

West Side's Addition Of A New Cafeteria Opens Up **Plenty Of Possibilities For Staff And Students**

By Meagan Dotson

On Monday, February 29 the new cafeteria opened its doors to students and staff at West Side Elementary in Sidney. The building project, which began in May of 2015, is part of a long-range facility plan which addresses the needs of public schools in Sidney. Each school has a committee made up of six community members including the principal of each school, teachers, business professionals, and community leaders. The school committees are the result of a Community Crossover Event that was held about ten years ago as oil activity began to pick up in the area. "We were in a situation where using the gym during lunchtime took an hour and a half out of P.E. time and there weren't enough P.E. blocks for all 16 classrooms," explained Principal Jon Skinner. "We were looking at cutting back on P.E. time, but no one wanted that.'

In addition to the needed availability of the gym, the cafeteria is also multifunctional and can be used as flex-space for group projects, challenging kids in specific subjects, and by preschool classes.

The new space has lots of windows to let in the natural light and students have commented that it's "like eating outside." Kitchen staff are quite happy with the cafeteria, as well, noting that the kids get a longer lunch hour and that



in lots of natural light, leaving students saying, "It's like eating outside!"

Right: Students get a longer lunch hour because there is no hurry to clean up for P.E.; the new cafeteria frees up an additional 90 minutes of gym time.

there is no hurry to clean up for P.E. A new kitchen with all new appliances is an added

bonus and everyone agrees that the acoustics of the room are much better, making for a quieter environment.

The school has had ongoing renovations having recently had the interior roof lined to address leakage and doing classroom renovations. The 300 wing was the final wing to be remodeled and when it was complete the school board decided to move forward with the addition of the cafeteria. Initial plans included building the cafeteria and a Kindergarten Wing to address the quickly growing school size, however, as the population stabilized, plans for the additional wing were put on hold.

B & B Builders was contracted for the building project and is currently working on the finishing touches, which include dirt work and putting in sidewalks.

Teachers plan on making the most of the extra space and are excited about its possibilities.

"As we go I am sure we'll find more and more uses for it," Skinner said.

Sidney Runner **Raising Money** for Australian Competition

Sidney senior cross country athlete Ashley Ray is raising funds to attend the International Sports Specialist, Inc. Down Under Sports Tournaments held in the Gold Coast of Australia.

Ray was selected to represent the Mountain Conference Cross Country Team during the 5.7k run competition June 25 to July 3. She will be representing not only the city and state but also the country during this international tournament. Her goal is to raise \$14,000 by May 1 to attend.

To make a tax free donation go to www.downunder-

sports.com/payment?160823 or call 435-753-4732. There is also a drawing to receive an all expense trip to the competition or win a 5 day cruise for 2.



Soil Health Discussion March 24

Submitted by Beth Redlin

ARS talk moves to Thursday; features soil health discussion "We do not inherit the earth from our ancesters, we borrow it from our children "

ARS Soil Scientist Maysson Mikha takes this Native American Proverb to heart in her research focusing on building soil health and sustainability in the Great Plains region through improved management practices.

Soil health reflects the soil's ability to function as a dynamic living system that can support plant growth, promote animal production and health, sustain human needs, and preserve and/or improve air and water quality. Management techniques designed to ensure the soil's ability to sustain these many functions is the focus of Dr. Mikha's BrownBagger presentation at the USDA-ARS Northern Plains Agricultural Research Laboratory in Sidney this coming Thursday, March 24th. (Please note the change in day from Friday to Thursday.)

Her talk runs from noon to 1:00 p.m. at the lab located at 1500 N. Central Avenue in Sidney, MT. The event is open to the public. This will be a live webinar presentation. "Soil is a complex dynamic system containing living organisms that required food, water, and air to survive," Dr. Mikha notes. "Soil organic matter content is normally used as an indicator of soil health, and in agricultural systems, soil organic matter is considered a foundation of land sustainability."

However, soil organic matter can be highly influenced by management decisions, Mikha notes, so producers need to consider techniques designed to conserve soil organic matter and its positive influence on soil chemical, physical, and biological properties.

"The majority of soil organic matter is associated with the first couple of inches of the surface and needs to be replenished with crop residue or organic amendments," she notes. "In the Great Plains Region, management practices that include reduced or no tillage to maintain crop residue, manure amendments as a fertilizer source, and reduced fallow frequency have been found to increase soil organic matter, improve soil microbial diversity, and enhance grain yield."

Bring your lunch and join us this Thursday, March 24, to find out more about these and other techniques being studied as tools for improving soil health. We'll provide the dessert!

For questions or more information on NPARL's 2016 Brownbagger Series, contact Beth Redlin at 406-433-9427 or beth. redlin@ars.usda.gov.

Richland Co. Residents Invited to Give **Community Input & Get** Involved During Town **Hall Meetings**

By Meagan Dotson

The Communities in Action Steering Committee has organized a series of Town Hall Meetings in April, led by Tara Mastel from Montana State University and the Local Government Center. Richland County residents are invited to join them for dinner, catered by Strasheim Catering. Topics of discussion include what's currently going on in surrounding communities, how things have changed with slowing oil production, and how residents can get involved and make continued improvements.

During each meeting, attendants will take a 'Gallery Walk', visiting with more than twelve Action Groups with a variety of goals including nutrition, youth activities, walking trails, injury prevention, DUI task force, mental health, and faith-based action groups. Each group will have a poster with their group title and a brief description of what they do, their top achievements, current projects, the date, time, and place of their next meeting, as well as the group leader's contact information. Action Groups will be available to answer questions and encourage residents to implement positive change in their own backyard. Attendants will be asked to complete surveys during the meetings, which will provide valuable information about civic involvement.

The schedule for the upcoming Town Hall Meetings is as follows:

Sidney - Monday, April 11th @ St. Mathew's Parish Center - 5:30pm- 8:00pm

Elmdale - Tuesday, April 12th @ Elmdale Hall - 6:30am-8:30am

Lambert - Tuesday, April 12th @ Fox Lake Senior Center - 5:30pm-8:00pm

Fairview - Wednesday, April 13th @ The Waterhole #3 -5:30pm-8:00pm

Savage - Thursday, April 14th @ The Savage Fire Hall -5:30pm-8:00pm

All Richland County residents are invited to attend any of the meetings, though people are encouraged to attend one in the community nearest where they live. Breakfast will be served during the meeting at Elmdale Hall and evening meals will be served at 5:30pm. For more information, contact Judy LaPan at 406-433-2207 or at jlapan@richland.org. The gathered information is an essential part of meeting the needs of each community and making a positive impact on those who call Richland County home.





2A ROUNDUP, WEDNESDAY, MARCH 23, 2016







AREA RECOVERY GROUPS

MONDAYS:

- 12 p.m. AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
- 1 p.m. 3 p.m. Grief Reovery Support group at First Lutheran Church, Watford City.
- 6 p.m. Al-Anon, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
- 7 p.m. Fairview Alive and Kicking at Faith Alliance Church, 704 S. Western Ave.

OBITUARIES

Verda Pederson, 91, Sidney, MT

Funeral services for Verda Pederson, 91, of Sidney were at 10 a.m. on Sat., March 19, 2016, at the Pella Lutheran Church with Pastor Judy Wozniak officiating. Interment followed at Sidney Cemetery under direction of Fulkerson-Stevenson Funeral Home. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Verda died on Tues., March 15, 2016, surrounded by her family at her daughter's home in Sidney.

Carda Benefit Sunday, April 3

A benefit meal and silent auction for the Jeff Carda family will be held on Sunday, April 3 from 11 am to 3pm at the Lambert School. A local talent variety show will begin at 1pm. The silent auction will conclude at 2pm.

Jeff, Michelle, Colter and Paige Carda lost their home and all their belongings to a fire on March 8.

Financial contributions may be made at the benefit, and locally at Stockman Bank, Sidney at Caring for Cardas. Anyone out of the area may contribute through www.youcaring.com under Caring for Carda's.

Anyone wishing to donate items for the auction may call Angi Candee at 406-774-3490 by Wednesday, March 30.

Cayko Joins Thrivent **Financial**

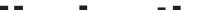
Submitted by Dan Moret

Jessica Cayko of Fariview, MT, has joined Thrivent Financial as an Associate Representative with the organization's Northland Regional Financial Office. Cayko offers comprehensive financial strategies, personal customer service and a wide range of financial products. Her office is located at 1050 South Central Ave in Sidney, MT.

Before joining Thrivent Financial, Cayko worked at AFLAC Incorporated. Cayko graduated from North Dakota State College of Science, in Wahpeton, ND, receiving an Associate's degree in liberal arts and dental hygiene. Cayko attends Bible Baptist Church

"We see Jessica as a valuable addition to our office's field staff," said Sheri Cooper, managing partner of the Northland Regional Financial Office in Fargo, ND. "We look forward to the energy and dedication Jessica will bring to the team. She will play a key role in serving our members' financial needs."

Thrivent Financial is looking for talented individuals to join the organization. Those interested in a career with Thrivent Financial can visit www.thrivent.com/careers.





RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone. Thurs., Mar. 24

10 a.m. - Easter Egg Hunt. All kids in Kindergarten - 3rd grade welcome. Bags will be supplied. Many chances available to win bigger prizes. Reynold's Market. We will meet in the deli area by the fireplace for instructions.

12 p.m. - Easter Egg Hunt for pre-schoolers at Sharbono Park in Fairview. Sponsored by the Fairview Chamber of Commerce.

5:30 p.m. - 6:30 p.m. - Essential Oils Class- Intermediate Level. Richland County Library.

Fri., Mar. 25

9 a.m. - Noon - Senior Commodities will be distributed at the back door of the Nutter Building located at 123 W. Main. Message phone is 433-4353.

9 a.m. - Easter Basket Sale. Reynold's Market. One half of the proceeds will go to the Sunrise Women's Clinic. Donated baked goods will be accepted the morning of the sale. For more info call Teresa at 798-3464 or Diana at 798-3429. 10:30 a.m. - Read & Play Annual Easter Egg Hunt. Richland County Library.

1 p.m. - Fish Throw Contest. All kids from Kindergarten - 5th grade welcome. 1st & 2nd prizes given for each age group. Every participant will receive a small gift. Meet outside in front of store. Reynolds Market.

Sat., Mar. 26

10 a.m. - Family Friendly Fellowship Get Together. Fun bible discussions, songs, crafts, a hot pitch-in meal and yummy homemade donuts. Central Park. Free to the public and everyone is invited. Weather permitting. Please call Julia at 406-774-3309 or 406-480-5648 with any questions.

11 a.m. - Easter Egg Hunt at Veteran's Memorial Park. Sponsored by the Sidney Elks Lodge.

Tues., Mar. 29

3:30 p.m. - 5:30 p.m. - Lego Club & Lego League. Richland County Library.

Thur., Mar. 31

5:30 p.m. - 6:30 p.m. - Family Science Night with Play Dough. Richland County Library.

Fri., Apr. 1

10 a.m. - 4 p.m. - Prairie Fire Pottery by Tama Smith. MonDak Heritage Center. This show opens at the center gallery and will run through April. 30, 2016. Free to the public. 10:30 a.m. - noon - Read & Play. Ages 0-5. Sing songs, play games, read books and craft with your child. Richland County Public Library.

Sat., Apr. 2

10 a.m. - Family Friendly Fellowship Get Together. Fun bible discussions, songs, crafts, a hot pitch-in meal and yummy homemade donuts. Central Park. Free to the public and everyone is invited. Weather permitting. Please call Julia at 406-774-3309 or 406-480-5648 with any questions. 6 p.m. - 10 p.m. - Boys & Girls Club Annual Auction. General admission \$50, VIP tickets \$100. Richland County Event Center. For more information go to m.seadeek@richlandbgc. org.

