no answer.

FOR RENT

Commercial property for lease! 6 acres with room for truck parking, room for camper parking, 3 new buildings inc. shops, heated shop, offices & bathrooms. Seeking \$20,000/mo. on a 5-year lease. 406-769-7094. Located in Bainville.

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HOT SHOT TRUCKING

Haul Lass, LLC is now servicing the area. Delivering anywhere, anytime! Reliable, responsible & local! Give me a call at 406-480-0126 or 406-488-6613, email hoffhd@hotmail.com or fax 406-488-6107. Dianna Hoff, Hauler.

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'46 Miles City carving style saddle. Refleeced, rigging reworked. Has the name Jim carved on saddle, asking \$750. 406-798-3457.

Expanding Business

Looking for a **Nail Tech**

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Back Glass  
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Big City Price, Small Town Quality

**4 Kids Farm Show Pigs 1st Annual Auction Sale**  
Sunday, April 15  
Richland Co. Fairgrounds Swine & Sheep Barn  
**100 Pigs For Sale**  
Viewing for the sale starts at 11 a.m.  
If you want to see before call & make an appointment 406-480-3621.  
**Find us on Facebook 4 Kids Farm Show Pigs**  
Julie, Chad, Ryan, Randy, Riley, Allison Lander

**Blue Water Drug Collections**  
**Breath Alcohol Testing**  
**Urine & Hair Test Collection**  
Mobile service or by appointment at  
**Yellowstone Chiropractic Clinic**  
222 2nd Ave SW • Sidney  
406-489-1105 • Beth - 406-480-1183 • Marilyn  
406-488-1153 • After Hours  
bluewaterdrugcollections@gmail.com

**Land For Sale**  
Selling by sealed bids, **2-20+ acre lots.**  
7 Miles SE of Sidney on Highway 23, on a bus route.  
Call 406-488-1097 evenings for info or to view.  
Send Bids To:  
Keith & Bonnie Osborne  
12214 CR 353A • Sidney, MT 59270  
Owners reserve the right to accept or reject any or all bids.  
Bid closing March 15, 2012

**Millers' Corner**  
Convenience Store, Deli & Catering  
**Lunch Plate Specials**  
Petite Plate \$5.25  
Regular Plate \$6.95  
**Wednesday March 14**  
Oriental Beef Stir Fry  
**Thursday March 15**  
Beef Enchilada  
Tex-Mex Rice  
**Friday March 16**  
BBQ Ribs  
Scalloped Potatoes  
**Monday March 19**  
Sloppy Joe  
Bistro Mac & Cheese  
**Tuesday March 20**  
BBQ Meatballs  
Alfredo Pasta  
**Grill is On Til 6 p.m. Mon.-Fri.**  
406-433-4041  
2201 West Holly, Sidney

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Reaching over 8,400 Households in Western North Dakota and Eastern Montana Every Week  
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31 \$7.10	32 \$7.20	33 \$7.30	34 \$7.40	35 \$7.50 (etc.)

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**Mail To:**  
The Roundup  
P.O. Box 1207, Sidney, MT 59270



**FOR SALE**  
John Deere 4020 w/loader, grapple fork & cab. 406-478-4399.

**MINERALS & SUPPLEMENTS**  
Complete line of minerals & supplements. Protein & mineral tabs for cattle, horses & sheep. All types of liquid feed for livestock. Calving supplies. R&J Ag Supply 406-

488-1953, 406-480-2006, 1-800-233-2499 Sidney.


**FOR SALE**  
2 '07 Peterbilts 378s w/Cat C-13, 430 hp., auto shift, new clutches in both. Approx. 650k mi. on each, exc. cond., \$69,000 ea. Call Curt at 701-770-0203 or 701-826-4411.

