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The Roundup

Wednesday, March 20, 2013

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Keith Steinbeisser Memorial Livestock Judging Contest

The Richland County Senior Division Livestock Judging Team won first place for team judging at the Keith Steinbeisser Memorial Livestock Judging Contest held in Sidney March 16. Pictured here is the sponsor of the event Russell Johnson of R&J Ag Supply on the left with the team which includes: (L to R) Lane Verschoot, Christian Prevost, Rachael Oliver and Jared Rosaaen.

U.S.-Dakota War to be Topic of Public Presentations

Submitted by The Pioneer Museum

A series of four public programs titled "The U.S.-Dakota War in North Dakota: A Sesquicentennial Discussion" is scheduled to be presented across the state.

The programs are organized by the Center for Heritage Renewal at NDSU, with funding from the North Dakota Humanities Council. Local organizations host the programs in individual communities, which are scheduled for Fort Yates on Friday, March 22; Watford City on Saturday, March 23; Ellendale on Friday, April 5; and Devils Lake on Saturday, April 6. All programs begin at 7 p.m.

"This is a good time to reconsider the events that occurred 150 years ago and shaped Indian-white relations on the northern plains for generations to come," said Tom Isern, NDSU University Distinguished Professor of History and director of the Center for Heritage Renewal. "These programs not only review historical facts about the U.S.-Dakota War, but also examine the circumstances, actions and values of all sides in the conflict. And then we ask, 'what does this mean to us as people of North Dakota today?' '

Richard Rothaus, CEO of Trefoil Cultural and Environmental and research associate of the NDSU center, is the lead scholar for the program series. Joining him as presenters are Tamara St. John, archivist for the Sisseton Wahpeton Wahpeton community. Dennis Cooley, NDSU professor of philosophy, will moderate the programs, in which audience discussion is encouraged.

The U.S.-Dakota War of 1862-64, which began with serious violence in Minnesota in 1862, moved into Dakota Territory with the siege of Fort Abercrombie in 1862 and spilled onto the Dakota plains in 1863-64. Actions at Whitestone Hill in 1863 and Killdeer Mountain in 1864 are only the bestknown events in a sustained and costly war that involved both Dakota and Lakota peoples, as well as the citizens and armed forces of the territory and nation.

Hosts of the programs and local contacts include:

- · Sitting Bull College contact Mark Holman at 701-854-8024 or markh@sbci.edu, with program in Science and Technology Center room 120/101
- · Pioneer Museum of McKenzie County contact Jan Dodge at 701-570-2493 or jdodge@co.mckenzie.nd.us, with program in Watford City High School Media Center
- · Historic Ellendale Opera House contact Jeanette Robb-Ruenz, at 701-535-0442 or jrbruenz@drtel.net
- · Lake Region Heritage Center contact Kristin Wood at 701-662-3701 or Irhc@gondtc.com

For general information about the program series, contact Tom Isern at isern@plainsfolk.com or at 701-799-2942, Oyate, and Dennis Gill, a respected elder in the Sisseton or visit heritagerenewal.org/dakotawar.

ARS BrownBagger Discusses Climate Change and Agricultural Impacts

Submitted by Beth Redlin

While U.S. agriculture and resource management have long histories of successful adaptation to climate variability, the accelerating pace and intensity of climate change presents new challenges to be addressed, according to a comprehensive report released by the U.S. Department of Agriculture (USDA) last month. Updated every five years by congressional mandate, the technical report, entitled "Climate Change and Agriculture: Effects and Adaptation," synthesizes the scientific literature on climate change effects and adaptation strategies for U.S. agriculture.

The 2013 report and its findings are the focus of the USDA-Agricultural Research Service's Northern Plains Agricultural Research Laboratory (NPARL) latest BrownBagger presentation set for this Friday, March 22, from noon to 1 pm. It features NPARL Insect Ecologist Robert Srygley, a contributing author on the report.

During his presentation, entitled "U.S. Agriculture in a Changing Climate," Dr. Srygley will share his insights into

the report and discuss changes in temperature and precipitation that are predicted to occur this century in the U.S. He will highlight effects of climate change on wheat and other commodities and discuss the report's findings on the effects of climate change on agricultural pest insects.

The event is open to the public, so please join us this Friday at noon in NPARL's Technology Transfer Room for this insight into our changing climate and its agricultural impacts.

NPARL's 2013 BrownBagger series is held in the lab's Tech Transfer Room on Fridays, from noon to 1 p.m. The lab is located at 1500 N. Central Avenue in Sidney, MT.

Our final presentation in this year's BrownBagger series

Friday, April 5: Upendra Sainju, NPARL Soil Scientist; "Life-cycle assessment of dryland greenhouse gas emissions affected by cropping sequence and nitrogen fertilization"

For more information, contact Beth Redlin at 406-433-



The Keith Steinbeisser Memorial Livestock Judging Contest was held March 16. The event was sponsored by R&J Seeds of Sidney. Pictured here is (L) Russell Johnson of R&J Ag Supply with (R) Jared Rosaaen, first place winner in the individual Senior 4H Division.

Local Easter Egg Hunts Coming Up

The annual Easter Egg Hunt sponsored by the Sidney Elks Lodge will take place at Quillings Park on March 23 starting at 11 am for all children under 12.

The Missouri-Yellowstone Confluence Center is also holding an Easter Egg Hunt on March 23, with 4000 hidden eggs this year. All children ages 0 through 12 are welcome, which will be divided into three groups by age. The egg hunt will begin at 1 pm CDT, but come early to register as door prizes will be handed out after the egg hunt. The event is sponsored by the Trenton Fire Department and First Responders, The Indian Club, and the Fort Buford State Historic Site/ Missouri-Yellowstone Confluence Interpretive Center.

On March 28th, the Fairview Chamber of Commerce will be hosting their Easter Egg Hunt for all children beginning at Noon at Sharbono Park.

The Watford City Lions Club will have an Easter Egg Hunt on the Good Shepherd Home back lawn at 1 p.m. CDT

2013 Donkeyball **Game Set for April 11**

The annual Donkey Ball game will be held at Sidney High School April 11 starting at 6:30 pm. The event is a fundraiser put on by the Sidney FFA to support local FFA chapters. Four teams of FFA members and alumni will play a basketball game that's a little different, they ride donkeys. One team from each of the Richey, Lambert, Savage, and Sidney FFA chapters will be participating. Tickets may be purchased from a FFA member from the attending chapters or purchased at the door.

Call for an appointment • 433-BACK (2225) ê a.m. • 6 p.m. • Monday - Friday Saturdays by Appointment Only Michael Fink, DC 120 E. Main Street • Village Square Mail • Sidney, MT www.finktamilychiropractic.com

'Slamabama' to Entertain at Jaycees Concert

By Ashley Harris

With a blend of country and rock, the band 'Slamabama' will be performing live at the Sidney Jaycees Spring Concert. The concert, which will be at the Ranger Hockey Arena,



Friday, April 19 with the doors opening at 7 pm and the concert starting at 8 pm.

Known for their energy and fun, Slamabama is a mixture of a female vocal lead, 2 male vocalists and a "tight rhythm section."

For more information about Slamabama and to hear a sample of their music visit: www.Slamabama.com.

Tickets are selling for \$20 in advance or \$30 at door. Anyone 21 and older can purchase tickets at Fink Family Chiropractic, Lone Tree Motor Inn, Restorx, or from any Sidney Jaycees member.

Come check out "that SLAMABAMA sound".





Sidney Health Fair

Many booths were set up during Sidney Health Center's Health Fair March 13. Preston Sorensen stopped by the Sidney Health Center Surgery booth to fit the pieces back together for a piece of candy.



Roundup Writer, Tie Shank (AKA Tie Harris)'s Book Sales are Taking Off

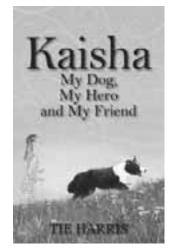
had the privilege of having published author, Tie Shank (Pen Name Tie Harris) write for us for the past few months. Tie has two published quick read novels, is working on her third novel, writes for Gas Oil & Mining Contractor Magazine and she also writes for another local newspaper. It's rare to find her without pen in hand. In support of Tie's accomplishments, we'd like to share the synopsis of her novels with our readers and encourage you to support her.

Brie and Corey have a bright future ahead of them. Young and in love, the beautiful nursing student and strong career Army soldier

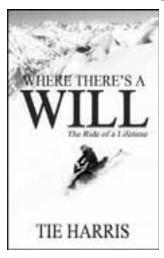
At the Roundup, we've are planning their wedding and looking forward to life together. Even the unexpected death of Brie's father doesn't shake the rock of their relationship...it brings them closer together as Brie learns to rely on Corey's steadfast tenderness. But Fate has other plans for them. A snowmobile trip begins a ride that will change the rest of their lives. While Corey is enjoying the snowmobile. Brie hears the unmistakable, terrifying sound of an avalanche. Desperately, she tries to outrun the thundering wave of snow, swimming for her life through a white water river of ice and death. Buried in what feels like a pool of concrete, she drifts in

and out of consciousness, with one thought uppermost in her mind: What happened to Corey? Hours later at the hospital, Brie finds a unique perspective on life as she struggles to process what has happened to her, to Corey, and to their dream of a life together, while friends, family, and hospital staff are brought together in unexpected ways by a tragedy nobody foresaw...and by miracles nobody could have imagined. This beautifully characterized and fast-moving novel will take you through a remarkable emotional saga that will keep you on the edge of your seat from the first page to the last.

Home should be a safe



place for every child. But sometimes, things go terribly wrong. For Kathryn, home has changed. The first eight years of her life were fairly normal, although her family didn't have a lot of money. But then tragedy struck when her mother died of breast cancer. The burdens of grief, medical bills, and single parenting have turned her father into someone she doesn't know. One night, a downward spiral is the impetus for a change in her life that she never



could have expected. Kathryn is sent to live with Sam and Emma, who will be her foster parents while her father gets help. Follow Kathryn's journey as she discovers a different life and finds her best friend: Kaisha, a Border Collie who turns out to be the most dedicated, loving hero to a little girl who needs someone on her side.

Both books are quick reads and are sure to keep you turning the pages from start to finish.



Tie Harris

To purchase either of these books in paperback form or Kindle version, you can go to either of websites: www.outskirtspress/ Wheretheresawill www.outskirtspress/Kaisha. You can also purchase them through Amazon.com, BarnesandNoble.com, or you can purchase them directly through our website www.roundupweb.com and click on store.