7 p.m. - Jitro Czech Girls Choir. Jitro is seen as one of the best children's choirs anywhere in the world. They make over 100 appearances annually and have sung with other renowned choirs as well as performed with the world's best orchestras. Free to the public and freewill donations will be accepted at the door. Sponsored by Northeastern Arts Network, Cape Air, Reynolds Market and Action Auto. MonDak Heritage Center. 406-433-3500. Thur., Apr. 7

7 p.m. - Jonathan Kingham Concert at the MonDak Heritage Center. Tickets can be purchased at the door. Adults/\$15, seniors/\$13 and students/\$10. For additional information contact Candy at 406-488-4155. Jill at 406-489-4304 or Karen at 406-433-4375.

8 p.m.— AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

TUESDAYS:

7 p.m. – AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

WEDNESDAYS:

8 p.m. – Al-Anon, Sanford Room, McKenzie Co. Public Library, Watford City.

THURSDAYS:

7 p.m. - NA meeting, MonDak Trucking office Bldg., 725 W. Holly, Sidney.

8 p.m.— AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

FRIDAYS:

- 12 p.m. AA, Trinity Lutheran Church Ed. bldg., 214 S.
- Lincoln Ave, Sidney. 12 p.m. 1 p.m. AA meeting, basement of Wilmington
- Lutheran Church, Arnegard.
 6:30 7:30 p.m.- 5 Stones faith based recovery meeting, Sidney Nazarene, 606 9th St. SW, Back door is open.
 7 p.m. Path to recovery at Faith Alliance Church, 704 S.
- Western Ave.
- 8 p.m. AA meetings, Trinity Lutheran Church Ed. Bldg, Sidney.

SATURDAYS:

- 9 a.m. & 7 p.m. AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.
- 3 p.m. NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.
- 7 p.m. AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

SUNDAYS:

- 3 p.m. NA meeting, Straight The Path Grp, MonDak Office, 725 W. Holly St., Sidney.
- 7 p.m. AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.



LAKE WATER LEVEL REPORT

	Sakakawea
Current Elevation	1837.9
Last Week's Elev	1838.1
One Year Ago	1838.9
Release For Day (C.F.S.)	16,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center			
Date	High	Low	Precip.
Mar. 14			0.00
Mar. 15			0.00
Mar. 16			0.10
Mar. 17			0.00
Mar. 18			0.00
Mar. 19			0.00
Mar. 20			0.00
Total YTD Prec	pitation		0.77

Upping the **Easter Egg Ante**

By Johanna Bunn, Richland County Extension-FCS. and Stephanie Ler, Richland County Health Department

There's no doubt that the creation of Pinterest has upped the ante when it comes to at-home crafts, and spring egg-dying wasn't left out. From standard to natural dyes, from Kool-Aid to intricately designed Star Wars themed eggs, dying eggs has evolved from a simple kid's craft to an art for all ages.

To get started, pick up a dozen eggs, either at the grocery store, or from a local producer. If you choose fresh farm eggs, be sure to wash the eggs before using them. Both brown and white eggs will take dye, though brown eggs may need to be soaked longer and dyes may not stay true to color.

The easiest way to prepare your eggs for dying is to hard boil them, creating a less-fragile work surface for small, clumsy hands. Eggs should be boiled for about 13 minutes, cooled and kept in the refrigerator.

For the easiest road to dyed eggs, choose a ready-made egg-dying kit. These usually come with pigmented pills that are dissolved in a vinegar and water solution, and the kit usually contains a dipping tool. The dyes are generally non-toxic and the dyed eggs are safe to eat.

For a more natural route, try boiling pigmented foods, like purple cabbage to make blue dye, or shredded beets to make pink dye. For each of these, boil one cup of ingredient per cup of water for 15 to 30 minutes, let cool, and strain. Add one tablespoon of vinegar per cup of liquid, and soak eggs until the desired color is reached. For extra decoration, place a leaf or flower on the egg, wrap it in cheesecloth or pantyhose and then soak until the desired color is reached. Naturally dyed eggs will also be safe to eat.

For adults and older children, the egg-dying possibilities are endless and get quite creative. To silk dye eggs, wrap unboiled eggs in colored silk and then in cheesecloth. Place in a pot with equal parts water and vinegar, and boil gently for about 45 minutes. Remove and cool the wrapped eggs. Once completely cooled, carefully unwrap. These eggs are great for decoration, but should not be eaten.

If you plan on eating your decorated eggs, choose a non-toxic method of decorating, like non-toxic or natural dyes. If you choose to decorate with things you wouldn't normally consume, forgo consuming your decorated eggs, as eggshells are porous and may absorb harmful chemicals.



Everything Roundup on the web.

Fri., Apr. 8

5:30 p.m. - Spaghetti Dinner & A Movie. Faith Alliance Church, 301 E. Main, is hosting a freewill offering dinner at 5:30 p.m. followed by a freewill offering movie "War Room". Proceeds help send the youth to a conference this summer. For more information contact Pastor Harry at 925-465-5909. Sat., Apr. 9

11:30 a.m. - 1 p.m. - Out of the Kitchen, On to the Runway. The Lodge will have an Apron Show Luncheon at Pella Lutheran Church. This is a fundraiser for improving the Lodge kitchen. Tickets can be purchased at the Foundation for Community Care.

12 p.m. - 6 p.m. - Spring Keg Hunt. This is a fun, on-foot scavenger hunt in Sidney. Clues will be provided to find the kegs placed around town. Prizes given for best team name & best dressed team. The winner gets a \$300 donation to its favorite local charity. Drinks and food provided. Meadowlark Public House. Registration begins at 12 p.m.

5 p.m. - 9 p.m. - Chili & Cinnamon Rolls. Elks BPO Lodge. This is a fundraiser to provide medication set up, life lines, personal care assistance and safety rails for those 60 and older in Richland County. Free will offerings accepted with the silent auction from 5-8:30 p.m.

MCKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone. Sat., Mar. 26

11 a.m. - Emerald Ridge Easter Egg Hunt. Bring your family, baskets and hunting skills. We have 600 eggs that need to be found. Emerald Ridge Community on county road 35. 1 p.m. - Hoppin' Easter Egg Hunt. Good Shepherd home lawn. 709 4th Ave. NE. Bring your basket. Ages 0-9. Face painting & fun. Sponsored by Watford City Lions & Friends.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone. Wed., Mar. 23

10 a.m. - 3 p.m. - 2016 Little Sprout Egg Hunt & Open House. Ages preschool and younger. Bags are provided and each child can collect 8-10 eggs. The Easter Bunny will also be in attendance. After your egg hunt, come check out our newly expanded Visitor Center to sample a variety of North Dakota made products. Williston CVB, 212 Airport Rd.

Thur., Mar. 24

8 p.m. - Hypnotist Chris Jones. Williston State College, 1410 University Ave.

Fri., Apr. 1

7:30 p.m. - 10:30 p.m. - Cabaret. This is a classic musical that follows the adventures & writings of a young American in Berlin in 1931. Old Armory Theatre, 320 1st Ave E. Not suitable for young audiences. \$20/adults and \$10/students. For more information contact 701-577-319.

8 p.m. - Poetry Out Loud. Live open mix at the Lantern Coffee Co. 4401 16th Ave. W. Williston, ND.

Tues., Apr. 5

7 p.m. - Williston Camera Club. All levels of experience are welcome. Come learn something new or sharpen your skills. James Memorial Art Center, 621 1st Ave.

MNAXLP

ROUNDUP, WEDNESDAY, MARCH 23, 2016 3A

Night Of Stars

Gymnasts of all ages gathered in the new Watford City High School Gymnasium to show case their talents during the annual Badlands **Gymnastics Night of** Stars performance. Over 200 gymnasts along with special guest performers, The Kristef Brothers, entertained the crowd.



Tiny tot, Erin Sanford, gets some help in performing a dive roll.



Elle Brenna shows off on the bars.





SWITCH TO BLOCK

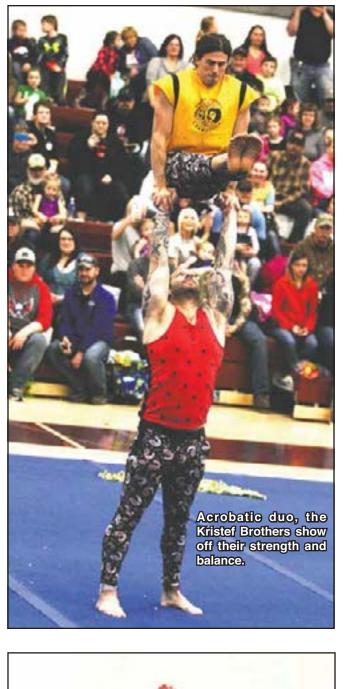
AND PAY HALF WHAT YOU PAID SOMEONE ELSE LAST YEAR.

OFFER PERIOD FEB. 22 - MARCH 31, 2016 606 South Central, Sidney, MT 59270

406-433-1818 106 East Railroad Ave, Plentywood, MT 59254 406-765-1742

Subject to \$100 minimum charge.

Offer valid for income tax return preparation fees for new clients only. A new client is an individual who did not use H&R Block office services to prepare his or her 2014 tax return. Valid receipt for 2014 tax preparation fees from tax preparer other than H&R Block must be presented prior to completion of initial tax office interview. May not be combined with other offers. At participating offices only. Offer period Feb. 22 – March 31, 2016. To qualify, tax return must be paid for and filed during this period. OBTP#B13696 ©2015 HRB Tax Group, Inc.



some intermediate skills





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Kaia Tschetter performs a jump on the balance beam. (Photos by Kathy Taylor)



The Best Kept Secret is Back April 22nd MNAXLP



to assist with living expenses

during treatment and provide

cancer screening in Richland,

McCone, Dawson, Wibaux,

Prairie, and Fallon Counties.

None of the money raised is

used to pay for administrative

costs and is made possible

through partnership with the

Foundation for Community

ested in donating a themed

bra, registration forms can

be picked up and returned to

the Richland County Health

For those who are inter-

By Meagan Dotson

The 11th Annual Best Kept Secret Bra auction will be held Friday, April 22, 2016 at the Richland County Fair Event Center. Every year individuals, organizations, and businesses decorate and donate bras, which are then auctioned off, raising funds for the Cancer Coalition Aid Fund (CCAF). The CCAF offers assistance to patients receiving cancer treatment through the Sidney Health Center and are specifically designated

Brorson Farmhands 4-H Club Serves Crestwood **Residents**

Care

By Meagan Dotson

The Brorson Farmhands 4-H Club treated Crestwood residents to Sunday dinner on March 13th; the 18 club members provided the meal and served sloppy joes with chips, side dishes, and dessert bars. The Brorson Farmhands look for a way to serve their community each month as part of their 4-H pledge:

I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living.

Other community service projects have included building and donating benches to the Richland County Fairgrounds, collecting food for the local foodbank, and making Baskets of Promise which include towels, combs, soap, and other toiletry items. The Baskets of Promise were then given to the Shepherd of the Valley Church to be given as needed. In February, the 4-H Club gave hand-written Valentine's Day Cards and candy to residents at the Lodge and they plan on making survivor bracelets for soldiers in April.

Department (RCHD). Registration forms are due as soon as possible and all entries must be submitted to the RCHD by April 19th. A detailed description of the items to be auctioned must be included and there is a limit of three entries per person, organization, or business.