**BEXTRA ROUND BALE FEEDERS**  
Selling hay saving Bextra bale feeders. Steel framed calf shelters & steel framed windbreaks. Wooden 16' feed troughs. 3-pt. trailer hitches & pallet forks to fit

**Join Our Company! Agronomist/Ag Sales**  
  
Great attitude and customer service skills required. Farm background and sales experience preferred. Bonus structure and benefits. Please visit [www.heftyseed.com/jobs](http://www.heftyseed.com/jobs) to apply and for other career opportunities within the midwest.

Feiring's Cattle Co.  
10th Annual Open House  
Private Treaty Bull Sale

**March 17, 2012, 2:00 CST**, at the Madison Ranch 12 miles south of Alexander on ND Hwy 68 and 1 mile south at mile marker 19. Selling 30 yearling Angus bulls that are bred alike for calving ease, fertility, milk and disposition. Backed by Wye, Ohlde and Shoshone genetics. For more information or a catalog contact Donnie Feiring at (701) 872-5888.



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- or contact -

Marilyn Olson  
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**FOR SALE**  
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**FOR SALE**  
Motorcycle:'02 Honda VTX 1800, black, fully loaded, exc. cond., asking \$5,000. 406-488-8736.

**FOR SALE**  
'09 Chevy Silverado 1500 4x4 meg cab, long box, v-6 auto cruise, cd, fiber glass topper, 33,000 mi. \$18,000.00. 701-690-6262 or 701-264-0256.

**FOR SALE**  
'97 Buick Century, 110k mi., 3.1V6, runs good, 26+ mpg, small body damage,\$3,100. '99 Dodge pickup 1500, 8' box, 5.9L gas,103k mi., exc. cond, \$5,500. '03 Dodge Caravan Sport, 128k mi., good cond., 3.8V6, 22 mpg, original owner, \$5,500. 406-742-5446.

**NOTICES**

**BIG GUN SHOW**  
Gun Show, Minot, ND, State Fair Center, 4-H Hall. March 24-25. Sat. 9 a.m.-6 p.m., Sun. 9 a.m.-4 p.m. For reservations call 701-839-4679.

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# Community Health Fair



## Community Health Fair Offers Something For Everyone

Sidney Health Center and the Richland County Health Department are co-sponsoring and coordinating the eighth annual Community Health Fair in March. The two entities are once again joining forces with local organizations to promote various health-related topics and feature screenings to the general public.

This year's Community Health Fair is slated for Thursday, March 15 from 8 a.m.-4 p.m. at the Richland County Fair Event Center located at the fairgrounds in Sidney. Coordinators of the event are anticipating a little something for everyone again this year. The health fair will feature various screenings, demonstrations, and more than 40 community booths on various health topics.

Screenings are quick assessments or tests that help identify individuals who may be at risk for disease or health complications. A few of the screenings available are the non-fasting blood draws, blood pressure checks, body fat percentage calculations and blood sugar tests.

The Sidney Health Center lab will offer non-fasting blood draw tests for thyroid function at reduced rates. The Thyroid Stimulating Hormone (TSH) tests are available for \$20. In addition, sign-up sheets for the birthday month blood draw will be available for individuals who are interested in having a blood panel screening during their birthday month at a reduced rate.

Demonstrations throughout the day will highlight cooking and meal planning solutions, Zumba and Zentangle. Judy Johnson, MSU Extension agent, will present "Meals Under Construction" at 11 a.m., 12:30 and 2 p.m. The cooking demonstration will include tips for quick healthy meals, stocking a healthy pantry and recipes for meals in a hurry will also be featured.

Additional demonstrations include "Zumba – Get Up and Move" by Jeanna Janeway at 10 a.m. and 3 p.m. and "Zentangle – A Relaxing Art Method" by Peggy Kopp at 9 a.m. and 1 p.m.

Interactive activities at a couple of the health fair booths include chair exercises at the Cardiac Rehab booth as well as AED and CPR instructions at the ambulance booth. Community booths will address the full range of health-related topics from nutrition advice to mental health issues as well as chiropractic services to massage therapies. Representation from various organizations will also be readily available.