New Strategy for Dealing With ENSO

Submitted by the National Weather Service

The El Nino-Southern Oscillation (ENSO) has incredible influence on the distribution of global temperatures and precipitation. There are two phases to this phenomenon including the warm phase (El Niño) which is observed when the Pacific Ocean is observed to be colder than average. However, one thing that has been troubling is the idea that as the earth continues to warm, would that mean that the Pacific Ocean would be perpetually in the warm phase? Would La Niña seemingly disappear? Or, will we simply need to just redefine what is considered "warm" and what is considered "cold"? These questions have to be answered as the central tropical Pacific continues to

warm as demonstrated by the figure of 30-year average temperatures. We currently define phases of ENSO based upon whether Pacific Ocean temperatures are 0.5°C above (El Niño) or below (La Niña) average. Since the average temperature is changing with time, the CPC has recently begun using five year periods in the historical record centered around a 30 year average in order to calculate La Niña and El Niño. This enables us to calculate the ENSO phase based on the very latest climatology, not what the average was decades ago. For example, 1950-1955 are compared against the 1936-1965 average. This is actually quite effective until we consider the 2001-2005 period, since that will require more years of data, 1985-2015. CPC will

use the most recent 30-year average until those years have passed, which for the 2001 and 2005 period would be 1981-2010. For additional reading please see: http:// www.climatewatch.noaa.gov/ article/2013/in-watching-forel-nino-and-la-nina-noaaadapts-to-global-warming.

Cold Advisory for Newborn Livestock: The cold advisory for Newborn Livestock (CANL) system is up and running. While we have been running it experimentally for about the last five years, it will now be an official product from the National Weather Service. You can find the graphics, and the information on how the system is run on our website in the headlines sections, or bookmark this URL: http:// www.wrh.noaa.gov/ggw/ canl/canl.html.



Chank You

We would like to thank Sidney and the surrounding communities for the overwhelming outpouring of love and support after our loss of Josh King. All of the thoughtful calls, text messages, cards, caring hugs, visits, flowers, monetary donations and volumes of food-we are so very grateful. We have truly been touched by everyone's genuine compassion. Josh's friends have come from all over to share great stories about what an impact he had on each of them. It is clear to us that there are countless lives that Josh has saved and changed. His legacy will live on through all the lives he touched. Josh was proud to call Sidney home.

In sincere appreciation, Judy (Vance), Justin, Katharine, Ethan, Sara and Josh's extended family



- Dinner Kids' Party

6:45 p.m. - Jessie Veeder Gene Veeder

7:15 p.m. - Business





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(hank You

On behalf of the family of Richard Karst, we would like to extend our "Thank You!" to everyone who was so kind and gracious to us when Rich went home to be with Jesus.

Thank you so much for your prayers, memorials, flowers and plants, food and visits, phone calls, sympathy cards, and also, for the words of encouragement sent to the Fulkerson Funeral Home Website, but most of all, Thanks...just for caring.

We were especially grateful for the quick response and tender professional care Rich received from the Fairview Ambulance Crew, Fairview Fire Department and Police, and the Sidney Health Center. Our hearts are forever grateful to you. May God's Blessings be upon you.

Connie Karst, Cameron and Austin Karst, Scott and Pandee Otterson, Justin and Anita, and Amy, Dillon and Ashley Karst

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Driver Wanted

Delivery driver for The Roundup. Must have valid driver's license, be able to lift at least 80 lbs. One day/week. Pick up application at 111 W. Main, Sidney, MT, or at the Sidney Job Service.

Römdy

STATISTICS

Lake Water Level Report

	Sakakawea	Fort Peci
Current Elevation	1827.2	2222.5
Last Week's Elev	1827.3	2222.3
One Year Ago	1838.0	2234.6
Release For Day (C.F.S.	.)15,500	6,100

Watford City Weather Data

Source: North Dakota Agricultural Weather Network				
Date	High	Low	Precip.	
Mar. 11	32	24	0.00	
Mar. 12	35	9	0.06	
Mar. 13	28	10	0.00	
Mar. 14	53	34	0.00	
Mar. 15	49	19	0.00	
Mar. 16	28	3	0.00	
Mar 17	20	14	Т	

Sidney Weather Data

Source: MSU Eastern Agricultural Research Center				
Date	High	Low	Precip.	
Mar. 11	36	19	0.00	
Mar. 12	31	11	0.00	
Mar. 13	58	24	0.00	
Mar. 14	56	29	0.00	
Mar. 15	29	13	0.00	
Mar. 16	18	10	0.00	
Mar. 17	29	7	0.01	
Average VTD	Precipitation		1 37	

OBITUARIES

Vera Ler, 84, Savage, MT

Funeral services for Vera Ler, 84, of Savage, MT were at 10:00 a.m., Saturday, March 16, 2013 at the First Lutheran Church in Savage. Interment was in the Riverview Cemetery, Savage, MT, under the direction of the Fulkerson Funeral Home of Sidney. Remembrances and condolences may be shared with the family at www.fulkersons.com. Vera died on Monday, March 11, 2013, at Aspen Meadows Nursing Home, Billings, MT.

Faiview Old Timer's Committee Meeting Thursday

Fairview Old Timer's Festival Committee would like to invite the community to join them on Thursday, March 21st, 5:30 p.m. at St. Catherine's Church in Fairview. The committee is hosting the first planning meeting for this year's Old Timer's Festival.

Lambert First Lutheran Church Bazaar April 7

The Lambert First Lutheran Church Spring Dinner & Bazaar will be held Sunday, April 7th from 11 a.m. to 2 p.m. at Lambert School. Roast beef, salads and homemade pie will be served. Free-will donations accepted. There will be a raffle for handmade quilt and goodie-baskets and a bazaar with baked/canned goods and handmade crafts. Everyone is welcome.

Junior Leaders Dinner April 12

Jr. Leaders Dinner & Dance is on April 12th, 2013 at the VFW 124 2nd Ave. N.E., Sidney. Tickets are \$25. Dinner is from 6:30-8:30 p.m. and dance is from 8:30-10:00 p.m. Dinner choices are steak or shrimp. For more information and to purchase tickets contact 4-H Jr. Leaders or call the Richland County Extension Office at 406-433-1206.

Assistance With Filling **Out State Tax Returns Keeps Getting Better**

Submitted by Shari Hagengruber

The Montana Department of Revenue provides assistance on individual income tax matters through its internet website, call center and statewide local offices. But did you know that they also have an income tax specialist who will offer state side training for the volunteers that enter tax re-

Brian Olsen has been traveling the great state of Montana for eight years, meeting with the Volunteer Income Tax Assistance (VITA) folks and the American Association of Retired Persons (AARP) to train the volunteers that assist the primarily elderly and/or lower income citizens of Montana with their tax returns. In addition to training the volunteers on tax preparation, Brian also meets with paid tax preparers and accountants to go over law changes, rule changes and any recent legal decisions.

He typically trains in Helena, Billings, Butte, Missoula, Great Falls, Kalispell and Bozeman, but has been known to make a side trip to a smaller area if he happens to be nearby, such as stopping in Stevensville after providing training in

When asked why he performs this onsite training, Brian said "I like that it brings questions to us that the tax preparers see. The face-to-face interaction is great!"

For questions, or to discuss these training sessions with Brian Olsen, please contact him at 406-444-2994 or email him at bolsen@mt.gov.

EVENTS

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

Richland County

Events in Sidney unless otherwise listed. MT Zone.

Wed., Mar. 20

12:45 p.m. - 2 p.m. — Sidney Middle School Science Fair in the gym, open to the public.

Thurs., Mar. 21

11 a.m. — "From Idaho to Montana - Ideas and Visions for the EARC" Seminar presented by Dr. Oliver Neher at the USDA-ARS NPARL Conference 12 p.m.— Savage Senior Center will host a meal.

12:45 - 1:45 p.m. — Sidney Senior Citizen Center will be having a potluck lunch and cards. For more info. call 406-433-8077.

5 p.m. — TOPS, Crestwood NW entrance, Weigh-ins 5-5:30 p.m., Meeting 5:30-6 p.m.

6:30p.m.— Sidney Moose Lodge Pinocle games. 7 p.m. — Interfaith Community Outreach will host a Coffee Hour at the LDS Church, 1215 5th St SW.

8 p.m. — NA meeting, Millers' Corner banquet room. Fri., Mar. 22

11:30 a.m. — Sidney Senior Citizen Center will be

hosting a meal. For more info call 406-433-8077. 6 p.m. — Youth Music Showcase, free and open to the public.

5 p.m. - 7 p.m. — Sidney Knights of Columbus Council #3002 Fish Fry at the St. Matthew's Parish Center, 310 7th St. S.E. The cost for adults is \$9.00.

Sat., Mar. 23

9 a.m. & 7p.m. — AA Group Trinity Lutheran Church Education bldg.

10 a.m. — Gamblers Anonymous at Millers' Corner.11 a.m. — Elks Easter Egg Hunt at Quillings Park.

Sun., Mar. 24

1 p.m. — Savage Senior Center will be hosting cards, coffee, and potluck at 1pm.

3 p.m. — Sons of Norway will hold a Farkle tournament at the Lodge. Pancakes served at 5 p.m. 6:45 p.m.— Early Bird Bingo at the Moose Lodge regular bingo at 7 p.m.

7 p.m. — AA Group Trinity Lutheran Church Education bldg.

Mon., Mar. 25

11:30 a.m. — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077. Noon — AA Group Trinity Lutheran Church Education bldg.

5 p.m. - 7 p.m. — Sidney Girls Summer Fastpitch sign-ups at West Side School.

9 a.m. - noon — Senior Commodities Distribution at the back door of the Nutter Building, 123 W. Main. 1 p.m. - 6 p.m. — Richland County Blood Drive, St. Matthew's Parish Center, 310 7th St. S.E. To schedule an appointment or for more information call 1-800-695-7258. *Identification is required to donate.

5 p.m. - 7 p.m. — Sidney Girls Summer Fastpitch sign-ups at West Side School.

7 p.m. — AA Group Trinity Lutheran Church Education bldg.

Wed., Mar. 27

11:30a.m. - 1p.m. — The Sidney Women of the Moose will serve soup until gone.