But, there are other ways to get involved as well; stopping by the Foundation to make direct donations to the CCAF for Community Care at 221 2nd St. NW in Sidney. Volunteers play an important role in making the fundraiser happen and anyone interested in volunteering should contact the RHCD. Other ways to show your support are through sponsorship, donating items for the Silent Auction, and, of course, turning out for the Best Kept Secret around! Anyone who would like to donate items to the Silent Auction can bring them to the RCHD or call and make arrangements to have them picked up by April 20th.

Registration will begin at 6:00pm and the auction will begin at 7:00pm. Appetizers will be served and Rick from R.K. Auction will once again be donating his time as Auctioneer. Music will begin at 9:00pm, provided by DJ Nate McMillen.

To donate items, volunteer, or for more information, contact Heather Nevins with the Montana Comprehensive Cancer Control Program at the RHCD by calling 406-433-2207 or stop by 1201 West Holly, Suite #1, Sidney, MT 59270.

Call the club office at **406-433-6763**, email Michele Seadeek at m.seadeek@richlandbgc.org or contact a board member.

OF RICHLAND COUNTY

6th Annual Coates RV Camping Show!

Dakota

Us

Indoors at the Raymond Family Community Center, Williston

Friday, April 1, Noon - 8pm Saturday, April 2, 10am - 8 pm Sunday, April 3, Noon - 5pm



Largest Forest River Dealer in the Region Sandpiper • Salem XLR • Cardinal



Trout Fishing For The Kids, 30+ Units On Display, Factory Reps & Huge Savings!

Gate Ave • Williston, ND

a t :

Boat Center MONDAK



701-572-2250

SPORTS

Ranger Peewees Takes State Championship



The 2015-2016 Richland Ranger Peewees competed at the North Dakota Peewee B Gold State Tournament in Rugby, ND March 4th – 6th, 2016. After a successful regular season with a record of 23-3, the team entered the tournament as the #1 seed out of the west. Their goal was to put together three solid games in hopes of bringing home the state title. This feat has eluded them the past two seasons with finishes of second place in 2013-2014 and a third place finish last season.

Game #1 vs Wahpeton BW Blades. The Rangers looked to set the pace by attacking the net early and often. At the 13:40 mark of the first period Jaxson Franklin found the back of the net with an assist from Braden Kindopp in what would prove to be the start of a big game for Franklin. Franklin scored an unassisted goal at the 12:31 mark and again at the 10:30 mark for a first period hat trick. Three minutes later, Wes Van Hook scored with an assist from Franklin. The Blades followed the fourth Ranger goal by putting up their first goal of the game and would close the gap to 4-1 after the first period of play. The Rangers struck first in the second period with another goal from Franklin with the assist by Shandyn Gurney. The Blades would not go away easily and scored the next three goals, including one on a power play to cut the lead to 5-4. After a Ranger time out, Franklin scored a short-handed goal with another assist from Kindopp as the second period came to an end. The Rangers took a 6-4 lead going into the final period of play. Richland controlled the third period of the contest from start to finish. Franklin scored an unassisted goal for his sixth goal of the game on a Ranger power play. At the 7:13 mark of the third, the Rangers would strike for the final goal of the game coming off of the stick of Landon Schumacker, assisted by Trevin Trudell. The Schumacker goal extended the lead to 8-4 where the game would end. Goalie Austen Taylor finished the game with 16 saves on 20 shots to earn the win in net. Game #2 vs Bismarck Capitals. The Rangers took a first round 8-4 win to advance to the second round where a familiar western conference foe would be waiting for them as the #2 ranked Bismarck Capitals looked for the upset. The two teams squared off three previous times with the Rangers getting the better of the Capitals in two of the three meetings. With the teams being so familiar with each other, it set up what would be the most competitive game of the tournament for the Rangers. Richland and Bismarck hit the ice with what would be a high paced, physical game. With both teams racing up and down the ice, the Capitals would get the first big break in the game when the Rangers took two minor penalties in the same sequence. Bismarck found out just how tough Richland could be when

they failed to score in a two minute span playing five on three hockey. Forward Jaxson Franklin, along with a pair of defensemen in Grady Larson and Wes Van Hook, killed the full two minute penalty without giving up a single shot on goal. With the Rangers back to full strength, forty-five seconds later they would strike first with an unassisted goal by Franklin, who continued to have the hot hand in the tournament. The period ended with a 1-0 lead for Richland.

Riding the momentum from the goal at the end of the first period, the Rangers added another goal just 2:27 into the second. Finding the back of the net for Richland, was forward Casey Rehbein off of the assist from Braden Kindopp. The Ranger goal was again the only goal of the period as they took a 2-0 advantage into the final period of play. Bismarck proved why they were a contender at the state tournament by playing their way back into a position for a chance to win in the third period. A short-handed goal at 5:13 into the period and then a power play goal at the 8:37 mark would pull the Capitals even at 2-2. With two minutes left in regulation, Bismarck was whistled for a minor tripping call to give Richland an opportunity for their power play line to hit the ice one more time. The penalty would prove costly for the Capitals as Franklin scored his second unassisted goal of the game with a perfectly placed shot that tipped off the glove hand of the goalie with just forty-five seconds left in the contest. The packed arena erupted with Franklin's game winning goal that would send the Rangers to the title game. Richland limited Bismarck to just 11 shots on goal with Austen Taylor turning away 9 of those shots to earn the win. Game #3 vs Fargo Freeze. The championship game was set with Richland traveling 234 miles east and Fargo traveling 223 miles west to meet at the geographical center of North America in Rugby, North Dakota for the east vs west match up. It would be the speed of the Rangers versus the size and power of the Freeze. Richland would have to prove one more time that their speed would be the difference if they wanted to finish what they set out to do when they first took the ice last November to begin their quest for a state title. Richland wasted no time in showing what they could do when Casey Rehbein scored just 58 seconds into the contest assisted by Jaxson Franklin. The Rangers would strike again at 5:18 into the first when Franklin would net a goal with assists going to Rehbein and Shandyn Gurney. The period would end with Richland up 2-0. Period two would start with an unassisted goal by Gurney at the 5:18 mark. The Freeze would put their first goal of the contest in at 6:53 into the period, but the Rangers would answer with an unassisted goal by Franklin with just under three and a half minutes to play. Richland would confidently go into the intermission with a 4-1 lead. The final period of the contest would start with a Fargo goal two minutes into the period to cut the Richland lead to 4-2. The Rangers would again answer with two goals in less than one minute of play to extend their lead to 6-2. Both goals coming from Franklin while Logan Bover assisted the first goal and Wes Van Hook assisted on the second goal. Fargo would score their final goal of the game with ten minutes left on the clock. Rehbein would score the final goal of the season assisted by Franklin with just over four minutes left in the contest. The Rangers would then play keep away to run out the clock and secure the championship victory. Austen Taylor was again the winning goalie in a strong performance by turning away 22 of the 25

Fargo shots on goal.

The peewee team consisted of: Goalie: Austen Taylor. Forwards: Shandyn Gurney, Trevin Trudell, Casey Rehbein, Shay Erickson, Graylin Martin, Landon Schumacker, Parket Mindt, Tate Hazen and Jaxson Franklin. Defensemen: Wes Van Hook, Logan Boyer, Grady Larson and Braden Kindopp. Coaches: Dawn Rehbein and Justin Boyer.

The Ranger Peewee players and coaches would like to extend a special "thank you" to the following: Families of the players for getting the kids to and from games and practice all season and many hours of volunteer work. Team Manager Vonnie Van Hook for keeping us all organized when on the road and at home. Bo Kindopp and Chad Morehouse for the countless hours of making sure the boys had their skates sharpened and clean sheets of ice to practice and play on. The Ranger Jr. Gold players that helped at practice: James Haraldson, Peyton Tofte, Skylar Petrik, Dylan Johnson, Kyle Mueller, Trent Schilling and Kyler Garsjo. Referees: Kallie Berndt, Kelly Berndt, Chase Morehouse, Randy Ostrom and Westin Davies. Without refs we can-





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Letter To The Editor Will Zinke help take away American sovereignty?

The Trans-Pacific Partnership (TPP) is an attack on American sovereignty and must be stopped.

Of all the TPP's attacks on Americans' prosperity and independence, perhaps the worst is its termination of American sovereignty and property rights. The TPP gives foreign investors special rights to buy American land, businesses, natural resources, ports, and investments but doesn't require they follow American laws. Even worse, if we ask them to follow our laws, the TPP lets these foreigners actually SUE the U.S. for prohibiting them from making money on their "investment".

If foreign companies want to take our land to access their new resources, for example, as landowners, we will have no recourse to stop them. Our Constitution no longer matters with the TPP, nor do our courts; the World Trade Organization decides what foreign companies can do on US soil.

Wake up America.

Not only will we lose our sovereignty and property rights, but we will lose markets for our ag products. I don't care what the commodity groups say, just look at the numbers. Since NAFTA, Canada and Mexico have exported more than \$40 billion worth of ag products to the US than we have sent to them.

While the details of the TPP are complex, the overarching truth is ridiculously simple: The TPP is a terrible idea.

Will Representative Zinke really support something that takes away what he claims to stand for? Tell him to stand up against the TPP!

Sincerely, Darrell Garoutte, Wolf Point, MT

not play!

Thank you to the RYH board and RYH club members for the constant support for all RYH teams. GO RANGERS!!! Sidney, Montana: 433-8600

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76th Annual Meeting Sat, April 2nd at the Office/Shop in Lambert Dinner will begin at 5:30 pm Meeting to commence at 6:30

The board positions of Jeff Johnson and Brent Goosen are up. Anyone is eligible to run regardless of what district you reside in. Both Jeff Johnson and Brent Goosen have decided to run for re-election. Jon Redlin and Russell Thiessen are on the nominating committee so please contact them if you are interested in these positions.

Nortana understands the importance of offering the newest technology and information to help make your farm and ranch as successful and profitable as possible. Nortana Grain once again has invested \$391,000 in rolling stock and facility upgrades to insure the best service possible to you, our customers. Your co-op looks forward to serving you for many more years to come.

Patronage dividends will be handed out at the meeting along with many door prizes and plenty of delicious food. We look forward to seeing you on Saturday night, April 2nd at the office/shop complex in Lambert, Montana.

Nortana greatly appreciates your business and looks forward to serving you in the future.



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MT Department Of Revenue Warns Companies of Identity Phishing Scheme Involving W-2s

Submitted by Mary Ann Dunwell

HELENA - The Montana Department of Revenue is joining the Internal Revenue Service alerting businesses to a phishing email scheme that targets payroll and human resources professionals. The scheme involves an email that purports to be from company executives and requests personal information on employees.

The scheme has claimed victims. Payroll and human resources offices have mistakenly emailed payroll data, including Forms W-2 that contain Social Security numbers and other personal identity information to cybercriminals posing as company executives.

The department is asking Montana companies to let us know if their employee information has been compromised. Please contact the department toll free at (866) 859-2254,

or in Helena at 444-6900. "We can't emphasize enough that businesses should alert their payroll and other staff about this scam," said Micah Christensen, Income Tax Compliance Unit Manager, Montana Department of Revenue. "It's human nature to respond quickly to your boss. In this case, it's not your boss, it's a fraudster out to steal the confidential information of your employees. In some cases, the cybercriminals have succeeded."

If HR staff receive an email from a company executive asking for a list of company employees and their information, employees should check it out before they respond. "Everyone has a responsibility to remain vigilant about confirming the identity of people requesting personal information about employees," said Christensen.