Finally, Sidney Health Center pharmacy will be partnering with the local law enforcement to provide a "Medication Take Back" service. Health fair attendees are encour-

aged to bring their expired and unused prescription medications to ensure proper disposal.

Plan to make a day of it or simply stop by on a lunch break. The Foundation for Community Care will be providing

breakfast and lunch concessions, with proceeds benefiting the Foundation's Healthcare Scholarship Fund. Plus, Extended Care activities department will be selling popcorn as an afternoon snack.

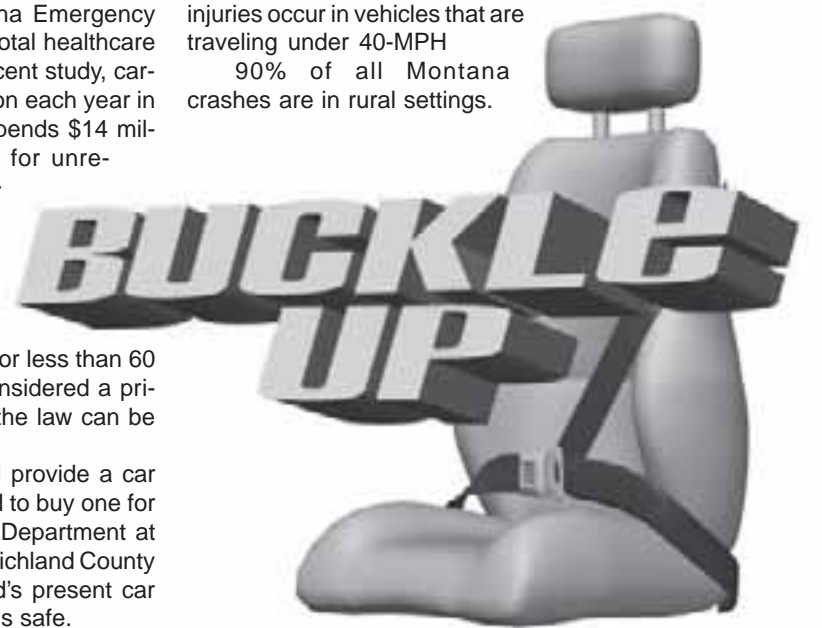
## Too Many People Are Being Unintentionally Injured Or Killed In Crashes!

According to a recent study by Montana Department of Transportation economic loss to Montana was estimated to be \$662 million, which is an average of over \$690 for every citizen in Montana (that's \$2,760 for a family of 4). The cost of traffic crashes is measured in wage loss, medical expense, insurance administration and property damage cost. On average, an unbelted occupant has a longer hospital stay, requires more intensive care and accrues significantly higher hospital charges at an expense of \$52,993 for the average unbuckled occupant in comparison to \$36,420 for the average buckled occupant. According to Montana Emergency Care: Those injured pay for only 26% of the total healthcare cost, the remainder is paid by society. In a recent study, caring for unbelted patients cost over \$36.7 million each year in direct inpatient health care cost. Montana spends \$14 million in Medicaid and uncompensated care for unrestrained motor vehicle occupant inpatient hospital charges.

As of July 1, 2011 lawmakers decided to join the 49 other states with a primary child safety restraint law. Law enforcement officers can now stop a vehicle without any other reason, if your child is under six years of age or less than 60 lbs. and is not properly restrained. This is considered a primary offense. Those who are in violation of the law can be fined up to \$100.

Richland County Health Department will provide a car seat or booster seat for those who can't afford to buy one for their child. Call the Richland County Health Department at 406-433-2207 to set up an appointment. The Richland County Health Department will also check your child's present car seat or booster seat to make sure your child is safe.

There Is No Excuse For Not Wearing A Seat Belt  
 43% of all unintentional deaths are due to crashes  
 56% of all crash fatalities are single vehicle run-off road crashes  
 64% of unrestrained occupants were ejected from their vehicle and killed  
 72% of fatal crashes in rural areas involved only one vehicle  
 75% of crashes occur within 25 miles of home  
 80% of deaths and serious injuries occur in vehicles that are traveling under 40-MPH  
 90% of all Montana crashes are in rural settings.