6 p.m. - 8p.m. — Interfaith Community Outreach will host a free meal and get acquainted at the Assembly of God Church, 414 E. Main St. 7 p.m. - Beginners Square Dancing at Sidney High

School, come as you are. Thurs.. Mar. 28

12 p.m. — Easter Egg Hunt at Sharbono Park in Fairview. All kids welcome.

McKenzie County

Events in Watford City unless otherwise listed. CT Zone.

Wed., Mar. 20

8 p.m.— Al-Anon, Sanford Room, McKenzie Co. Public Library.

5 p.m. - 7 p.m. — Wine tasting at The Watford, 810 3rd Ave. S.W., \$10/ticket.

Thurs., Mar. 21

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

OTHER SURROUNDING COUNTIES

Sat., Mar. 23

1 p.m. — Easter Egg Hunt at the Missouri Yellowstone Confluence Interpretive Center. Age groups will be 0-3 yrs, 4-7 yrs and 8-12 yrs. In case of bad weather call 701-572-9034 for an alternate date.

View all monthly events on our calendar at www.roundupweb.com.

FAIRLIGHT MEDICAL CENTER IS PLEASED TO ANNOUNCE FairLìght Medical

701-577-9255 3-4th St. E., Williston, ND

Antonio Carbonell, M.D., a board certified plastic surgeon, is now accepting appointments for Botox and Juvederm applications.

Consultations are complimentary with plenty of time for procedures to assure a positive experience.





Special Olympics Donation

On Friday, March 8, the Trading Card program at Sidney High School donated \$800 to the Sidney Special Olympics program. Presenting the check to Special Olympic athlete Skyler Schaff and coach Lacy Hutchens are Taylor Utgaard, Jesse Staffanson, Tresha Sanders, and Taylor Tighe. Special Olympics will be using the money to help pay for state Special Olympics that will take place May 15 - 18 in Billings. Their goal is to raise \$5,000 to help compensate for state expenses. Special Olympics will also be selling spring and summerflowering bulbs from the "Art in Nature" collection to help raise additional funds. Athletes will be taking orders up until April 1, and delivery is predicted to begin April 20. To contact a Special Olympics athlete through Richland Opportunities, Inc., call (406)488-3341. (Photo submitted by Emily Schaff)

Montana Board of Environmental Review to Meet on March 22

Submitted by Lisa Peterson

The Montana Board of Environmental Review (BER) will hold a regular meeting on Friday, March 22 in Helena in Room 111 of the Metcalf Building (1520 E 6th Ave) starting at 9 a.m. The public is welcome and encouraged to attend.

Agenda items include a briefing on issues in eastern Montana related to oil and gas development, updates

and actions on contested cases before the Board, and consideration of final rules relating to concentrated animal feeding operations (CAFOs). The Board will also hold a public hearing on Butte-Silver Bow County's request to approve regulations on the control of fine particulate emissions from residential woodstove burning as well as amendments to include the town of

General Program Information

Tom Isem - (C) 701-799-2942

isem@plaimfolk.com

For the complete agenda and supporting documents, visit the BER website at www.deq.mt.gov/

The BER will make reasonable accommodations for persons with disabilities who wish to participate in this meeting. Please contact Joyce Wittenberg, Board Secretary, by telephone at (406) 444-2544 or by e-mail later than 24 hours prior to the meeting to advise her of the nature of the accommodation you need.



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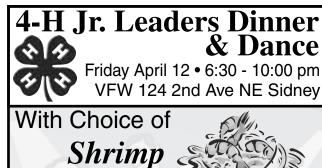
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Steak

To get tickets, contact 4-H Jr. Leaders or call the Richland County Extension Office at 406-433-1206



Hosted by Pioneer Museum of McKenzie County Organized by NDSU Center for Heritage Renewal

Funded by North Dakota Humanities Council

Local Program Information

Jan Dodge - (C) 701-570-2493

jdodgeji co mekenzie.nd.us



Energy Roundup

Energy Outreach Task Force Giving Back to Communities

By Jaimee Green

For those accustom to living in rural America it comes as no surprise that volunteer efforts and good'ol fashioned neighborliness are what keeps small communities thriving and prospering. It is generosity that serves as the backbone of many improvement projects that simply couldn't move forward without those in-kind and monetary contributions not given a line-item in any departmental budget.

In recognizing this, two major oil and gas companies and four service companies have joined together to form a fledging task force dedicated to giving back to the local communities they are now an integral part of.

In an effort to become good members of the community, together they have created Energy Outreach, a program which got underway four months ago that is gaining momentum with future projects planned.

Already it has successfully carried out giving donations to a number of projects within the towns where the Bakken oil boom is taking place.

"With everything this area has been experiencing with

the development and growth, we wanted to give something back to the area. We want to contribute positively to the communities that have done so much for us," said Kelley Rankin, Communications and Facility Coordinator for Statoil and Program Coordinator for Energy Outreach.

The task force is comprised of one member from each and includes company representation from Statoil, Baker Hughes, Halliburton, Neighbors, Oasis and Schlumberger. Task force members meet and take suggestions from the public as well as come up with ideas internally before taking it to their board, also consisting of one member from each company. "It works out nice because the task force is made of people living in the area who can see and also suggest needs while the board is made of members who don't live locally and can make a more objective decision when looking at all of the potential projects we want to take on," Rankin said.

The goals of the program are threefold. First, Energy Outreach wants to offer financial support for community projects that have funding gaps. Second, they

want to initiate and engage in volunteer programs through beautification efforts and cleanup. Third, they want to serve the community by sitting on local boards. "We recognize our employees come from many different backgrounds such as nursing, fire and law enforcement and they have expertise in areas that can enhance the community through their volunteer efforts," Rankin said.

In the early months of the task force members met to discuss possible projects to take on within the community. But now, they receive emails and suggestions from people in the area.

To date, some of their included have projects donating \$60,000 to School District 8, in Williston, for playground equipment for schools, donating \$10,000 to the volunteer fire department in Froid, Mont, for the purchase of an additional firefighting truck and \$12,000 to make two wishes come true for two youth through the local Make a Wish Foundation.

The swings, slides and Gymboree equipment given to School District 8 will be installed at Garden Valley Elementary where equipment

is outdates and at Round Prairie where there is currently no playground equipment. "We are so thankful Energy Outreach came to our rescue and donated. It is absolutely wonderful. We have a stack of thank-you cards that need to be mailed," said Fran Swensgard, Superintendent.

The Froid Volunteer Fire Department said the recently purchased 3,200 gallon tactical tender truck fills a huge void in their department. "In the past we have always had to rely on our mutual aid agreement

with Bainville for the use of their tender truck when it was needed. This truck will help in our fire suppression capabilities by providing adequate water supply," said Dave Clark, Fire Chief of Froid. The donation came about after one of the firemen who also is employed by Oasis mentioned the need to Energy Outreach.

There are currently 20 volunteer firefighters who responded to 32 fires last year.

While the timeline for getting projects started was slow in the beginning, as more people become aware of the task force and its goals, Rankin said more money will be given to projects geared toward improving the quality of life for residents.

"We make Williston our home. This is where we have chosen to live and raise our children. It's important to us that people know we aren't just here to take, but to give back to the community as well," she

For more information or to make a project request, email energyoutreach@statoil.com.









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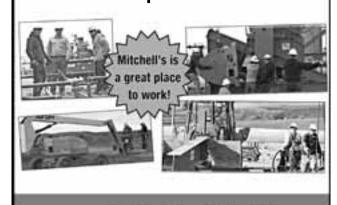


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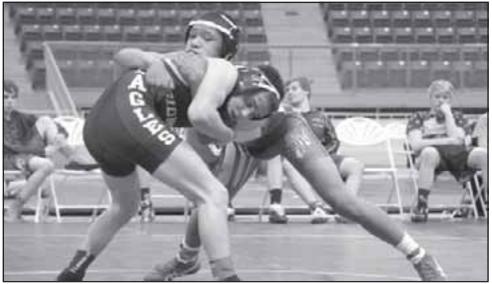
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Ethan Graves looks for control of his opponent at the duals in Denver Friday.



Ryan Chatteron 5th place, Gresh Jones 3rd place, Waylon VanBuren 6th place showing off their hardware.

Sidney Wrestling

Wolf Point

Thirteen wrestlers traveled to Wolf Point for their Invitational on Saturday, March 16, 2013. Results were:

1st Kaleb Kutzler, 2nd Cayden Hambro, 3rd Asle Everett, 3rd Talena Hambro, 3rd Wacev Hovde, 3rd Aiden Rudie Bantam

3rd Tanner Becker, 3rd Tyler

Brost

Midget

Carlsen, 3rd Cole Humphries Novice

2nd Cash Cundiff, 3rd Devon

Becker

Spearfish

Five wrestlers traveled to Spearfish to participate in the Black Hills National AAU Wrestling Tournament.

Placing were:

Jace Winter 3rd in the 90# Novice Division, Everett Jensen 5th in the 75# Novice Division. Also participating in the tourna-

Results

Hutzenbiler, and Owen Lonski. **Denver Duals**

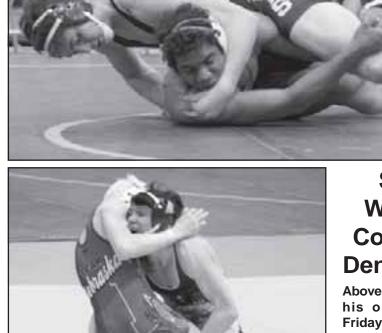
Twenty eight wrestlers traveled to Denver Colorado to participate in the Rocky Mountain Nationals Tournament.

Sidney vs Utah lost 21-55 Sidney vs Nebraska Extreme lost 0-76

Sidney vs Colorado Blue won 54-27

Sidney vs Nebraska Panhandle won 58-26

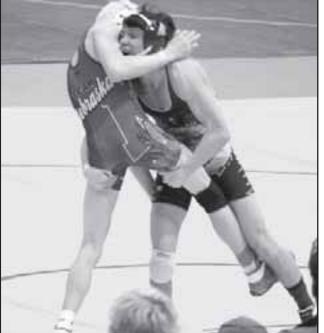
Sidney vs Nebraska white



Sidney Wrestlers Compete in **Denver Duals**

Above: Dace Fisher turns his oppenent during Friday duals.