The department, IRS, other state tax agencies and tax industry are engaged in a public awareness campaign - Taxes.

March Is Red **Cross Mon**

By Diane Wright

It's Red Cross Month, a month during which we like to recognize everyday heroes who reach out to help their neighbors when they are in need. March has been recognized as Red Cross Month for more than 70 years. All of our presidents, including President Barack Obama, have designated March as Red Cross Month to recognize how the American Red Cross helps people across the country and around the world.

Our Montana communities are full of everyday heroes. They are our dedicated volunteers, blood donors and financial contributors who bring help and hope to people facing life's emergencies.

We can't say thank you enough for all they do. They help disaster victims get on the road to recovery. They give blood to help someone in the hospital. They brighten the day of an injured service member far from home. They take our lifesaving classes and step forward to help someone who is having a heart attack.

March is also a great time to become part of the Red Cross. It's easy. Household members can work together on a preparedness plan and include testing your smoke alarms. People can sign up to take a class or volunteer their time. They can give blood or make a financial donation.

In fiscal year 2015, the American Red Ross of Montana assisted 198 families who were affected by disasters, trained 10,355 people in lifesaving skills, provided services to 285 military families and collected 40,663 pints of blood.

As part of our Home Fire Campaign, we visited 1,068 homes, installed 2,385 smoke alarms and assisted 885 households with developing home fire evacuation plans.

Red Cross Month is dedicated to everyone who supports our mission. We are grateful to people for their generosity which enables us to continue our work, and encourage everyone to become an everyday hero during Red Cross Month.

Montana

Sincerely,

Diane Wright Executive Director American Red Cross of

MNAXLP

Security. Together. - to encourage everyone to do more to protect personal, financial and tax data. See IRS.gov/taxessecuritytogether or Publication 4524 for additional steps you can take to protect yourself. Also, visit http://revenue.mt.gov/ fraud-prevention or call toll free at (866) 859-2254, or in Helena at 444-6900. Department call center hours are Monday through Friday, 8 a.m. to 5 p.m. The department will extend hours during the last week of tax season.

Montana Nutrition Conference, Livestock Forum set for April 19-20 in Bozeman

Submitted by MSU News Service

BOZEMAN - This year's Montana Nutrition Conference and Livestock Forum, "Challenges and Opportunities of Cow Herd Expansion," will be held April 19-20 in Bozeman at the GranTree Inn, 1325 N. 7th Avenue.

Speakers will cover a wide variety of topics, including the US cattle cycle and cattle prices, reproductive management considerations for herd expansion, heifer development, cattle temperament, the veterinary feed directive for feed-grade antibiotics, and approaches to animal health in a limited antibiotic environment.

A panel discussion on herd expansion, from the perspective of a rancher, veterinarian and nutritionist, will be held on Tuesday afternoon.

The Tuesday evening program will feature Stacy and Troy Hadrick, South Dakota ranchers, speaking on "Advocating for Agriculture."

The MSU College of Agriculture's Department of Animal and Range Sciences organize the conference in conjunction with the Montana Feed Association.

Cost to attend both days of the conference is \$115. Registration is available online at https://www.montana.edu/nutrition/. Scholarships sponsored by the Montana Feed Association will be available.

For more information and a detailed schedule, see http:// animalrangeextension.montana.edu/beef/.

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County Agent Update

Behavioral Health 101

Williams County Extension Service will be hosting an event titled; Behavioral Health 101 for Your Community. This event will cover topics such as mental illness, substance use and suicide prevention. The mental illness topic will include common psychiatric diagnoses, signs and symptoms, in children, adolescents and adults, including a discussion on autism. The substance use topic will have a discussion about addiction, common substances and effects of use. The suicide prevention topic will discuss how to become aware of warning signs and learn how to intervene. This program will be given over IVN, a system where we can participate in a meeting that is being held elsewhere in

By Danielle Steinhoff

the state. NDSU Extension Service along with Prairie St. Johns will be putting on the educational event. This event will take place Wed., March 30 at 1 p.m. - 4 p.m. CT at the Williams County Extension Service office which is located at 302 E Broadway in Williston. We ask that you please pre-register so we know how many participates to gather the information for at 701-577-4595.

Winter 2015-2016 Summary

The North Dakota Climate Bulletin that is published by the North Dakota State Climate Office, just posted their Winter 2015-2016 Issue. This bulletin reviews what we have been seeing the past few months, and helps provide knowledge for what we might see in the future. According to the National Centers for Environmental Information (NCEI), climato-

logical winter of 2015-2016 has a statewide average temperature of 20.5 degrees. That would rank this winter season tied for the 6th warmest in the past 121 years of recorded North Dakota weather history. It should be noted with the exception of 2011-2012, the other four warmest seasons in North Dakota were years with an El Niño present in the Pacific Ocean as was the case during this past winter as well. The three month statewide average rainfall according to NCEI was 1.22 inches. That is.2 inches below the 1981-2019 average of 1.42 inches. This past winter season would rank as the 50th driest since such records started to be calculated in 1895. NCEI stated that the 2015-2016 winter was perceived as a dry season but actually finished close to normal across much of the state.

Auctionee

Diane Haugland, #236

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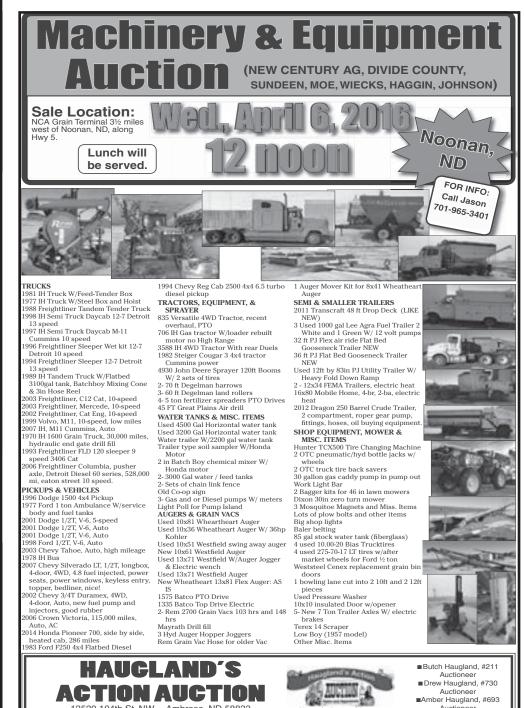
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For Sale by Bid– Bucket Truck

McKenzie Electric Cooperative. Inc. has the following bucket truck for sale by sealed bids. This is a 1999 GMC with 179,285 miles

Bids are due on Monday. March 28th at 4:30PM to Gary Highley. To see this truck, please see Jim or Brandon at the MEC office in Watford City

MEC hereby disclaims any warranties, expressed or implied, of merchantability or fitness for a particular purpose. This property is being sold on an "as is" basis Seller reserves the right to reject any and all bids.

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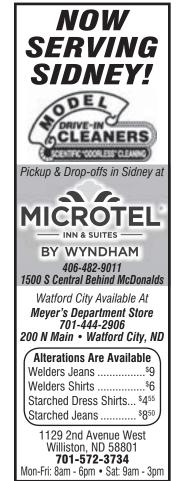
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McKenzie Electric Cooperative, Inc. has the following bucket truck for sale by sealed bids. This is a 2008 Dodge Ram 5500 with 249,776 miles.

Bids are due on Monday. March 28th at 4:30PM to Gary Highley. To see this truck, please see Jim or Brandon at the MEC office in Watford City.

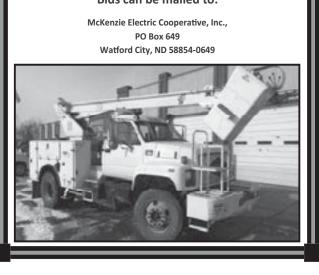
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Seller reserves the right to reject any and all bids.

Bids can be mailed to:

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ROUNDUP, WEDNESDAY, MARCH 23, 2016 9A

Williston's Renaissance On Main Ribbon Cutting



Main was a success; the building is soon to be a destination place for citizens, companies and visitors. **Right: Mother and**

daughter, CEO Nancy Kapp and COO Jeanmarie Kapp

embrace in celebration of all the hard work they accomplished in opening Renaissance on Main. A complex that was possible entirely on a team of women with ambition and creativity.

Thursday, March 17, 2016 marked the ribbon cutting ceremony for Williston's new Renaissance On Main downtown complex. Mother and daughter duo, Nancy and Jeanmarie Kapp, with Renaissance Companies based in Chicago have been working on getting the building up and running since they first broke ground in September of 2014. The idea for the Renaissance on Main came to be when the pair saw the heart of Williston's downtown area and the closeness of the community. They also wanted to provide affordable housing for key members of Williston's community such as teachers, city council members and more.

The first floor of Renaissance on Main will be where retailers such as restaurants and boutiques will have Main Street frontage with plenty of foot traffic, window display space and outfoor seating. The second floor features fully furnished offices and buildable space where professional firms can cater their business. TruWealth Financial owners Brent Lee and Brion Norby have already customized their space in the building and opened in early spring. The 3rd and 4th floors of the Renaissance will feature apartments including studio, 1, 2 and 3 bedroom featuring a fitness center and outside terrace.

Boys and Girls Club Event Tickets On Sale









Ho'olu komo la kaua! Please join us!

Pull out your favorite Hawaiian shirt or muumuu and get ready for great food and fun at the annual event & auction for the Boys and Girls Club of Richland County. The Luau themed event takes place the evening of Saturday, April 2 at the Richland County Fair Event Center and the proceeds will be used toward BGCRC operating expenses for the year. There will be a single auction item dedicated to the building fund campaign.

Get ready for taste explosion!

Honorable Judge Mohr is catering this event with smoked pork and delicious sides which will be followed by delectable desserts prepared by Anita Karst. Entertainment includes the Cutting Edge Dancers, the Sidney High School drum line and the presentation of a smoked pig.

Be prepared to get your Hula on with fifty silent auction items as well as thirty live auction items. Something for everyone, even a chance to win a trip for (two) 2 to Oahu! \$50 per ticket.

General admission is \$50 with admission time at 6:15pm. V.I.P. tickets are \$100 with early admission at 5:30pm. Sponsorship tables are also available for \$1200. Sponsorship includes 8 tickets, early access, drinks & hors d'oeuvres, special entertainment by Sidney Gymnastics and first look option to buy at silent auction items.

Key speakers this year will be Jason Brothern, board member, donor and parent; Elaine Stedman, CEO of the Boys and Girls Club; and two of the high school aides that support the Club. The annual event fundraising goal for this year is \$75,000.

Boys & Girls Club of Richland County provides a safe and positive place for kids K-12 to learn and grow. Currently, over 100 children per day utilize the program with 188 members overall. Each child at the Club receives the chance to be inspired, to realize their full potential and be responsible citizens of Richland County. Thank you for celebrating with us: Mahalo nui loa na ho'olaule'a me la kaua!

All dinner and raffle tickets are on sale now. To purchase yours, call the club office at 406-433-6763, email Michele Seadeek at m.seadeek@richlandbgc.org, contact a board member or committee members Kim Martin, Colleen Williams, Jodi Seitz, Johanna Bunn, Janelle Buxbaum, Suzann Radke, Jodi Berry or Jeanie Lang.