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 482-2704 for  
 reservations  
 by March 19



# Safe Sleep For Baby

The Richland County Health Department's Public Health Home Visiting (PHHV) will present "Safe Sleep for Baby." Kay Nice will be focusing on providing safe sleep environments and education for babies and their families. This involves SIDS education as well. She will have the proper way to have a crib set up for baby to sleep safely as well as information about the PHHV program.



# How To Drink Responsibly

**By Richland County DUI Task Force**  
Richland County's DUI Task Force is kicking off a marketing campaign to encourage the public to pay attention to the size, content and amount of alcohol they consume each time they drink. The Domino Strategy on "How to Drink Responsibly" will be shared with the public at this year's Health Fair. The Domino Strategy recommends that individuals follow responsible drinking guidelines defined by the U.S. Department of Health and Human Service.

When responsible drinking guidelines are not followed, a "Domino Effect" of negative outcomes can happen. Just like one domino tips the next, a chain reaction begins to occur. It can be the same with drinking. With each drink, there is a deterioration of judgment, alertness, self-control, reasoning and memory. It becomes harder to detect danger and make good decisions. That's why following responsible drinking guidelines as closely as possible is so important.

The Domino Strategy provides specific information that enables people to compare their individual drinking

patterns against a clear set of low-risk guidelines. It provides the same type of clarity as guidelines to reduce the risk of high blood pressure, heart disease and poor dental health. Simply put, The Domino Strategy is designed to help people who drink alcohol, reduce their risk of harming themselves or others.

**Do You Count?** The number of alcohol beverages you consume. Why Count Your Drinks? When you lose count you lose control. The U.S. Department of Health and Human Service guidelines are: No alcohol beverages for people under 21, operating any type of vehicle or machinery, pregnant, trying to become pregnant or breast feeding, recovering alcoholic or drug dependent or using certain medications. No more than one standard alcohol beverage per day for women. No more than two alcohol beverages per day for men.

**How Big Is It?** The size of the alcohol beverages you consume. Why Does Size Count? Big drinks can have big consequences. Size does count when it comes to responsible alcohol use. Standard drink sizes are: 12 oz. beer, 5 oz. of wine or 1.5

oz. of 80-proof distilled spirits.

**What's Inside?** The percent of alcohol in your drink. Why Know What's Inside? Not all alcohol is created equal. A long island ice tea contains more alcohol than a standard drink, and a micro-brew beer has a higher percentage of alcohol. One drink could put you over the U.S. Department of Health and Human Service recommended guideline.

FACE describes the Domino Strategy like this: Most people don't realize that more than one drink a day for women and two drinks a day for men can put our safety and health at risk. The Domino Strategy on How to Drink Responsibly was developed by FACE – a national non-profit organization whose mission is to raise public awareness on the impact of alcohol misuse and abuse and provide realistic solutions that promote positive change.

For more information or learn how you can make a difference contact Mary Friesz, Richland County DUI Task Force Coordinator at the Richland County Health Department 406-433-2207 or mfriesz@richland .org.

## Richland County Health Department

1201 W Holly #1 • Sidney, MT • (406) 433-2207

*The Richland County Health Department encourages you to be active in your health. Please visit our website [www.richland.org](http://www.richland.org) regularly. Be sure to visit the Richland County Health Department's featured booths at this year's Community Health Fair:*

### Montana Cancer Screening Program

FREE Cancer Screenings for eligible individuals

### Immunizations

Young & Old

### Public Health Home Visiting

"Safe Sleep" program

### Family Planning

Men's & Women's Health

### Tobacco Use Prevention

Quit Line Information

### Retired and Senior Volunteer Program

Volunteer Opportunities for all ages

### Injury Prevention

Car Seat Education & DUI Task Force Activities

### WIC

Woman, Infant & Children Nutrition Program



**Public Health**  
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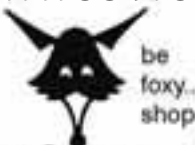


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# Community Health Fair Vendor Map