Gresh Jones takes down Nebraska opponent Sunday. Jones placed 3rd overall. (Photos by Kari Jones)





The Richland Farm Mutual Insurance Company will hold its annual meeting at the Sidney Country Club, Sidney

Saturday, March 23 · 12 Noon

for the following purposes:

- 1. Electing two directors for a term of 3 years each.
- 2. For any other purpose that may pertain to this meeting.



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MT Legislative Roundup – Week 10

By Amy R. Sisk, Community News Service, UM School of Journalism

After four years of pay freezes, state employees are still waiting to hear whether they will receive an acrossthe-board 5 percent raise over each of the next two years.

Roughly two dozen people supported House Bill 13 at a January hearing before the House Appropriations Committee. That measure finally surfaced for a vote last Wednesday when Rep. Steve Gibson, R-East Helena, made the motion.

But he was the only Republican who joined Democrats on the GOP-controlled committee. The measure failed, but that didn't stop the bill's sponsor, Rep. Kathy Swanson, D-Anaconda, from trying to revive it on the House floor the next day.

"Since 4:08 yesterday afternoon, my phone has been blowing up," she told House members. "I have visited with a single mother of three who sobbed in despair wondering if she should start looking to move, to disrupt her children and try to find work out of Montana."

Swanson tried to blast the bill out of committee and onto the floor, a procedural move that requires a supermajority. But Republicans said they weren't ready to vote. Many, including the Republican chairman of the Appropriations Committee, Rep. Duane Ankney of Colstrip, argued that the "freeze" didn't apply to all state workers.

Ankney said the state paid out more than \$18 million in raises over the past four years to certain state employees and it's taking time to find out who received that

"It's ridiculous when we can give that much money to some employees, and some employees don't get anything." Ankney said. "I'm working for those people that didn't get anything."

Lawmakers considered several other big-ticket items last week, including possible solutions to the expected shortages in state pension funds, the session's main budget bill, and the governor's plan to reform Montana's campaign finance laws. Here's a look at those highlights and others from week 10 at the Legislature:

Pensions

Several competing plans to fix Montana's pension system are making their way through the session. Last week, the panel tasked with solving the 30-year, \$4 billion pension shortfall gave up trying to agree on one solution and advanced three different plans for the Legislature's consideration.

"You can't meld those," said Sen. Dave Lewis, R-Helena, chairman of the pensions committee. "These are policy choices the Legislature is going to have to make."

One proposal, House Bill 338, comes from a Republican. It would change state pensions from a defined benefit to a defined contribution system for new employees.

Under the current plan, retired state workers receive monthly pensions based on a formula that takes into account their salary and duration of government work.

A defined contribution system would mean that employees participate in a system similar to a 401(k) plan, which would provide them with a payout when they retire based on the amount of money contributed throughout their career and investment gains or losses.

The bill would use money from coal severance tax revenue and state treasury to settle the system's shortfall.

The Democratic governor's proposal, House Bill 454, would pay off liabilities in the Public Employee Retirement System with money from natural resource development while maintaining a defined benefit system. Employers and employees would both increase their contribution rates by 1 per-

A second Democratic proposal, House Bill 377, focuses on the Teachers' Retirement System. It would make up the deficit by increasing the employee contribution rate to existing defined benefit plans by 1 percent. It would also draw upon state land revenues and school district reserves.

Family planning funding

The battle over funding family planning services is heating up as the House Appropriations Committee approved a \$9 billion, two-year state budget last week that cuts federal Title X money that went to community clinics.

Citing concerns over those funds going to clinics like Planned Parenthood that perform abortions, all but two Republicans voted against an amendment to restore that money. A subcommittee had previously cut the \$4.6 million provision from House Bill 2.

"Many, many Montana taxpayers have a moral objection to abortion dollars that are spent by some providers that receive this funding," said Rep. Ron Ehli, R-Hamilton. "Tax dollars belong to the people of Montana. We shouldn't spend money on anything that they object to."

Clinics use Title X money to offer contraceptives and cancer screenings to low-income Montanans. Under federal law, the money cannot be spent on abortions, although some Republicans have questioned whether health care providers follow that rule.

After the vote, Rep. Kimberly Dudik, D-Missoula, said Democrats will propose the amendment again when the budget comes to the House floor this week. She said clinics keep scrupulous records to show that the Title X money is not being used for abortions.

"Every single dollar is accounted for. There is no way this money could be misused," she said. "Instead, (those who voted against the amendment) are going to put the welfare of Montana citizens in jeopardy because of their fear that has no basis in reality."

Campaign finance

Lawmakers are considering the Democratic governor's bipartisan effort to combat so-called "dark money," those anonymous campaign contributions often blamed for negative attack ads during the 2012 election.

Gov. Steve Bullock and Republican Sen. Jim Peterson of Buffalo have dubbed Senate Bill 375 the Transparency, Reporting and Accountability in Campaign and Elections (TRACE Act).

The proposal would require that political action committees and political party committees disclose all contributions. It would also raise current donation limits and prohibit contributions from corporations or unions.

"I think Montanans are tired of dirty politics, nasty mudslinging campaigns and personal attacks," said Peterson, the bill's sponsor. "And I believe they are even more disgusted with the fact that many of these attacks are hidden inside dark money organizations that are unaccountable to the voting public."

The measure has its critics. Officials from Common Cause Montana and last fall's I-166 campaign to ban corporate campaign spending supported the bill's aim to eliminate dark money groups, but they opposed increasing the amount individuals can give to candidates and the total candidates can accept from all

Blast motions

In addition to the state employee pay plan bill, Democrats tried unsuccessfully last week to revive - or "blast" out - three measures bottled up in GOP-controlled committees.

House Democrats attempted to blast out bills that would direct money toward out-of-school food programs for children, combat cyber bullying and require that all boarding schools obtain state licenses.

The House Judiciary Committee's decision to

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table the boarding school bill in February prompted a CNN crew to visit the Capitol to produce a story for Anderson Cooper 360. The controversy surrounding the bill stemmed largely from allegations of violence against students at an unlicensed religious boarding school in St. Ignatius.

Democrats argued that a 2007 law created a loophole allowing religious boarding schools to operate without any government oversight. That opened the door for abuse, they said.

Republicans who spoke against the effort to revive the bill said there are numerous success stories from those institutions. They also questioned whether more government regulation would improve the schools.

Suicide prevention

Montana has one of the highest suicide rates in the country, and a legislator from Conrad wants to explore ways to prevent those tragedies.

The House approved Republican Rep. Rob Cook's measure last week to establish a five-person team to review the causes of suicide and make recommendations on ways to prevent future deaths. House Bill 583includes a one-time \$97,000 appropriation from the state treasury to fund the review team's activities.

The bill now goes to the Senate and must receive the governor's signature before the review team can start work.

Reporter Amy Sisk can reached amy.sisk@umontana.edu. Follow @amyrsisk on Twitter for the latest from the Capi-



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Sports Booster **WEEKLY SCHEDUL**

Track

Tuesday, March 26 Sidney at Hardin Invitational, 9 am

Softball

Tuesday, March 26 Sidney at Miles City Jamboree, 8:30 am

Gvmnastics

Sat & Sun, March 23 & 24 Sidney at Bozeman









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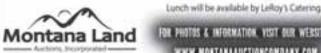






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March 20th is the Eighteenth Annual Kick Butts Day

Submitted by Jacklyn Damm

Kick Butts Day is a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco across the United States and around the world.

Big Tobacco is a group of tobacco companies which manipulate you into using harmful and addictive tobacco products by denying or down playing their deadly effects all for profit.

They especially go after the youth by creating candy flavored cigarettes and smokeless tobacco to entice them into trying their products. Big Tobacco needs the youth to replace a dying generation of tobacco users.

Stand up to Big Tobacco by encouraging youth in our

area to make healthy choices and stay away from tobacco or call Jacklyn at the

Richland County Health Department at 433-2207 for more information.

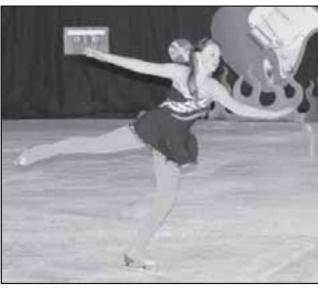


Michelle Stagl and Lunden Backmeier with their display of 1200 Gummy Bears.



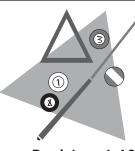
The Kick Butts theme is "What Does 1200 Look Like" Students county wide are making displays of 1200 items. Sidney Middle School Health Class did their projects early to display their photos at the health fair. All photos will be made into a photo book and mailed to our legislators to show Richland County youth knows what 1200 deaths a day from tobacco related illness looks like and they would like to Kick Big Tobacco's Butt for it!





WCFS Ice **Show**

Senior Skaters MacKenna Leiseth (left) and Emily Ramage (above) wow the crowd during the **WCFS Annual Ice Show Performance.** (Photos by Kathy



3rd Annual Pool Tournament March 30

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Moose, Elk and Bighorn Sheep Seasons

North Dakota's 2013 moose, elk and bighorn sheep proclamation is finalized and applications are available at the State Game and Fish Department's website. The deadline for applications is March 27th.

A total of 111 moose licenses are available in 2013, 32 fewer than last year. Randy Kreil, Game and Fish Department wildlife chief, said a downward population trend in the northeastern portion of the state is of great concern. "Unit M1C will remain closed," Kreil said, "and in addition, unit M4, which encompasses the Turtle Mountains, is also closed this year." In 2012, unit M4 had only seven moose licenses, Kreil added, with only two moose harvested. Game and Fish is also making a couple of other changes designed to bolster the moose population. All licenses this year are for "any moose," while in previous years some were specific to antlerless moose. "We think that the 'any' tags will protect the cow segment of the population," Kreil said, "as records indicate most hunters choose to fill their 'any' tags with a bull rather than a cow."

The moose season in units M9 and M10 will open a week later than in previous years to avoid the peak of the rut. Data collected over the last year indicates a number of unbred cows were documented in those units, Kreil said, and opening the season a week later in October may improve breeding success by reducing disturbance during the peak of the mating season.

A total of 261 elk licenses are available to hunters this fall, 40 fewer than last year. The number of elk licenses in units E3 and E4 is reduced by 40 due to the successful population reduction effort by the National Park Service in Theodore Roosevelt National Park's south unit. A total of 937 elk – 701 adult cows – were taken out of the park by the

reduction effort, and an additional 363 elk were taken by licensed hunters in E3 and E4 during the last three hunting seasons. Based on a recent elk survey, the estimated number of elk in the park is below 200, Kreil said.