For information on sponsorships, please contact Seadeek at the club. MNAXLP



2015 Jeep Grand Cherokee current rebates included are (\$2000 rebate). 2015 1500 rebates included are (\$4500, \$500 Chrysler Capt). 2015 2500 rebates included are (\$4500) 2015 3500 rebates included are (\$2500). All vehicles have \$\$500 military rebate included. 2016 Dodge Dart rebate included (\$750). 2016 Dodge Durango current rebates included are (\$750). Programs expire 3/31/16 or if sold sconer. Based on in stock units only. Payments based on 84 months at 2.9% with approved credit. Taxes, fees, and licensing due at signing

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10A ROUNDUP, WEDNESDAY, MARCH 23, 2016

Lunch Menus

Sidney School Thurs., Mar. 24: No school. Fri., Mar. 25: No school. Mon., Mar. 28: No school. Tues., Mar. 29: Belgian waffles. sausage links, hash browns, orange wedges. Wed., Mar. 30: Soft shell tacos, peaches.

Savage School

Thurs., Mar. 24: No school. Fri., Mar. 25: No school. Mon., Mar. 28: No school. Tues,. Mar. 29: Hamburger gravy. Wed., Mar. 30: Pulled pork.

Rau School

Thurs., Mar. 24: No school. Fri., Mar. 25: No school. Mon., Mar. 28: No school. Tues., Mar. 29: Pizza subs, salad, fruit, pudding. Wed., Mar. 30: Cook's choice.

Thurs., Mar. 24: Pizza, lettuce mix, salad bar, fruit, milk. Fri., Mar. 25: No school. Mon., Mar. 28: No school. Tues,. Mar. 29: Chicken strips, mac & cheese, peas, salad bar, fruit, milk

Wed., Mar. 30: Chicken alfredo, mixed vegetables, garlic bread. dessert. salad bar. fruit. milk.

Bainville School

Thurs., Mar. 24: No school. Fri., Mar. 25: No school. Mon., Mar. 28: No school. Tues,. Mar. 29: Super nachos, taco bar, cherry cheesecake. Wed., Mar. 30: Pigs in a blanket, broccoli normandy, peaches.

Culbertson School

Thurs., Mar. 24: Chicken breast, rice, green beans, fruit, milk. Fri., Mar. 25: No school. Mon., Mar. 28: No school. Tues,. Mar. 29: Hot dogs, baked beans, chips, fruit, milk. Wed., Mar. 30: Spaghetti, bread sticks, salad, fruit, milk.

Thurs., Mar. 24: Chicken parmesan, fries, corn, peaches, milk. Fri., Mar. 25: No school. Mon., Mar. 28: No school. Tues,. Mar. 29: Chicken strips, fries, pears, peas, milk. Wed., Mar. 30: Pulled pork sandwiches, applesauce, green beans, milk.

milk.



Simply Scrumptious **Bakery Holds Ribbon Cutting**

Simply Scrumptious Bakery held their ribbon cutting last Thursday in Sidney. Pictured are (L-R) Jessie Fisher, Michaela's mom; Marlys Dynneson and Lola Herbert, Sunrise Ambassadors for the Sidney Area Chamber of Commerce; Elizabeth Wichan, employee; Michaela Lofthus, owner; Aaron White, boyfriend of Michaela; Kristin Kennedy, Executive Director and Grace Warren-Diaz, administrative assistant at the Sidney Area Chamber of Commerce. The bakery is owned by Michaela Lofthus, a Sidney resident. The bakery is located at 141 7th St. SW in Sidney. Store hours are Monday-Friday 6 a.m. - 4 p.m. and Saturday 7 a.m. – 1 p.m. Michaela can be reached at 406-480-0507.



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Several Changes Are Coming To Campsites Operated By The U.S. Army Corps Of Engineers At Lake Sakakawea In North Dakota

Changes include how visitors will reserve and pay for campsites.

Submitted by U.S. Army **Corps of Engineers**

"To ensure compliance with recent changes in USACE regulations for recreation use fees, changes were made to the campsite reservation and fee collection process, resulting in an easier process for visitors and staff. We've had lots of requests to be able to make reservations for either Wolf Creek or East Totten Trail Campgrounds and now our visitors will have that opportunity," said Nathan Busche, a Natural Resource Specialist at Lake Sakakawea.

The recreation season will run from May 15 to September 15.

Reservations for all sites must be made through Reserve America by going online to Recreation.gov or by calling the toll free reservation line at 1-877-444-6777. Same day reservations will be available by calling the toll free number. Cash and checks will no longer be directly accepted at East Totten Trail or Wolf Creek Campgrounds. Honor vaults are being converted to registration stations.

"We are asking that campers make reservations before arriving at the campground. Even if visitors decide to go camping at the last minute, there is still the opportunity to book same day reservations at a campsite by calling or going online before you leave your house, while you are on the road, or when you arrive at the campground," said Busche.

Visitors who call the toll free number to make a same

day reservation will be given a reservation number; which is needed to complete the registration card that they will display at their campsite marker.

"If a visitor arrives at one of our campgrounds without an advanced reservation, there will be information posted on bulletin boards at our registration stations explaining what they must to do to make a same day reservation. This can be done by calling the toll free number with their cell phone, or they can visit the website if they have a smart phone," said Busche.

The changes also mean that group camping, which was previously permitted at the Wolf Creek Campground, will no longer be available. This means multiple tents or multiple campers cannot occupy a single campsite. Individual adjacent campsites can still be reserved if available. Check out times are also switching from 4 p.m. to noon. "The exception to this rule is for a family who wishes to set up a camp site with a second smaller tent for family members under the age of 18," said Busche.

Another notable change is the number of available campsites at the Wolf Creek Campground, which was reduced from 84 sites to 67 sites providing more common use areas for visitors and improving our utilization of campsites.

Fees will increase by \$2 per night, per site for all sites. "We are currently adding the campsites for Wolf Creek

and East Totten Trail camp-

Changes Coming to **Overnight Camping at Fort**

arounds to the Recreation.gov online reservation system but we wanted our visitors to be aware of the upcoming changes," said Busche. "We will send out another update once they are available through the website and we will update our website to reflect the changes pertaining to these two camp-

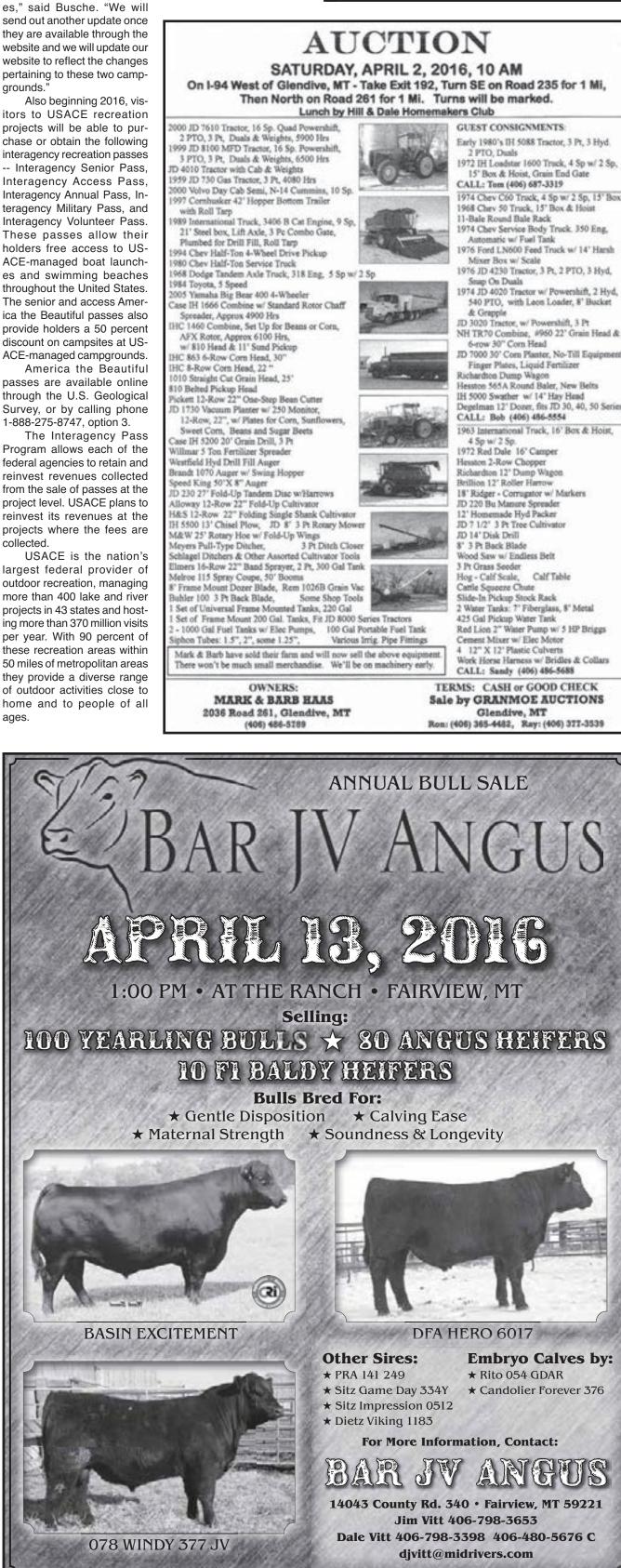
Also beginning 2016, visitors to USACE recreation projects will be able to purchase or obtain the following interagency recreation passes -- Interagency Senior Pass, Interagency Access Pass, Interagency Annual Pass, Interagency Military Pass, and Interagency Volunteer Pass. These passes allow their holders free access to US-ACE-managed boat launches and swimming beaches throughout the United States. The senior and access America the Beautiful passes also provide holders a 50 percent discount on campsites at US-

passes are available online through the U.S. Geological Survey, or by calling phone 1-888-275-8747, option 3.

Program allows each of the federal agencies to retain and reinvest revenues collected from the sale of passes at the project level. USACE plans to reinvest its revenues at the projects where the fees are collected.

largest federal provider of outdoor recreation, managing more than 400 lake and river projects in 43 states and hosting more than 370 million visits per year. With 90 percent of these recreation areas within 50 miles of metropolitan areas they provide a diverse range of outdoor activities close to home and to people of all ages.

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Peck Lake

FORT PECK, MT - Fee changes and new amenities are coming to the Fort Peck Lake camp sites operated by the U.S. Army Corps of Engineers. Reservations for the Downstream Campground sites must be made through Reserve America by going online to Recreation.gov or by calling the toll free reservation line at 1-877-444-6777. Downstream sites can be reserved as late as two days in advance or as early as six months in advance. Several sites will remain available on a first-come, first-served basis. Read More at: http://www.nwo.usace.army. mil/Media/NewsReleases/tabid/1835/Article/697313/changescoming-to-overnight-camping-at-fort-peck-lake.aspx Contact: Eileen Williamson in our Public Affairs office by replying to this email or via the contact information at the end of this message.

Sidney Family Asks for Community Support for the Great Bike Giveaway Submitted by Meagan Dotson

The Great Bike Giveaway has begun and we are asking for your support. We have registered our son in the Great Bike Giveaway, which gives adaptive equipment bikes to kids with special needs.

Owen is two and a half years old and lives with his mom, dad, older brother, and older sister. He was born with OEIS Complex, part of his condition being spina bifida and scoliosis; he has muscle weakness and decreased sensation in his lower extremities and on the left side of his body. His only fully functioning limb is his right arm and he can't support his body weight therefore he doesn't walk or crawl in the traditional sense. He gets around small areas by dragging himself primarily with his right arm and using his right leg as an assist. Mobility has always been an issue for our little man and as he grows we become more reliant on adaptive equipment to give him mobility and independence. The thought of him being able to enjoy a bike ride with the wind blowing through his hair is exciting because at the end of the day, physical limitations or not, he wants to GO! This bike would be great for Owen because it's something that he could use for years to come and we would be able to use the wheelchair independently also. Because of the severity of his scoliosis, it takes a lot of energy for him to sit up and keep his balance; we also have issues keeping him comfortable in car seats, high chairs, and infant bike seats because they aren't designed for kids with spinal curvature.