## Richland County Fair Event Center

Green Leaf Wellness Center

Yellowstone Chiropractic

Richland Co. Trans. Service

SHC Respiratory Care

ROI

District II Alcohol & Drug

Richland Co. Family Resource Center

STAND

SHC Lab Draws

Richland Co. DUI Taskforce

Richland Co. Injury Prevention

SHC Cardiac Rehab

Zumba Info

Meals Under Construction  
Cooking Demonstration

LIFTT

MT Mental Health

Duramed

Richland Co. Tobacco Prevention Program

MT Comprehensive Cancer Program

SHC Pharmacy Services

Law Enforcement

Richland Health Network

Action for Eastern MT

SHC Home Health & Hospice

SHC Diabetes Education

The Lodge

SHC Telemed

SHC Social Services

Disaster Preparedness Trailer

Kiwanas

Richland Co. Health Department Immunizations

RCCADV

SHC Home & Community Based Services

SHC Radiology

SHC Sleep Center

Richland Co. Family Planning

Richland Co. Health Department

Health Fair Info Booth

Richland County Nutrition Coalition

RSVP

Health-Works

March of Dimes

Richland Co. Ambulance Service

An English Touch Day Spa

American Red Cross of Montana

Richland County DES

SHC Extended Care

Hallway

High Plains Yoga

SHC Nursing Services

SHC Medical Providers

MAIN ENTRY

Richland Co. Health Department Safe Sleep

MonDak Relay For Life

SHC Cancer Care

Foundation for Community Care

Hallway

Breakfast & Lunch Items available!  
Breakfast Menu: Breakfast Tortilla, Fruit & Yogurt  
Lunch Menu: Footer's Sub Sandwiches  
Powered by: Foundation for Community Care's Healthcare Scholarship Fund

Community HEALTH FAIR

Thursday, March 15 • 8 a.m. to 4 p.m.

Richland County Fair Event Center

Richland County Fairgrounds • Sidney, MT

Sponsored By:

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Exceptional Care for Life

RICHLAND COUNTY HEALTH DEPARTMENT

Free Health Screen Available!

★ Blood Pressure & Pulse - SHC Nursing Services Booth

★ Body Fat - HealthWorks Booth

★ Blood Sugar - SHC Diabetes Education Booth

★ Oxygen Levels - SHC Respiratory Therapy Booth

Non-Fasting Blood Test:

★ Thyroid Levels - Test available at SHC Lab booth

Birthday Month Drawing - SHC Medical Providers Booth

Medication Take Back - SHC Pharmacy Services Booth

Door Prize Drawings - Health Fair Information Booth

Demonstrations

Meals Under Construction

Cooking Demonstrations by Judy Johnson, MSN Extension Service

Times: 11:00 AM • 12:30 PM • 2:00 PM

Zentangle - Relaxing Art Method

Cancer Care Booth: 9:00 AM & 1:00 PM

ZUMBA - Get Up & Move!

Open Area: 10:00 AM & 3:00 PM

Chair Exercises - Cardiac Rehab Booth

AED & CPR - Ambulance Booth

Take A Moment And Sample Some of Our Treatments

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by Kim Schlotthauer

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by Jane Iredale New Feeling Alive Spring Collection

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488-2278



O. Pete Council, MD  
Family Medicine  
488-2370



Gregory Faul, MD  
Radiology  
488-2280



Tony Ham, MD  
Family Medicine  
488-2501



Lyle Harrison, MD  
Radiation Oncology  
488-2504



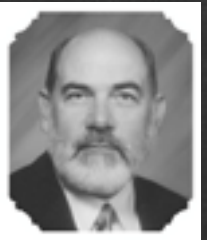
Rajohn Karanjai, MD  
Internal & Sleep Medicine  
488-2560