On the positive side, elk unit E1 has been expanded to include parts of the Turtle Mountains, due to a growing elk population largely attributed to animals migrating in from Canada. The bighorn sheep season will have four licenses available, the same as last year. One license is available in units B1/B2, B3 and B4. in addition, one license is auctioned through the Midwest Chapter of the Wild Sheep Foundation. The bighorn sheep hunter drawing the license in units B1/B2 is eligible to hunt both units. To apply online, access the Game and Fish Department's website, gf.nd.gov. Paper applications will be available on the website (for printing) and at the license vendors the week of March.

Bighorn sheep, moose and elk lottery licenses are issued as once-in-a-lifetime licenses in North Dakota. Hunters who have received a license through the lottery in the past are not eligible to apply for that species again.

Tracking Snow Geese

North Dakota spring light goose hunters can track general locations of geese as birds make their way through the state.

Hunters are able to call 701-328-3697 to hear recorded information 24 hours a day. Migration reports are also posted on the North Dakota Game and Fish Department website, gf.nd.gov. Updates will be provided periodically during the week as migration events occur, until the season ends or geese have left the state.

North Dakota's spring light goose season continues through May 5. Season information, including licensing requirements and regulations, are also available by accessing the Game and Fish website.

Deer Samples Negative for CWD

Samples taken from North Dakota deer during the 2012 hunting season have all tested negative for chronic wasting disease, according to Dr. Dan Grove, wildlife veterinarian for the State Game and Fish Department.

Last fall, samples for CWD testing were taken from more than 1,300 deer harvested by hunters in the western third of the state.

"As always, the success of our surveillance program could not be accomplished without the cooperative efforts of hunters, meat processors and taxidermists," Grove said.

Since the Game and Fish Department's sampling efforts began in 2002, more than 23,000 deer, elk and moose have tested negative for CWD. Three mule deer, one each in 2009, 2010 and 2011, taken from unit 3F2 in southwestern North Dakota tested positive. All three were within 15 miles of eachother.

The hunter-harvested surveillance program annually collects samples taken from hunter-harvested deer in specific regions of the state. The Game and Fish Department also has a targeted surveillance program that is an ongoing, year-round effort to test animals found dead or sick.

CWD effects the nervous system of members of the deer family and is always fatal. Scientists have found no evidence that CWD can be transmitted naturally to humans or livestock.

TRENTON INDIAN SERVICE AREA GENERAL ELECTION April 2, 2013

The 2013 General Election for one Chairperson-at-Large with term expiring in April 2017 and one District Candidate in each of Districts I, II and III with terms expiring April 2017 will be held on April 2, 2013. There will also be a referendum ballot to vote on issues pertaining to the members of Trenton Indian Service Area. The polls will open at 10:00 a.m. and close at 7:00 p.m. (local time).

POLLING PLACES:

District I Williams County Courthouse—Williston
District II Trenton Indian Service Area—Trenton

District III VFW Hall—Bainville

CANDIDATES:

ChairpersonDistrict IDistrict IIIHenry "Chig" LaDue
Tony Moran, Sr.Rose Wright
Bill FalconShane Moran
Lester "Chum" LaDue
Gordon Falcon
David McKenzieKaye Tufton
Duane Rabbe
Duane Rabbe

ABSENTEE BALLOT REQUEST:

Those voters unable or temporary absent for the Special Election may request an Absentee Ballot in writing. The deadline date to request an Absentee ballot is March 22, 2013. This is being done to give "...the voter sufficient time to permit the voter to execute and return the absentee ballot through the US Postal Service on or before the date of the election." All absentee ballots will be counted after all other ballots have been counted after polls close. To request an Absentee Ballot, please write to:

Cheryl Donoven P.O. Box 302 Trenton, North Dakota 58853

CANDIDATE WATCHERS:

Deadline for candidates to submit a list of watchers to the Election Board is March 22, 2013. This will ensure a fair and orderly election pursuant to the Election Code "...Each candidate shall be entitled to have a watcher at the polls and the tallying, but such watcher shall in no way interfere with the conduct of the election." The counting of ballots will be held in the TISA Boardroom after all polls close. The Election Board, Administrative Counsel, and Candidate Watchers will be present at counting. The public will be invited for the certification of the Election after the counting.

ELECTION BOARD MEMBERS:

ChairmanCheryl DonovenDistrict I InspectorRhonda GrimmerDistrict II InspectorCorrine JohnsonDistrict III InspectorConnie Erickson



National Flood Safety Awareness Week

Submitted by the National **Weather Service**

It's that time of the year again where we need to begin thinking about flood season. As any snow on the ground begins to melt, the ground will become more saturated. If we experience a late season snowstorm followed by very high temperatures, rapid snow melt can also cause rivers and streams to begin to flood as they rise out of their banks. Any springtime rains would only

exacerbate the situation. In addition, excessive spring rains and summertime thunderstorms can produce flash flooding. Of course not every year brings about a bad flood season; however, now is the time to be reminding ourselves of the risks that flooding poses to life and property and now is the time to be reviewing crucial safety tips so that we are all well prepared for whatever this year's seainformation on the hazards

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that flooding often brings, please check out: http:// www.floodsafety.noaa.gov.

Also remember that this time of year as ice breaks up in rivers it can begin to accumulate and restrict the flow of streams. This can also lead to localized flooding. There's a great video of a remarkable ice jam that occurred on the Gallatin River on Christmas

of being proactive even well before flooding occurs. Having a plan in place well ahead of time rather than making last minute impulsive decisions will definitely help ensure your safety and the safety of your loved ones.

1) Have a discussion with your family that includes an evacuation plan. If you are all on the same page about what you will do when faced plans smoothly and safely, rather than scrambling at the last minute over what to do.

2) Consider carrying flood insurance on your

In addition to being prepared in advance, it is also equally critical to keep in mind some tips just in case you are caught in a flood situation. Here are some useful suggestions.

1) Have a way to receive the latest emergency information such as listening to your battery-operated NOAA Weather Radio.

2) If you are asked to evacuate, and it is safe to do so, follow your evacuation plan mentioned above.

3) Keep handy a food survival kit that includes nonperishable food items, important medications, maps, a battery-operated flashlight and a first aid kit.

4) Most importantly remember to adhere to the NWS's message of "Turn Around, Don't Drown!" Often times many people misjudge how much water is on the roadway. The water may very well be deeper than it appears to be. In addition to losing control of your vehicle,

you never know what you might not be able to see in the water such as downed power lines and other hazards. It is far better to just play it safe and find an alternative route to your destination. It takes less than 2 feet of water to pick up a car and take it

Dear Editor: Important Flooding with a flooding situation, you son dishes up! For additional Safety Tips: There are ways are all likely to execute your We at AWARE Inc., the Montana affiliate of The Arc, are

proud to join advocates across the country to recognize March as Developmental Disabilities Awareness Month. This month commemorates the progress in improving the lives of people with intellectual and developmental disabilities (I/DD) and highlights the challenges that remain in achieving full inclu-

The Arc's advocacy efforts were crucial to President Ronald Reagan's signing of a proclamation in 1987 affirming that "Americans are becoming increasingly aware that such disabilities need not keep individuals from realizing their full potential in school, at work or at home, as members of their families and of their communities."

This month we will join more than 700 chapters of The Arc nationwide and advocate with and on behalf of individuals with I/DD. Their right to live, learn, and work as they choose must not be ignored. These individuals are our neighbors, colleagues, friends and family members and we must ensure that they have a fair opportunity to achieve their dreams. While there has been much progress over the years, there is still much to be done. We hope the community will join our efforts and help us raise awareness.

Developmental Disabilities Month is our time to make a difference. To learn more about developmental disabilities, advocacy and inclusion, visit thearc.org and Apostrophe Magazine (www.apostrophemagazine.com). Together lets change hearts and minds in March.

Larry Noonan, CEO

Celebrate Red Cross Month This March

Submitted by Scott Shanahan

Each year, the President of the United States proclaims the month of March as "Red Cross Month," to honor the lifesaving work the organization does throughout the year. Show your support and celebrate with us by donating blood and asking a friend to do the same.

The Red Cross helps save lives each day by managing nearly half of the nation's blood supply. In the United States, every two seconds someone needs blood. It must be readily available for accident victims, people undergoing routine surgeries, people with rare blood disorders and premature ba-

In Montana, someone needs blood every 27 minutes. Therefore, it takes the efforts of 145 blood donors every business day to help ensure that an adequate blood supply is available for patients in local or area hospitals. Any healthy person age 18 (age 16/17 with signed parental consent) or older and weighing at least 110 pounds may be eligible to donate blood. Valid identification is required for all do-

To schedule an appointment to donate blood at the Richland County blood drive on Tuesday, March 26th from 12-6 p.m. at St. Matthew's Parish call the American Red Cross at 1-800-RED-CROSS or visit redcrossblood.org.

About the American Red Cross: The American Red Cross provides relief to victims of disasters at home and abroad, collects and distributes nearly half of the nation's blood supply, teaches lifesaving skills, and

supports military members and families. The American Red Cross, a charity not a government agency, depends on voluntary contributions of time, money and blood to perform its humanitarian mission.

Week of March 25th

Tue., March 26th, Sidney, St. Matthews from 12-6 p.m.

Wed., March 27th, Scobey, Catholic Center from 12:30-5:30 p.m.

Thurs., March 28th, Plentywood, Civic Center from 12:30-5:30 p.m.



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Taxpayers Who File Electronically Receive State Refund In Matter Of Days

Submitted by Mary Ann Dunwell

Taxpayers who file their state taxes electronically are getting their state refunds in about four to five days.

The brief amount of time it takes the Montana Department of Revenue (DOR) to issue refunds on electronic returns underscores the benefit of e-filing as compared to paper filing. Currently, the wait for those who file by paper ranges from 20 to 21 days before receiving refunds. By early to mid-April when the filing rush peaks it may take up to 36 days or longer.

"The terrifically short turnaround time the department has been averaging in issuing refunds to taxpayers who file electronically should serve as encouragement to e-file. It pays off quickly," said Revenue Department Director Mike Kadas. "Our e-service is one of the ways that we're trying to make filing taxes as easy and beneficial as possible for Montana taxpayers."