The goal of the contest is to raise enough funds to give all 600 kids in the contest the bike they've registered for, however, if this goal isn't met, the registrant in each bike model category with the most votes will automatically win a bike. Any registrant with 100 or more votes will be entered into a drawing for a chance to win.

Please visit https://www.friendshipcircle.org/bikes/2016/ owen-d-2/ to vote for Owen and donate to this amazing cause. We are very grateful for this opportunity and wish all the best to everyone who is taking part in the Great Bike Giveaway!



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Sidney Wrestling Club Black Hills National Results



Everett Jensen scores back points against an opponent earlier this season. Jensen placed 3rd at the Black Hills Nationals Wrestling Tournament this past Saturday.

The Sidney Wrestling Club traveled to Spearfish, South Dakota to compete in the Black Hills Nationals Wrestling Tournament. The club had 26 wrestlers compete with 18 placing.

Tots: #45 - Eli Enstrom -7th. Eli Lonski - 8th

McGahan - 4th. #45 - Dawsen Baltrush - 5th, #65 - Ryker Wise - 7th

Midgets: #95 - Kaleb Kutzler - 7th, #112 - Dillon Skoy - 2nd

Novice: #70 - Owen Lonski - 7th, #75 - Zander Dean - 2nd, Kaden Wise - 6th, #85 Bantams: #40 - Rylan - Aden Graves - 2nd, #90 -

Tucker Nevins - 8th

Schoolboys: #105 - Christian Dean - 1st, Kade Graves - 4th, #115 - Everett Jensen -3rd, #120 - Easton Hopes - 4th HWT: Trey Schepens -2nd

Seniors: #185 - Ryder Peterson - 3rd

Positive Influenza Cases In Richland County

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

Richland County's flu season is here with a positive Influenza A and one Influenza B case tested locally this last weekend. The persons tested in the ER were not vaccinated with influenza vaccine.

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Vaccination remains the

best prevention for influenza and influenza related complications. Vaccination is recommended for all children ages 6 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 & 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://www.richland.org/ index.aspx.



Sidney High School BPA 2016 State Leadership Conference **Results**

First Place: Dameli Aimbetova: C++ Programming, Luke Beenken: Advanced Accounting. Johren Carpenter: Fundamental Desktop Publishing, Jerren Jensen: SQL Database Fundamentals, Danny Johnson: Extemporaneous Speech, Aubrey Kessel: Medical Office Procedures.

Second Place: Scottlyn Anglesey: Administrative Support Research Project, Matthew Dey: Computer Security, Danny Johnson: Presentation Management Individual, Aubrey Kessel: Marketing/Management/Human Resources Concepts, Skylar Petrik: SQL Database Fundamentals, Austin Watterson: Legal Office Procedures.

Third Place: Dameli Aimbetova: Computer Network Technology, Dameli Aimbetova: Computer Programming Concepts, Luke Beenken, Danny Johnson, Mattie Steinley: Economic Research Project Team, Matthew Dey: SQL Database Fundamentals, Skylar Petrik: Intermediate Word Processing Skills.

Fourth Place: Jared Steinbeisser: SQL Database Fundamentals

Fifth Place: Johren Carpenter: Advanced Interview Skills, Hunter Severson: SQL Database Fundamentals.

Sixth Place: Peyton Beyerle, Ben Brodhead, Connor Fink, Ethan Petrik: Administrative Support Team, Bridger Coffman: SQL Database Fundamentals.

Seventh Place: Dameli Aimbetova: Visual Basic/C# Programming, Aubrey Kessel: Advanced Office Systems & Procedures, Kyle Mueller: SQL Database Fundamentals.

Eighth Place: Ethan Petrik: Advanced Spreadsheet Applications

Ninth Place: Johren Carpenter: Medical Office Procedures, Matthew Dey: Parliamentary Procedures Concepts, Connor Fink: Fundamental Spreadsheet Applications, Kasey Gorder: Extemporaneous Speech, Aubrey Kessel, Danielle Steinley: Presentation Management Team, Cade Strasheim: Legal Office Procedures

National BPA Certification: Ben Brodhead

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Big Plans Are Underway For Sidney's Parks

By Meagan Dotson

As the weather gets warmer, the City Parks Department has been busy getting ready for upcoming spring and summer events. "It's only March and I've already been working on irrigation and cleaning out flowerbeds. Last year it seemed like we were behind schedule, but this year it looks like we're getting a jump-start on projects," said City Parks Superintendent and Richland County Tree Board Secretary, Stephanie Ridl.

The installation of playground equipment is almost complete at Lalonde Park; the new equipment was donated by the Kringen family in honor of Randy Kringen. Two slides will be installed shortly, and then weed fabric, ground cover, and additional border will add the finishing touches.

In April, current Compliance Officer Jeff Mead will be transferring to the City Parks Department and will become their second full-time employee.

Depending on when the shipment of trees can be scheduled, the Re-Tree Richland County workshop will be held the first or second weekend in May at the Sidney Country Club. This is a free hands-on workshop which teaches people proper tree planting and care techniques and also gives instructions on how to determine the appropriate tree for a given space. Multiple species of free 6' to 8' trees are available to those interested Richland County residents. Ridl is asking that everyone who's interested in attending the class fill out an application regardless of whether or not they would like a tree; this will give a tentative head count as breakfast and lunch will be served. Applications will be available April 1 and can be picked up and dropped off or mailed to Sidney City Hall, 115 2nd St. SE, Sidney, MT, 59270. A site evaluation will be reviewed by Richland County Tree Board members and will help individuals determine the best type of tree for planting. The property owner must attend the Re-Tree

> workshop and then plant and maintain the tree. There is a limit of one tree per property per year.

Take Part in Our Park has raised \$9.950.00 so far. which will cover the cost of an ADA

compliant ramp up to the Anderson Pavilion amphitheater. The City Parks Department is still taking donations, and all funds received from this point will go towards a handicapped accessible seating arrangement in Veteran's Memorial Park. The Take Part in Our Park fundraiser was initiated when it was decided to host the Billings Symphony Orchestra, July 8. The free concert is part of a trifecta event including Shakespeare in the Park Thursday, July 7, and the Sunrise Festival of the Arts Saturday, July 9. Non-profit organizations have an opportunity to raise funds as food vendors July 8 and 9 and anyone interested should contact the Sidney Area Chamber at 406-433- 1916 or visit them online at www.sidneymt.com for more information.

Though these quickly approaching events are at the forefront of Ridl's attention, there will be a lot of renovating at the South Meadow Softball Complex in preparation for Sidney hosting the 2017 State Softball Tournament. Some of the project goals include building new dugouts and installing new fencing.

"If we can host the Billings Symphony in the park and the State Softball Tournament and people are impressed, then we can bring in similar events," commented Ridl on how the community would benefit. She added, "I am excited for this year and hope to get a lot accomplished."



The Take Part in Our Parks fundraiser generated enough funding to install an ADA compliant ramp at the Anderson Pavilion amphitheater at Veteran's Memorial Park.

Community Garden Beds Are Available Now

By Timothy Fine

that beds located at the Com- son renting the bed space to A few years ago at a munity Garden will be avail- maintain it. The intent of the County-wide conference there able to local citizens. There project is for the production of annual vegetable crops and, as such, that is what is encouraged. While it is perfectly acceptable to plant perennial crops and flowers in the beds, it is discouraged because the beds are cleaned out at the end of each growing season. There is a form that must be filled out and payment needs to be made at the time the reservation is made. Beds will be assigned on a firstcome, first served basis and additional beds, if there are any available will be assigned in the same manner. For more information and to reserve a garden plot, contact Tim Fine at the Richland County Extension Office at 433-1206 or send an email to timothy.fine@montana.edu.



were some citizens in attendance who wanted to have a place to grow vegetables for those who lived in apartments/campers/or houses with no backyard to do so. These citizens decided that a Community Garden would be the best possible solution to address this situation.

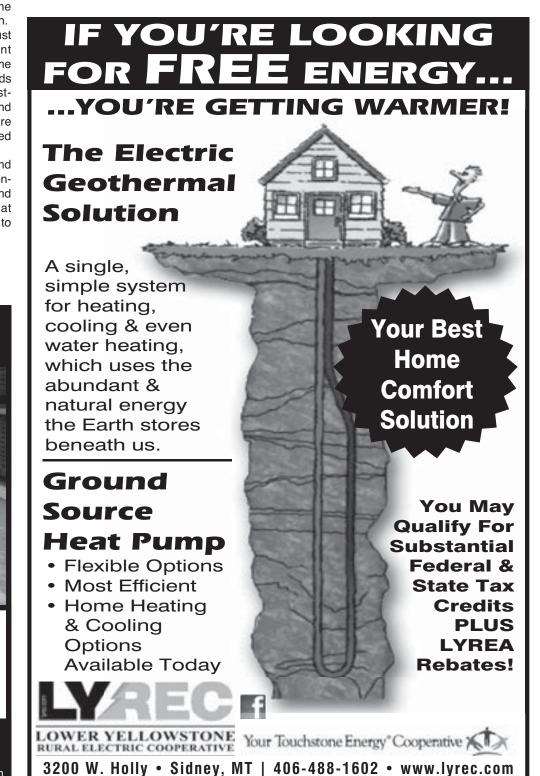
The County Commissioners happened to be at the conference as well and decided that, of all of the issues that were raised at the conference, the Community Garden idea was one that could be fairly easily addressed. So with a generous donation of some land from the Eastern Agricultural Research Center and a generous donation of funds from the Commissioners, the Community Garden was born. 2016 marks the third year

are currently 24, four foot by eight foot raised bed gardens available for rent on an annual basis for \$20.

There is the possibility of future expansion of the garden, but for the time being we are limited to the 24 beds that are currently in place. Because of this reason, and because the intent of the community garden is to get as many people as possible a garden plot, there will be a limit to one garden plot per person, at first. Each person that would like to reserve a bed will be able to do so (as beds are available) up until May 1. After May 1, if there are additional beds available those who would like an additional bed may purchase one at that time. All beds must be planted by June 1 and it is the responsibility of the per-



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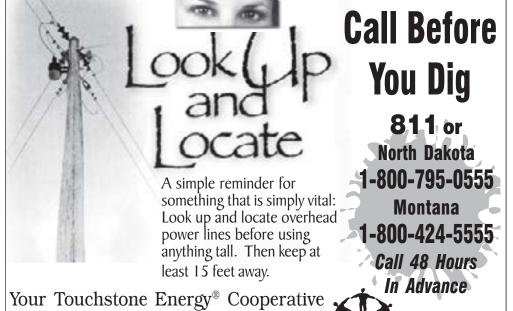




2B ROUNDUP, WEDNESDAY, MARCH 23, 2016







Gardening Begins With Knowing When & Where

By Timothy Fine

When it comes to preparing an area for a vegetable garden there is one point that I cannot stress enough and that is to do whatever you possibly can do to limit the amount of "damage" to the soil. By damage, I am referring to soil compaction, breaking soil structure, robbing the soil of nutrients, and things like that. I know how anxious some people get when it finally warms up and conditions are starting to be right for working in the soil but sometimes waiting an extra day or two to let the soil dry out some or warm up a little pays off tremendously in the long run.