Linda Klein, MD  
Family Medicine  
488-2550



Michael LaPan, DPM  
Podiatric Medicine  
488-2241



Edward Pierce, MD  
Internal Medicine  
488-2231



George Scordalakes, MD  
Pediatric Medicine  
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James Scott, MD  
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Brown Offers Variety Of Therapies At Health Fair

While attending the Health Fair this Thursday, be sure to stop by and see what Cyndee Brown, Green Leaf Nutritionals and Body Therapy, has to offer. Brown has stepped away from hands on massage therapy and is now concentrating on non-invasive therapies. She performs acupuncture therapy using electrical stimulation and touching holding points on the body, rather than needles. With a computer in her booth, Brown will measure meridian flows by instantly graphing that flow on the screen. This includes energy pathways to major organs in the body. If the flow is irregular, Brown refers to her chart

of 5 Element Theory which tells her which meridians to sedate or tonify so the body gets back into balance. Brown will also be doing interactive demonstrations of up to nine different kinds of energy systems in the body. She will do quick corrections and assign "homework" so people can stay in harmony with their energies. Brown can also do injury clearing on site, which can free up

muscle memory to dissipate any adverse reactions of past injuries, breaks, surgery sites and emotional traumas. Brown is still doing body scans and offers the Herbal Life line of nutritionals. Be sure to stop by her booth at the Health Fair.



Cyndee Brown shows the location of pressure points on a model of the human body.

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# A Good Doctor's Visit Starts With Homework & Ends With Three Simple Questions

Whether buying a new car or a box of Band-Aids, it is routine for shoppers to do extensive research on products before buying. Far less often, however, do we do our research on one of our more important commodities- our health.

Medical services should be tackled the same way as any other purchase- starting with a little homework before a doctor's visit and ending with three key questions.

Ordinary medical appointments are not very long, but it is sometimes difficult to understand all of the information sent your way in such a short time. To maximize your time with your doctor, write down as many details you can about how you are feeling, and bring that paper into the office visit with you. Include any symptoms you experience, medicines you are taking, relevant family history, recent lifestyle changes, and any health concerns. The more you can tell your doctor, the better he or she can evaluate your symptoms.

Before you go, be sure that you can answer the following three important questions,

What is my main problem?

What do I need to do?

Why is it important for me to do this?

These questions are part of the National Patient Safety Foundation's "Ask Me 3" program, encouraging patients to communicate with their doctors and to make sure they understand direc-

tions before leaving the office. Studies show that people who understand health instructions make fewer mistakes when they take their medicine or prepare for a procedure. You may get well sooner or be able to better manage a chronic

condition such as diabetes or high blood pressure.

For more information about the Ask Me 3 program, visit the Richland County Health Education Action Group booth at the Health Fair on March 15 from 8 a.m.- 4 p.m. at the Event Center.

## Foundation For Community Care Participates In Community Health Fair

By Staci Miller

Our Community – Our Health – Our Future. The Foundation for Community Care takes great pride in serving Richland County by ensuring the continuance and quality of local healthcare. Each year, a percentage of the earnings from the endowment fund are awarded for area healthcare needs. One hundred per cent of every donation made to the Foundation for Community Care stays in our community. Last year, \$236,713.98 was awarded through healthcare grants to local businesses for resources such as a vision screening machine, an educational SafeHouse to Fairview Fire Department, rescue/extrication equipment and a hearing aid analyzer, just to name a few. These healthcare resources positively impact thousands of residents each year.

The Foundation for Community Care would like to invite individuals and businesses to the Foundation's booth at the Community Health Fair on March 15, at the Richland County Event Center. The Foundation will be sharing information on how to apply for healthcare grants, college scholarships and benefits on individual planned giving options.

In addition, the Foundation for Community Care will be sponsoring the breakfast and lunch at this year's Community Health Fair with all proceeds benefiting Phase II of the new Cancer Care Center.