Taxpayers can file electronically using the department's e-filing service, Taxpayer Access Point (TAP), or one of the many commercial e-filing products. For electronic filing options, visit www.revenue.mt.gov.

Employees in the department's Information Management and Technology Division have been working extended hours and on weekends to process the paper-filed returns as quickly as possible.

The department has so far processed 195,157 individual income tax returns for the 2012 tax year including both electronic and paper returns. DOR has issued 171,763 refunds averaging \$396 for a total of \$68,036,107.

If taxpayers need updates about their returns, they can use a service on the DOR website called "Where's My Refund." This feature allows taxpayers to track their refunds and gauge when they might appear in their bank accounts or in their mailbox.

Other ways the department is trying to simplify filing and paying taxes for people include:

On the phone - Taxpayers who need help filing taxes can call the department's call center toll free at (866) 859-2254, or in Helena at 444-6900. Regular call center hours are Monday through Friday, 8 a.m. to 5 p.m. We will be extending our call center hours during the last week of tax

season. From Monday, April 8 through Friday, April 12, we will be available from 7 a.m. until 6 p.m. On Monday, April 15, we will be available from 7 a.m. until 8 p.m.

In person - Taxpayer assistance is available Monday through Friday, 8 a.m. to 4 p.m. at the Mitchell Building, 126 North Sanders in Helena, and at our Missoula office, 2681 Palmer Street. If you need help filing electronically, simply prepare your state income tax return on paper and take it to the office. There, we'll help you e-file at no cost to you. We also invite taxpayers to visit our 56 offices in the counties. To find a location, please visit this link: http://revenue.mt.gov/ abouttheagency/local_office_locations/default.mcpx

In addition, there are more than 100 volunteer tax preparation sites around the state through Volunteer Income Tax Assistance (VITA) and AARP Tax-Aide Montana. To find out if you qualify and to see a comprehensive listing of locations, visit www.montanafreefile.org. For more information, visit

Farm to School Bill Will Help **Montana Producers and Students**

Submitted by Stephanie Potts

More Montana-made foods could be coming soon to a school lunchroom near you, thanks to a bill that is currently before the Montana House of Representatives.

HB-471, otherwise known as the Farm to School bill, would provide competitive seed grants to Montana K-12 schools to help them buy and serve Montana-grown or produced food in school lunches. The intent of the bill is to create new markets for Montana's producers, reinvigorate local economies, and improve the nutrition and quality of school lunches.

"Farm to School" efforts, which connect schools and local farms and ranches in order to serve local foods in school cafeterias, are gaining momentum in Montana; in a recent survey conducted by the Farm to Cafeteria Network, over 17 school districts reported that they are trying to serve Montana foods, including beef, wheat, lentils, melons, squash, pasta, honey, apples, carrots, beans, eggs, milk and more. But with an average of just one dollar per student to spend on food at lunch, schools don't have much room for experimenting with new foods and suppliers. "Farm to School programs are shown to improve student nutrition and knowledge about food and agriculture. This bill helps facilitate that, by giving schools the extra seed funding they need to figure

out how to bring more local, healthy food into their lunchrooms," said co-sponsor Ellie Hill (D-Missoula).

When schools buy Montana foods, it helps farmers, ranchers and processors too. Each day, over 80,000 Montana students eat school lunch, and annually Montana's public K-12 schools spend over \$19 million on food for lunches. According to bill sponsor Greg Hertz (R-Ronan), "Schools can be a stable, high-volume market for our producers. But just like any new business, or new purchasing policies, it takes some short-term seed capital to get going. This grant program would help schools and producers start working together, so that they can build strong, long-lasting relation-

HB-471 recently passed out of the House Agriculture committee with a bi-partisan vote of 13-4. "We are so thankful to the Representatives that voted for the bill. I think that they, like us, realize that helping schools develop ways to purchase from Montana's producers is a smart investment for Montana," said Stephanie Potts, staff member at the National Center for Appropriate Technology and coordinator for Grow Montana, a broad-based coalition that is leading efforts on the Farm to School bill.

The Montana House of Representatives is likely to vote on HB-471 this week.



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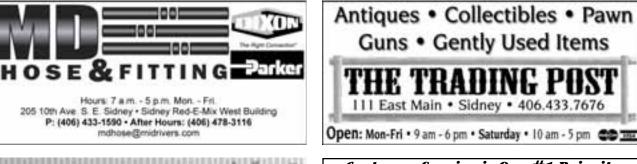
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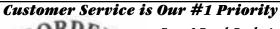




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Spring Turkey Hunting

Season Opens April 13

WASTER BEDROOM

Montana's spring turkey gobbler season opens April 13 and ends May 19.

Licenses are available from all Montana Fish, Wildlife & Parks offices, on the FWP website at fwp.mt.gov and from FWP license providers across the state.

The 2013 Spring Turkey regulations, with details on turkey hunting in the general area, are available online at fwp.mt.gov, at most FWP offices and license providers. The application deadline for western Montana's spring gobbler season permits has passed.

Hunters should remember when transporting a spring turkey within the state of Montana, one leg and foot must be left naturally attached for evidence of sex. Montana law requires permission for all hunting on private land.

FWP Hunting Regulations Available Soon

Montana's annual big game hunting regulations will be available at FWP offices and license providers by the first of April. The black bear hunting regulations are now available online and at FWP offices and license providers.

The deadline to apply for deer and elk permits was Friday, March 15. The deadline is May 1 to apply for moose, bighorn sheep, bison and mountain goat licenses available through a drawing. June 1 is the deadline to apply for antelope licenses and antlerless deer B and elk B licenses available through a drawing.

Don't Forget MT's Watchable Wildlife at Tax Time

Montana's annual income tax check-off fund for nongame wildlife supports conservation work that benefits birds, small mammals, reptiles and amphibians.

This tax-deductible fund also provides taxpayers with a speedy, convenient writeoff at tax time.

Work funded by the wildlife income tax check-off fund includes wildlife monitoring, habitat improvement projects and the publication and distribution of educational ma-

Every dollar donated can be matched up to three times with federal dollars, enhancing its value. So, don't forget to check your income tax form for Montana's tax check-off for wildlife.

For details Montana's nongame checkoff fund, visit FWP's website at fwp.mt.gov. Click "Nongame Wildlife Checkoff" under the Fish & Wildlife tab.

BOW Horse Packing Workshop

Montana Fish, Wildlife & Parks' Becoming an Outdoors-Woman program is sponsoring a horse packing

workshop May 4 near Kalispell.

Packing into the back country by horse can be fun and rewarding. Participants will learn about the variety of packing equipment available; defensive horse handling; how to pack a decker, sawbuck and riding saddles; and leave-no-trace camping.

This class is for beginners who want to learn the basic skills needed to pack with their own stock. The workshop will be held at an indoor arena and lunch will be provided. The \$35 fee includes the use of all equipment and packing stock; participants don't need to bring their horse or mule.

The workshop is co-

hosted by the Back Country Horsemen of the Flathead and Trailhead Supply. To register, or for more information, contact FWP's BOW coordinator at: FWP-BOW, P.O. Box 200701, Helena, MT, 59620; call 406-444-9940; or email Lodman llodman@mt.gov. Or call instructor Andy Breland, 406-261-1109. Registration forms are available at the Region 1 FWP office, or on the FWP website at fwp.mt.gov; click "Becoming and Outdoors Woman", under the Education tab.



Rau Science Fair

Rau Elementary held its annual science fair on March 15. Pictured above are the senior division winners (L-R) Shelby Morlock, best in show; Jory Bell, 1st place; Annika Bennion, 2nd place and Christine Turek, 3rd place.



Rau junior division winners were (L-R) ZoeThom, best in show; Shane Waltner, 1st place; Bethany Wells, 2nd place and Kaytlin Marker, 3rd place.



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Back (L-R) Taylor Stewart, Bailee Vitt, Shae Roberts. Middle (L-R) Hallie Andrews, Lilliana Johnson, Amanda Deegan, Becca Deming, Cheyenne Christian. Front (L-R) Bethany Wells, Suttyn Barnhart, Hailey Hasvold, Lorraine Coronato. Not pictured: Hannah & Codi Hasvold.



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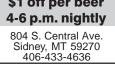














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SEA Scholarship Due April 12

in the Guidance Office by April 12, 2013.

The SEA Scholarship will be awarded to at least one high school senior entering the field of education. The SEA has also decided to open up the scholarship to at least one current college

SEA Scholarship is due sophomore or junior who is a Sidney graduate and enrolled in the field of educa-

> Current seniors and college students who are interested, please contact Thom Barnhart at Sidney High School or his website for application forms. These applications are due by April 12.

Sidney Girls Fast Pitch Sign-ups

Sidney Girls Summer Fast Pitch sign-ups are Monday, March 25th & Tuesday, March 26th from 5-7 p.m. at West Side School.





Above: Ty Brenna turns his opponent on his back as he goes for the pin. Ty ended the day with a 2nd place finish.

Save the Date... FORMAL INVITATION TO FOLLOW



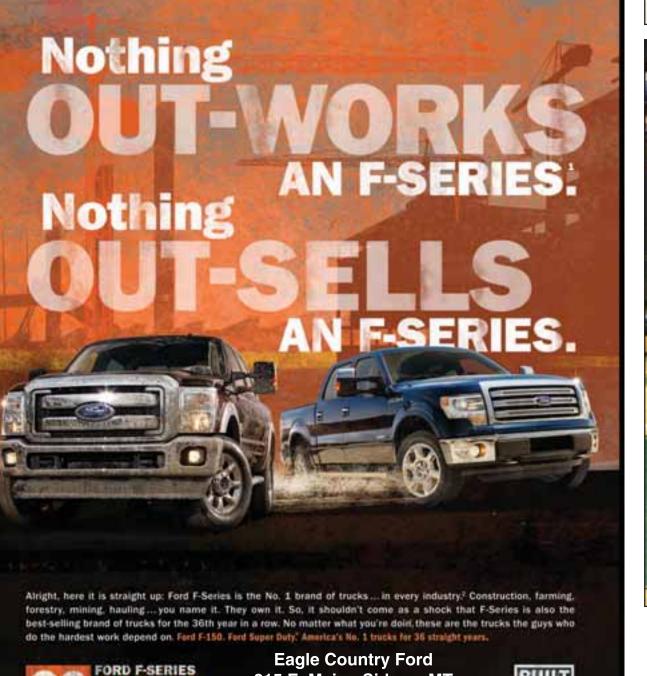
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A Big Load

Watford City's Eli Leppell picks up his opponent before a takedown and a pin during the Pee Wee Wrestling Tournament in Watford City. Eli placed first in his division. (Photos by Kathy Taylor)





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Wolves Close Season 2nd in **Region 8**

Watford City's McKayla Haugaberg #4 drives the lane for 2 of her 16 points in the Region 8 Title game against Newtown. The Wolves came up short against Newtown 69-56 ending their hopes for a trip to the State Tournament. Haugaberg was named Region 8 Outstanding Athlete. (Photo by Kathy Taylor)

Mead's New Kitchen is Beautiful & Efficient

When Cindy Mead moved into her new home on Sage Lily Drive in Sidney three years ago, she knew she would want to make some changes. Inspired by her native Kansas and her love of sunflowers, Mead has redone what was once a dark and inconvenient kitchen into a sun-filled, convenient space.