In terms of getting a garden site ready to go, there are generally two scenarios that a person is dealing with. You are either preparing an area that has been gardened before, or you are looking at installing a new garden in the yard and may have an idea of where it will be located or you may not. I am going to direct this information towards those of you who fall into the second category, although there should be some tips and tricks that, if you have a previously established garden area, you will be able to use as well.

As with real estate, the three most important things to consider when planning a garden are location, location, location. If you have a particular spot that seems to be more fertile, receives a good portion of sunlight in a day (8-10 hours of full sun is preferred), and is near a water source, this is probably the spot where you want to seriously consider putting your garden. If this spot is currently covered with grass, you will want to first kill the

grass. A product like Roundup works fine for this, but read the label and make sure that there is enough time between when you spray the grass and when you want to begin planting your vegetables. You can try simply tilling the grass under and not spraying but chances are you will be fighting grass invading your garden all summer long.

In regards to how fertile the soil is where you are going to start tilling, it may be a good idea to have a soil test done after you get the grass out of the way. However, depending on how busy the lab is, you may be running short on time to get the results back and may have to carry on without doing it this year.

So, now that you have all of the sighting and planning done, you are now ready to begin tilling. I will stress again that, if the soil is not fit to be tilled, stay out of it. Trying to do some tillage in soils that are still too wet and too cold can cause compaction and/or really mess up the structure of the soil and those issues are difficult to correct. So, if you start to till and there are large chunks of wet soil sticking to the tines on your tiller or if you have issues pushing it through the mud, then park it for another couple of days and try again. You may feel that this is delaying your planting too much but if you try and put plants into soil that has been worked when it was too wet, you are setting yourself up for failure. Unless you have been getting some moisture that the rest of us have not, this is probably not a concern

suggest adding any amendments, such as manure or compost, at this time as those are typically better applied in the fall. The problem with applying them now is that they may not be completely broken down and, especially in the case of manure that comes from animals bedded with wood shavings, can ultimately lead to mineral deficiencies.

The last tip that I would give in garden preparation is to decide now exactly what it is you want to plant. After deciding, look at how much space plants are going to need in a garden. I used to help with an exercise where we would take old newspapers and cut out the area that particular plants will need. Then take these "newspaper plants" out to the garden and lay them out and see if the garden is big enough for the plants that are intended to go in there. This is a good time to decide what plants go where as well. You do not want to end up with your larger plants (corn, tomatoes, peppers) shading out the smaller ones (carrots, lettuce, spinach) so try to keep those taller specimens to the north of the garden.

Although these recommendations are made specifically for vegetable gardens, many of them also apply to landscaping beds as well. By no means is this a complete and exhaustive list of how a garden should be prepared and in no way does following these steps guarantee success. Hopefully though, by going through these steps, you will be off to a good start. It would help tremendously if Mother Nature would cooperate in getting our soils ready to be worked with.

Mountrail-Williams Electric Cooperative Williston, Stanley, New Town, ND this spring.

After you have tilled the area and created a nice seedbed, your garden should be ready for planting. I would not





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Getting Started with Clay / Chalk / Mineral Based Paint From the American Paint Company!

Repainting your old furniture and decor can be fun, therapeutic, and cost effective. However, if you're just getting started using Clay / Chalk / Mineral based paint for the first time, then there are 9 important things you should know.

Clay Paint is Thick If you're used to traditional latex and acrylic based paints, you'll notice APC's clay based paint is quite thick. Don't worry! There is nothing wrong with your can of paint, this is normal. In fact, APC customers love the thick nature of the paint because it's easier to distress and results in better coverage. Make sure to give the can a good shake and use a stir stick to mix it up prior to using. If the clay based paint is still too thick for your liking, add a little water to your paint until you reach the consistency you're happy with.

Using APC products for the first time? We recommend a starter project like a small wood picture frame. Starting on bigger projects such as your kitchen cabinets is not recommended unless vou are an experienced painter. The best way to get started is to sign up for an APC 101 workshop so you can learn the basic steps and techniques.

Prepping Your Piece It is important to clean your piece properly before painting. A lot of old furniture has dirt, grease or grime that has built up over the years. We recommend using APC's 100% Organic Surface Prep. In most cases, you do not need to sand or prime your furniture before painting. However; if you have a shiny piece of furniture, you can lightly sand the piece prior to painting.



Lotion and detergent dispensers created from whiskey bottles.

Using a Separate Dish Because the paint is all natural, it can be contaminated if you dip a used paint brush directly into the can. Instead, it's recommended that you pour enough paint into a separate dish to complete your project.

Do Not Let the Paint Freeze Do not let the paint or liquid sealers freeze. Leaving your paint in your car or garage where it is cold enough to freeze could ruin your paints and sealers. Make sure to store them inside in normal room temperature.

Sealing Your Project Sealing your project is required. If you do not seal, the paint will rub off your piece over time. Applying sealer helps to protect your piece and gives it a professional finish. If you want to add different paint colors or distress your project, make sure to do so before applying the sealer. If you need to add more paint after applying Top Coat, you may do so. However, we do not recommend painting or distressing after the application of the Vintage Antiquing Wax. Dry Time The drying

time depends on weather

conditions as well as the type of surface you are painting. For best results, wait overnight before sealing. However, you may paint within 2-3 hours of your final coat of paint. As the drying process takes place the color of your paint may change. Once you apply the sealer, it will darken the color of the paint. If you add more paint to your piece later, the colors may not match exactly until after it has dried and been sealed.

Curing Time If you use the liquid Top Coat, heavy use of your furniture should be avoided for one week afterward. The Hard Coat will cure over a period of approximately one week to reach its final hardness. The wax goes on smooth like butter but will harden quickly after you buff your piece. Freshly waxed surfaces should be kept free of moisture and heavy traffic for one week minimum. It can take between 2-3 weeks for the wax to completely cure. Take care of your fine furniture as you normally would prior to sealing.

Painting Techniques There are many different paint techniques ranging from beginner level to more advanced. Whether you're a beginner or a seasoned pro, we recommend signing up for an APC workshop at an Authorized APC Retailer to learn some of the most popular techniques.

For more information, to purchase this paint, or inquire about painting classes, please contact: Brenda Larson





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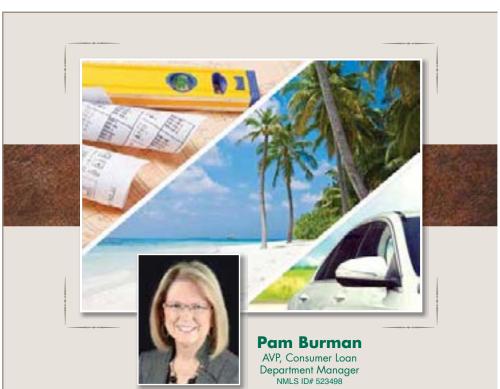
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Spring Break ntroverts

By Sheridan Martin

You know you are an introvert if you find crowds stressful, have a hard time meeting new people and you just kind of like to sit back with a good book or your phone and TV and do absolutely nothing. You know you are an introvert if you are courteous, a good friend and have an old soul. You know you are an introvert if are balanced; balancing alone time and socializing, an opportunity to have fun without burning out. But, when it comes to Spring Break season, a lot of introverts seem to miss out on all the fun because, "Wow... that's a lot of people!" So how



The second step is to learn a new hobby. Even though you would rather be an expert at one thing than try to do everything, Spring Break will be a good opportunity to step a little outside of your comfort zone and experience new things. Here in Sidney, MT, The MonDak Heritage Center is always offering art classes, art shows and an entertainer or two. Check out an art class and learn a new skill, and you may even meet a few new people. There are many other local places in the MonDak area that offer new skills, such as the Missouri-Yellowstone Confluence Center southwest of Williston,

in your home. Not only will this be fun, but you can also learn something new and tasty.

Start a blog; introverts tend to be avid writers, so starting a blog in your home about your every day life or something you are very passionate about will be a good way to get your voice out in the world without ever leaving home.

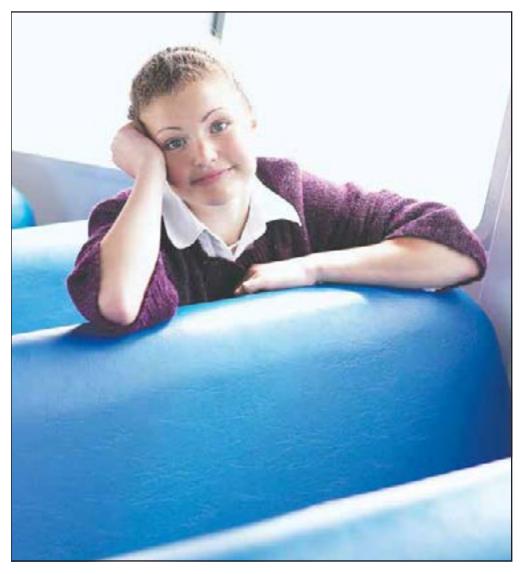
Next, though outside but still close to home, take a walk around your neighborhood. Go outside and get some fresh air and check out what is going on, say hi to neighbors and see what is new around the area

And finally, throw a party! Instead of going to a party that has just one too many people, throw your own. Take time to put it together and invite close friends and have a movie party. That way you know who every one is and can have a

of the house a little bit. This Spring Break, definitely take advantage of the movies. You can go by yourself or with a friend and hop from one movie to another and make a day of it. If you have some extra money lying around, don't be afraid to go out and spoil yourself. Go shopping down town; check out the antique shops, candy stores, and clothing boutiques. That way you are out of the house without having to socialize. Hedderich's in Williston, ND is a really great antique store with clothing, from vintage to local themed, model trains, old china and cameras, great customer ser-







bookstore where you can buy books by the pound.

Another thing you can do is explore places you have never been before, and take lots of pictures which you can share on the new blog you have just started. Seven Sisters south of Sidney, MT is a good, outdoor area where you can enjoy an adventure by the river and relax. Roosevelt Park near Watford City, ND is another outdoor area where you can take a scenic drive, do some camping, see the wildlife and do some hiking in the badlands.

Finally as an introvert, one of the best things you can do this spring break is to take a road trip. That's right, a road trip! Take yourself and maybe a best friend if you want and take a nice road trip. Whether it is the hi-line across Montana or to Minneapolis, Minnesota to the Mall of America, down to Nebraska or all the way to New York City, whatever you do, definitely use this time to take an adventure to find yourself and experience new activities, new cuisines, and new people.

Take lots of pictures, meditate, hike, check out state parks. listen to music and experience the world on your own in a way you never thought of before.

As an introvert, you are probably criticized for never having enough fun. But what people do not know is that you know what pleases you and what makes you happy; use these ideas for yourself and just have fun during spring break, in either your own home, with your closest friends, or out in the world; enjoy life.







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A Few Helpful Hints For Filling Up Your Flowerbeds

By Timothy Fine

Most people will tell you that they can tell when spring has arrived by watching trees bud out or seeing the grass green up, and while that is true for me as well, there is one definitive item that signals to me spring is here, the greenhouses start

to go up and fill up. Some businesses that specialize in other items the rest of the year start to roll out flat after flat of annuals, perennials, and vegetables for you to choose from.

While I would agree that selecting plants to purchase from these retailers is not rocket science, there are a couple of things





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ce, there are a couple of things that you as the consumer can do to make sure that the plant or plants that you have selected have the best chance of surviving once they are taken home and planted.

My first suggestion would be to look at the tag on the plant. At some of the larger chain stores there are plants that come to them from all over the country and sometimes even from beyond our borders. The United States Department of Agriculture (USDA) has created a plant hardiness zone. This number refers to a region's average low temperatures and how well plants thrive in that region. Just so you know, we are in Zone 3 so any plants labeled as Zone 3 or lower should be okay to try and grow here. You can sometimes get away with planting items labeled as being Zone 4 plants, but they may need a little more care and attention.