Join the Foundation for Community Care's Community Health Fair booth or visit our office at 221 2<sup>nd</sup> St NW, Sidney, MT, 406-488-2273 to learn ways of becoming more involved in the future healthcare needs of Richland County.



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**We salute all health care professionals in Richland County**



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Sheri Latta, High Plains Yoga health educator and owner (2<sup>nd</sup> floor of Yellowstone Marketplace, Sidney), will present a PowerPoint showing how Yoga can help improve your health; explain how Yoga can help heal minor injuries, relieve stress, and body aches and pains; present a brief history of Yoga; talk about common Yoga myths; and compare the different styles of Yoga. Enter your name in our drawing to win eight free Yoga classes (\$65 value).

RCTS Serves Many Needs  
In Richland County



Richland County Transportation Service has been meeting the mobility needs of Richland County residents since 2006. RCTS provides more than 40,000 rides/year

to people of all ages—whether it's students going to activities, employees going to work or Seniors going to appointments or doing their shopping. RCTS serves Sid-

ney six days/week as well as providing service to Lambert, Savage and Fairview at least one day each week. While RCTS is proud to offer residents the ability to move within Richland County it also recognizes the need

some residents have to go to other areas. In December 2011, RCTS found a way to meet those needs when it became a ticket agent for Jefferson Lines; a major bus line offering service to nearly any-

where in the Continental United States. Visit RCTS's booth at the Health Fair to find out more about our local service or ask questions about destinations and pricing for Jefferson Lines.

Meals Under Construction  
Cooking Demonstration

Do you think a healthy meal takes too much time to prepare or costs too much? Let Judy Johnson, MSU Extension agent, show you how easy it can be done and taste the results. Tips for quick healthy meals, stocking a healthy pantry and recipes for meals in a hurry will also be featured.

The programs of the MSU Extension Service are available to all people regardless of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of

May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Dr. Douglas Steele, Vice Provost and Director, Extension Service, Montana State University, Bozeman, MT 59717. Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and educational outreach provider.

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# ZUMBA Fever Hits Richland County

Yes, we are all told we need to get more exercise, right? The list of reasons that we can find as to why we don't exercise is long. On that list is sometimes that exercise is boring, not fun, or too hard. For the people in the Sidney area, this is no longer true. A dynamic, exciting, exhilarating and effective fitness system has hit us. It is ZUMBA.

The ZUMBA program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating the fitness program. A ZUMBA class-known as a ZUMBA Fitness Party combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio

and muscle-toning benefits.

Sidney Health Center employee and ZUMBA participant, Marilyn Olson, Sidney, has been moving with ZUMBA since the original introductory classes last fall. "It is exercise in disguise! I have a blast and don't even realize it's exercise," claims Olson.

Some of the first ZUMBA activity in Sidney started a few years back when Judy Johnson, Richland County Extension Service, introduced it to the community. Recent ZUMBA Fitness-Party opportunities started up again in Sidney in October when HealthWorks hosted an introduction to ZUMBA led by instructor, Theresa Livers. More certified ZUMBA instructors from Sidney,

Wadley operates her classes out of The Cutting Edge Studio, Sidney, on Thursdays at 6:45 p.m. and 10 a.m. on Saturdays.

Not only is ZUMBA a blast, it is easy and effective. The cardio based workout offers components of resistance/sculpting training that people of any fitness level can use to help meet personal fitness goals. Instructor, Jeanna Janeway has used ZUMBA as one way to help her successfully reach personal goals for weight loss.

ZUMBA's popularity is growing as state, national and even international presentations and events are promoted. One local promotion was recently held in Glendive. Sidney will have its opportunity to see more ZUMBA at the upcoming Community Health Fair, March 15 at the Richland County Fair Event Center. A ZUMBA booth will be set up at the Health Fair, attended by instructors who can give you more information and ZUMBA demonstrations will be provided at 10 a.m. and 3 p.m.

If interested in ZUMBA contact Jeanna at 939-1745 Melanie at 478-1980 or Theresa at 488-1288 for more information, class times and dates.





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