The kitchen is also the path to the basement and Mead found it congested whenever she had guests. Eliminating an island and moving the sink created an open, efficient kitchen, and a clear pathway.

Mead's primary goal was to lighten the space. By choosing Dura Supreme cabinetry with a Monterey panel doorstyle in buttercream finish, her goal has been accomplished beautifully. The soft yellow cabinets glow in the sunshine, or in the evening with just the red pendant light on. The valance above the sink, desk and refrigerator, plus the molding all the way to the ceiling, finish off the cabinets. Mead is waiting for a few finishing touches such as the cabinet door handles and the backsplash to be installed but the kitchen is functioning exquisitely.

The complimenting countertops are Wilsonart hi-definition laminate in deepstar bronze with a gemlock edge. The single stainless undermount sink features a Delta single handle pull-down faucet also in stainless.

Jesse Thom was the carpenter, while Prairie Electric did the wiring, Vince Buss did the perfataping and Chad's Furniture supplied the flooring. The cabinetry and countertops are from Creative Solutions. Mead expressed her appreciation for Brenda Larson and her staff at Creative Solutions for their valuable assistance in designing the cabinetry to maximize storage and counter space, while providing her with the light, airy kitchen she desired.











Hayes Builds Custom Home in Alexander

By Ashley Harris

Most people when they move go house shopping and decide on a new house, but for Dean and Shelley Hayes it was a little different. Instead of picking out a house, they pictured their ideal home and built it.

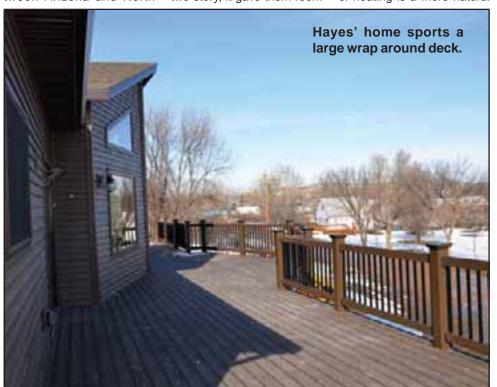
When Dean and Shelley of Alexander, sold the farm and bought their business in town they needed a place to live. With 20 years of experience in building houses between Arizona and North

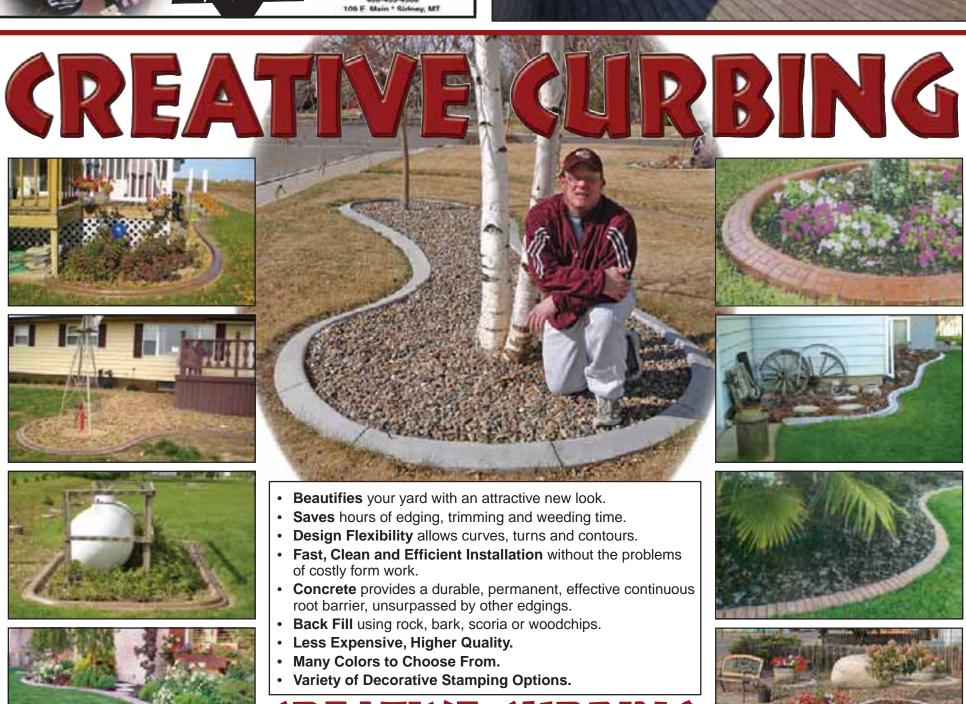
Dakota, Hayes decided to build the house himself. They drew up their own floor plans, bought their own lumber, special ordered all the cabinets, and picked out materials for every room in the house. As Hayes stated, "We don't plan on leaving so we built the place the way we wanted."

Since their location is on a hill, they had to build into the hill taking out the option of a ranch style home. With a two story, it gave them room

Dakota, Hayes decided to build the house himself. They drew up their own floor plans, ing area. for three bedrooms, three bathrooms and an open living area.

On the bottom floor is the garage, which Hayes says is one of his favorite aspects of the home. One convenience Hayes added to the garage and home is a radiant floor heating system, which typically uses less energy than forced air systems. In radiant floor heating, water is heated up and circulated in tubes under the flooring. This type of heating is a more natural





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feeling heat because it eliminates the breeze that comes with a forced air system. Radiant floor heating can also improve health as it doesn't blow pollen, dust, and allergens around by using air ducts. Without the need for air ducts, there aren't any obstacles when arranging furniture and cabinetry.

Dean and Shelley went with a rustic, western feel with the use of special ordered knotty alder trim, doors, and

cabinets throughout the house. The custom cabinets in the kitchen, which are put together with hardware to prevent the drawers and doors from slamming, complimented by all

new black appliances and recessed lighting. To finish off the kitchen, Hayes custom made a large island with plenty of storage and a breakfast bar with room for three.

Right alongside the kitchen is the dining area which is customized with a small wine bar with bottle storage and hanging glass holders. The stained knotty alder cabinets in the kitchen give the main living area a very warm comfortable feeling, as the kitchen is open to the dining and living areas. The living room continues the atmosphere with a large fireplace.

Following theme of comfort, the master bedroom is complete with a walk-in closet and master bathroom featuring a luxurious Jacuzzi tub. Conveniently located right next to the master is what would appear on the floor plans as a fourth bedroom. Instead of a fourth bedroom, Haves and his wife decided to turn it into a hot tub room. The hot tub room, which Hayes says is another one of his favorite aspects of the home, is situated in the corner of the house, with 2 nice windows. With the placement

of the room comes access to the wrap around deck, which is made with a composite material. Since the house is built into a hill, the deck starts at ground level in the back and wraps around the front at the second story. The deck gives Dean and Shelley a nice view overlooking the town they call home, Alexander.

More photos continued on next page.

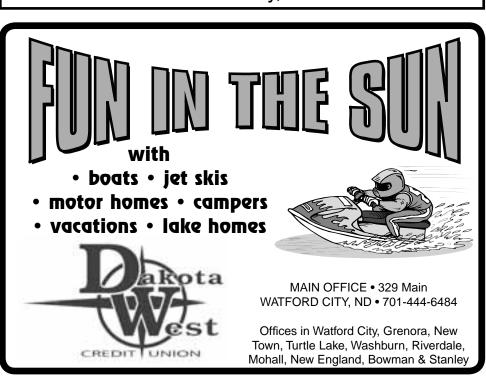


The lower level garage features an electric powered boiler that heats the concrete floor.



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Hayes' friend and construction partner, Mike Sicilian, demonstrates the slam proof feature of the drawers and cabinet doors.





Dean Hayes personally designed his kitchen island and the cabinets are made of knotty alder.

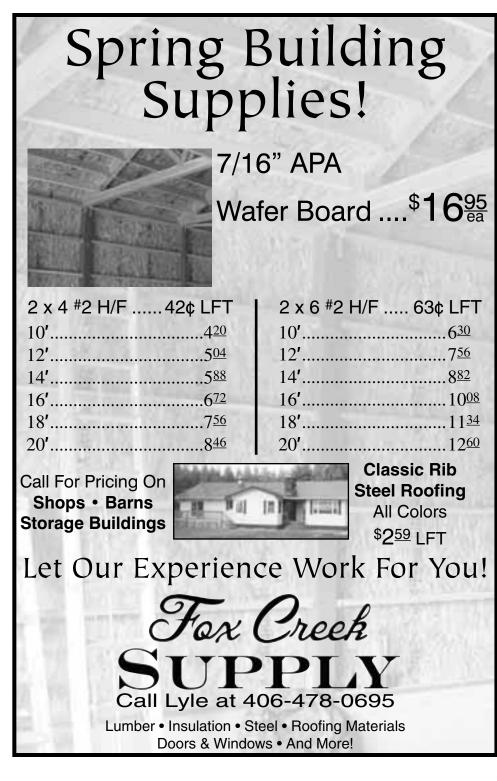


The hot tub room has entrances from the master bedroom and the wrap around deck.



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Bathroom Oasis

Above: Hayes' jet tub is customized maximum relaxation with a flat screen mounted on the wall.

Left: The spacious walk in shower features beautiful tile work.Visit www.roundupweb.com for full color photos.

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The Hayes' guest bathroom also features knotty alder cabinets.

Ready For

Be prepared for fun! That's the advice from Dutch Deick, manager at Coates RV in Williston. Making sure your RV is properly maintained and ready for travel can prevent something catastrophic when you're camping.