Another important piece of information on the plant's tag is where it was grown or shipped from. Most retailers are not going to have plants for sale that were grown in Montana but if you can find ones that were grown in environments similar to ours, you may have an easier time getting them established. A great deal of nursery stock comes from Oregon and those plants should do okay. This is not to say that plants grown in Florida, for example, will not grow here, they just have not been exposed to our growing conditions and may take some time to get acclimated.

After looking at the tag, you will then want to look at the individual plant in the pot or flat. The first thing you should do is brush your hand over the top of the plant. If things start to fly off of the plants, this is probably not a good sign. Although not a terrible pest, white flies are commonly found in nurseries and greenhouses. If there are not a lot of them it probably is not an issue but, especially if the plant is going to be a houseplant, you may want to shy away from purchasing these.

When purchasing items that you are going to transplant, flowers and vegetables alike, you really want to shy away from those plants that are currently blooming. Buds are good to see but if they're blooming then they've already spent a great deal of their energy producing that flower and transplanting now may lead to a little bit of shock to the plants system. When it comes to flowers especially, you are more likely to get a longer blooming period out of the plants if they have not started blooming prior to you planting them.

The last piece of advice that I have is to try and select plants from the center of the tables that the plants are stored on or the center of the grouping of plants. This is not to say that the plants on the edges are of lesser quality and will not grow, but generally speaking, plants located in the center do not receive as much fluctuation in water and temperature as what the ones on the outsides do.

The good news for you, the consumer, is that most growers know about these suggestions and have made a cognitive effort to mitigate these issues. For the most part, employees in these businesses are very knowledgeable and willing to help and offer suggestions. So probably the best advice I can give if you are not sure which plant to select is to ask the help, more often than not they are just as concerned as you are about making sure you are taking home the best possible specimen.



Check Out These Services



Farmers

Farmers Uni

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Farmers Union	61		
NSURANCE	Elevator	Thursday, March 31	Froid/Lake vs. Culbertson & Malta
"You're Never Alone"		Watford City at Minot	Fairview JH at Culbertson Invite
Theron	and	Saturday, April 2	Sidney at Dickinson Sidney MS at Culbertson Invite
	Ag Center	Froid/Lake at Glasgow Invite	R&L MS at Culbertson
Huwe	Ha Center	Fairview at Glasgow Invite	
Representative		Savage at Glasgow Invite	Thursday, April 28
701-444-3273	406-773-5758 Elevator	Sidney at Hardin or Lewistown (TBD)	Watford City vs. Rugby - 3:30pm CST
229 N. Main		R&L at Glasgow Invite	Friday, April 29
Watford City, ND	406-773-5853 Ag Center	Watford City vs. NDSU Class B	Watford City JH vs. Beach - 3pm CST
		Wednesday, April 6	Friday & Saturday, April 29 & 30
		Froid/Lake at Northstar HS	Froid/Lake at Glendive Invite
	CENEX Farmer's	Friday, April 8	Fairview at Glendive Invite
		Froid/Lake at Nashua	Sidney at Glendive Invite
/Push And A	Union Oil Co.	Watford City at Dickinson Invite	R&L at Glendive Invite
1015493 . 90612 OF		Saturday, April 9	Saturday, April 30
	Street Co	Froid/Lake vs. Sidney MS, Wibaux & Havre	Fairview JH at Glasgow
SUPPLY	HOT STUFF	Fairview at Glendive	Savage at Lambert
		Fairview JH at Sidney Invite	Sidney MS at Miles City
	\vee	Savage at Glendive	R&L MS at Glasgow
809 East Main	501 6th Ave SE	Sidney MS at Home Invite	Watford City vs. BHS-CHS Kiwanis - 10am CST
Sidney, MT		R&L at Glendive	Monday, May 2
406-433-3400	Watford City, ND	R&L MS at Sidney Invite	Watford City JH at Killdeer
400-400-0400	701-444-3639	Tuesday, April 12,	Tuesday, May 3
		Watford City vs. Bison-Miner Classic	Froid/Lake at Glasgow Top Ten
		Thursday, April 14	Fairview at Glasgow Top Ten
		Froid/Lake at Fairview Invite	Savage at Glasgow Top Ten
	AVE	Fairview at Home Invite	Sidney at Glasgow Top Ten
		Savage at Fairview Invite	R&L at Glasgow Top Ten
		R&L at Fairview Invite	Watford City at Hazen
		Friday, April 15	Thursday, May 5
		Froid/Lake at Wolf Point MS	Froid/Lake vs. R/L Fusion
		Fairview JH at Wolf Point Invite	Fairview at Lambert Invite
		Sidney MS at Wolf Point Invite	Sidney MS at Lambert/Richey
	From the Fairview School Staff	Watford City at Home Invite	R&L MS at Lambert
	/IFW	Saturday, April 16	Friday, May 6
		Froid/Lake vs. Nashua MS, Baker & R/L Fusion	Froid/Lake at Wolf Point Invite
WARRI	UKS	Fairview at Lambert	Fairview at Wolf Point Invite
		Sidney at Baker	Savage at Wolf Point Invite
East Mant		R&L at Lambert Invite	R&L at Wolf Point Invite
East-Mont	ELK RIVER	Watford City JH at Home	Watford City vs. Dakota Relays
Enterprises Inc.		Monday, April 18	Saturday, May 7
	PRINTING	Froid/Lake at Glasgow Scottie Qualifier	Froid/Lake vs. Malta MS, Glendive MS, Hinsdale & Miles City
Candy · Paper Goods	Your 1-Stop	Fairview at Glasgow Scottie Qualifier	Savage at Miles City
Cleaning Supplies	Full-Service Print Shop	Savage at Glasgow Scottie Qualifier	Sidney at Miles City Sidney at Glendive
		R&L at Glasgow Scottie Qualifier	Watford City vs. Dakota Relays, New Salem-Shiloh & Dickinson
& More!	ALL COMMERCIAL PRINTING Full Color Marketing Materials	Tuesday, April 19	
	Color Copies • B&W Copies	Watford City JH/JV at Tioga	Monday, May 9
608 E. Main • Sidney	Lamination • Specialty Papers	Thursday, April 21	Watford City JH at Home Badlands Conference
Wholesale Distributors	Card Stock	Watford City JH at Dickinson Trinity	Tuesday, May 10
406-433-2910	433-4375 • Sidney, MT	Friday, April 22	Sidney at Dickinson
	433-4375 • Sidiley, MT	Froid/Lake at Sidney Invite	Wednesday, May 11
		Fairview at Sidney Invite	Froid/Lake at Sidney District 2C
	COLE BAD	Savage at Sidney Invite	Froid/Lake at Wolf Point District 3C
	SOUBLE BARRE	Sidney at Home Invite	Fairviewat Sidney District 2C
Delmar	V V	R&L at Sidney Invite	Savage at Sidney District 2C
		Watford City vs. Charlie Denton Relays - 3pm CST	R&L at Sidney District 2C
Dimle		Watford City vs. Washburn Invite - 4pm CST	Thursday, May 12
Rink	Nation at the second	Saturday, April 23	Watford City vs. NWC
Conctantion	Chan 10 an Dally	Froid/Lake vs. Fairview & Glasgow	Friday, May 13
<i>Construction</i>	Open Toant - Zant Daily	Fairview JH at Home Invite	Fairview JH at Home
	401 Ellery Avenue Fairview, MT	Sidney MS at Glasgow	Sidney at Glendive
Koone ND	406-742-8110	R&L MS at Fairview Invite	R&L MS at Fairview District 2C
Keene, ND	Steakhouse Hours:	Monday, April 25	Saturday, May 14



ING SPORTS S **SPR**

Monday, May 16 Watford City at Velva Last Chance

Tuesday, May 17 Watford City at Hazen Last Chance

Thursday, May 19.....

- Froid/Lake at Sidney Eastern C
 - Fairview at Sidney Eastern C
 - Savage at Sidney Eastern C
 - R&L at Sidney Eastern C

Friday & Saturday, May 20 &21 Sidney at Laurel Divisionals Saturday, May 21 Froid/Lake at Great Falls Northern B Watford City at Minot

Friday & Saturday, May 27 & 28..... Froid/Lake at Missoula AA-C State Froid/Lake at Bozeman A-B State

Fairview at Misoula State C Savage at Missoula State C Sidney at Bozeman State R&L at Missoula State C Watford City at Bismarck Bowl State

Friday, April 1	Wednesday, April 27
Froid/Lake at vs. Shelby & Colstrip	Froid/Lake at Plentywood
Friday, April 8	Thursday, April 28
R&L at Forsyth Invite	R&L at Plentywood
Saturday, April 9	Fairview at Plentywood
Froid/Lake at Choteau	Friday, April 29
Monday, April 11	Froid/Lake vs. Wolf Point & Fort Benton
Froid/Lake at Sidney	R&L at Wolf Point Invite
R&L at Sidney	Fairview at Wolf Point Invite
Fairview at Sidney	Saturday, April 30
Thursday, April 14	Froid/Lake at Harlem
Froid/Lake vs. Huntley Project	Monday, May 2
Friday, April 15	Froid/Lake at Plentywood Invite
Froid/Lake at Shelby	R&L at Plentywood Invite
Saturday, April 16	Fairview at Plentywood Invite
Froid/Lake vs. Baker & Fairfield	Wednesday, May 4
R&L at Baker Invite	Froid/Lake vs. Scobey & Roundup
Fairview at Baker Invite	R&L at Scobey Invite
Monday, April 18	Fairview at Scobey Invite
Froid/Lake at Sidney	Friday, May 6
Fairview at Sidney	Froid/Lake at Shelby Invite
Tuesday, April 19	Saturday, May 7
Froid/Lake at Wolf Point	Froid/Lake vs. Chinook & Cut Bank
Thursday, April 21	Monday, May 9
Froid/Lake vs. Shepherd	Froid/Lake at Shelby
Friday, April 22	Monday-Wednesday, May 16-18
Froid/Lake at Glasgow Invite	Froid/Lake Girls at Shepherd State
R&L at Glasgow Invite	Froid/Lake Boys at Huntley State
Fairview at Glasgow Invite	Froid/Lake at Hamilton Class C
Saturday, April 23	R&L at Hamilton Class C

Monday-Wednesday, May 16-18 Froid/Lake Girls at Shepherd State Froid/Lake Boys at Huntley State Froid/Lake at Hamilton Class C R&L at Hamilton Class C Fairview at Hamilton Class C

Sidney vs. Miles City
Saturday, April 30
Sidney vs. Billings Central/Laurel
Tuesday, May 3
Thursday, May 5
Sidney at Hardin
Monday, May 9
Sidney vs. Glasgow
Friday & Saturday, May 13 & 14





Lambert, MT



Hwy. 16 S, Sidney, MT • 406-433-4650

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3^{1/2} miles

north of

Fairview

on

Hwy 58

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Saturday, April 23	
	Froid/Lake vs. Malta & Conra
	SOF
Friday, April 1	
	Sidney at Miles City Jambore
Tuesday, April 5	
	Sidney at Glendiv
Tuesday, April 12	
	Sidney at Glasgov
Thursday, April 14	
	Sidney vs. Hardi
Saturday, April 16	
	Sidney at Billings Central/Laure

Feedin

701-842-2771 1/2 mile south on Hwy. 85

roid/Lake vs. Malta	a & Conrad		
Sn	ET	RA	