Providing the RV has been properly winterized, some simple tasks should make your RV ready for a weekend at the lake. Flush water lines, sanitize the water system, charge the batteries, fill the propane and plug in the unit to make sure everything works as it should. Lights, jacks, smoke detectors and fire extinguishers should also be checked. A thorough roof inspection is critical to detect any leaks or water damage. Check the tires and brakes and repack the wheel bearings if needed. Also check out the window, door and slide-out

seals which can deteriorate after a winter in storage.

Check for any recalls, especially if you are not the original owner.

Restock items such as toilet chemicals and other necessities. The first trip out usually reminds you of things like can openers that you may have forgotten.

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Popular Remodeling Trends for Spring Home Hmprovement

(BPT) - It's time to think spring which means fresh home updates. Spring home improvement projects will help you update your home, add comfort and save more of your hard-earned paycheck.

"You can save time, money and stress by planning ahead," says Kathy Krafka Harkema, Pella Windows and Doors expert. "Seek out expert advice, research product options and schedule home remodeling projects now, while you have the time to plan it and get on the schedule of contractors."

A well-planned remodeling project can:

- 1. Add curb appeal to your home
- 2. Increase your home's energy efficiency and help reduce energy costs
 - 3. Improve your home's comfort and style
 - 4. Reduce annual maintenance time and expenses

Jumpstart your spring projects with inspiration from these 2013 remodeling trends:

Energy-saving updates

From low-volatile organic compound (VOC) paints and adhesives to more energy-efficient windows and furnaces, spring projects can help improve air quality and increase your comfort. Look for ENERGY STAR-qualified products that help lower your home's energy consumption, and in turn, your utility bills.

Better bathrooms

For many homeowners, sought-after remodeling projects for 2013 will include kitchen upgrades, bathroom remodels and master bedroom suite renovations.

Bathroom remodeling options can include heated bathroom flooring, custom tile and stonework, custom vanity and cabinetry, beautiful bathtubs, showers and fixtures, low-profile linear shower drains and big windows to let in more natural sunlight.

"Today's bathroom and bedroom remodeling projects often incorporate relaxing technology and products," Krafka Harkema says. "With energy-efficient replacement windows from Pella, you can create warm natural light-

filled spaces while also maintaining your privacy and comfort."

Energy-efficient Pella Designer Series wood windows and patio doors bring in the sunshine, and provide privacy with optional between-the-glass window fashions. Between-the-glass blinds and shades also help reduce certain indoor airborne allergens from accumulating, improving indoor air quality. Cordless window fashions also are safer for homes with children and pets.

Hot kitchens

Yahoo! Homes says 2013 kitchen remodeling trends focus on practical, durable and do-it-yourself (DIY) projects like refacing kitchen cabinets, adding quartz composite countertops, hardwood-looking engineered floors, deep bowl kitchen sinks, commercial-style or

built-in appliances and mixing colors and tones on cabinets.

Whether you do the work yourself or hire someone to get it done, Pella can help you complete your spring home improvement projects. Schedule a free, in-home consultation to choose the right product to fit your home's design, your climate and your budget.



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Save Money On Your Spring Travel Plans

(ARA) - The long winter months have everyone itching to get out and do something new. For many Americans, this means planning a much-needed vacation - away from winter, work and school.

With the travel bug in your head, take advantage of these saving tips to make the most out of your vacation:

* Check out any bundling deals on hotels, airfare, car rentals and special tours through travel websites. Booking several options through one package can help you reduce prices. Some airlines have partnerships with car rental companies, which can help save

you money. Take the time to research these options thoroughly, and you'll be rewarded with good savings.

* Stock up on travel accessories like baggage, ereaders and of course any clothing items needed to make a fashion statement on your trip.

* If you can travel earlier in March, or later in April or even May, you might find better deals because fewer families are traveling during those times due to school schedules. Or if you have flexibility in the day you travel, you might discover airfares leaving on a Tuesday or Wednesday are a better price than leaving on a Fri-

day or Saturday.

* Use those travel vouchers. If you've accumulated points through an airline or credit card, put those points to use in discounting your travels. One hint - make certain you get the best deal. If your credit card gives you the option of using points for cash back or for airline miles, research which method will get you further.

Now that the travel bug has you wanting to get away for a bit this spring, roll up your sleeves and get started finding coupons, discounts and savings for your travel plans. Just remember to put those savings to good use for fun and enjoyment when you reach your destination.



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Get Clever With Spring Cleaning

By Ashley Harris

With Spring comes the inevitable spring cleaning, whether its deep cleaning, throwing stuff out or organizing. If you were to compare an organized home to one where things are strewn about, the organized home typically appears cleaner. Organization can be displayed and used in many different ways.

Clever Container, which started in 2006, is a direct sales company that sells organizational products. Their products vary in price from 5 dollars to a max of 66 dollars, which includes a wide array of uses. Not only do they carry the normal totes and baskets, but also have specialized products for the vehicle, office, kitchen, closet, laundry room, kids room, and even for the pets.

Clever Container consultant, Brielle Larson of Sidney, has been a consultant since April of 2010. After becoming a mom, she wanted a way to stay home with her kids and yet help out the family financially. She started looking for a direct sales company that incorporated something she really enjoyed. Organizing is a passion of hers, so when she found the Clever Container Company it really stuck out.

With a passion for something and access to numerous products, Larson knows of some unique organizing tips and ideas. One of Larson's favorite and best selling products is the belt hanger, but she doesn't use it for belts. She states she uses it "because it is great for organizing tank tops and camis. Many of the products are made with a specific use in mind, but with a little imagination could be used for a very different reason. As Larson stated, "another clever use of one of our products is the under shelf cup rack in the laundry room to dry delicates."

Even with new, interesting organizational products, it can be difficult to motivate yourself to get up and use them. Larson suggests making cleaning fun by playing music, giving yourself a reward, or buying some fun cleaning products. As a mom, Larson suggests that if you have kids, get them involved with the cleaning. She stated, "It is a good way to teach them responsibility and a good way to give to others in need if sorting through old toys and clothes."

If you don't have that much time, Larson suggests setting a timer for 15 or 30 minutes and get as much done as you can. To get the most done, do not accept interruptions such as phone calls, emails, text, or visitors.

If you have plenty of time Larson suggests to start with the most used room in the house and work room to room, finishing each room before moving on. Here are some room to room tips she has suggested.

-Kitchen

Do clever clustering. Cluster like items together or all items used for a specific purpose. Use clear bins to store items, so that you can see what you have.

Organize by zones: baking zone, dishes zone near the dishwasher, cooking zone with pots and pans by the stove and prep zone near all the utensils and with a large area to work in.

Divide drawers so that all tools/utensils have their

Categorize food pantry. Use clear bins to store items, so that you can see what you have and you can get rid of those bulky boxes that take up extra space.

De-clutter counters by putting things away that don't need to be out.

-Living Room

Keep it simple. Don't clutter up your space. If you have too many decorations, store some away and switch out your decorations throughout the vear.

Purchase versatile storage items. Entertainment centers, end tables, cubes, and trunks are good items to have as decoration and also provide storage.

-Bedroom

Your bedroom is your sacred place, so it should be only the things that you love. There should be no clutter or unnecessary items in it.

Drawer dividers or bins for your drawers help keep like items together and helps you get the most out of your space.

Start by cleaning out clothes that you do not wear or fit by either donating them or selling them. Flag the clothes that you are unsure of. If you wear those clothes that are flagged, take the flag off. At the end of a season, all the clothes that still have flags on can be taken out of your closet.

Use the same hangers. It gives your closet a neat, organized look and uniform hangers save space.

Organize your clothes by upper body, lower body, whole body and special oc-

Organize by length and

Use vertical space. That is the most wasted space in a closet.

-Bathroom

Clear bins or tubs are a great way to organize all the same type supplies.

Take advantage of the space under your sink. Purchase products that attach to the inside of your under sink cabinet doors.

-Laundry Room

Have bins in your laundry room labeled donate, mending, loose change, etc., so as you are sorting through your clothes you can put them in the correct bin.

Office

Keep your work space de-cluttered by using an organizational system with different bins and drawer divid-

Have a filing system in place. Color-code your files so that they are easy to reference. For example, use green files for financial documents, blue files for medical documents, etc.

-Craft Room

Claim a space to work on your crafts. Empty your workspace of everything but the project you're working on to cut down on distractions.

Label and organize all your materials.

Create a calming, relaxing space.

Have inspiration all

around vou. If you would like to learn

more about Clever Container or purchase some products, you can visit Larson's website www.mycleverbiz.com/ brielle or contact her at clever2organize@gmail.com.



Clever Container products are made for many different areas including: vehicle, kitchen, laundry room, closet, among others.



This under the shelf cup rack, a Clever Container product, can be used for many different uses including drying undergarments in the laundry room.



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Growing Season Nearing

Submitted by the National Weather Service

As we head into the springtime months there are many individuals who have an interest in growing conditions. Whether it is simply someone looking to plant a garden in her or his own backyard, or if it is a farmer getting ready to begin planting, or someone interested in trading corn, soy, and a number of related commodities in the markets, everyone is starting to wonder about this year's growing season and what it will bring. According to the U.S. Drought Monitor, it appears that much of south central and southeastern Montana is experiencing at least some form of drought conditions. While some of these areas have noted slight improvement in recent weeks, it appears that northeast Montana and perhaps adjacent areas of North Dakota are so far escaping the impacts from drought, although a few areas are a bit below normal for moisture in the short term. Whether or not that trend continues will have a huge impact in the coming months on the growing season this year. For more information on drought conditions on a national scale, please check out: http:/ /droughtmonitor.unl.edu/. Clicking on a particular region will bring you to some local details about that par-

ticular area.

Taking a look at the figure below, it sure does appear that January was a wet month for us, and this may help stave off drought conditions for this growing season. To our east, it appears western North Dakota has been very dry, and if this continues, we may very well be the only area in the region not experiencing at least minor drought conditions.

Ninth Warmest Global Temperatures on Record for January: January 2013 actually tied January 1995 for the ninth warmest January since 1888 when you compute global averages. This has certainly been an on-going trend with the previous below-average January global temperature way back in January of 1976! More specifically, the average January global temperature taking into consideration both land and ocean surfaces turned out to be 54.57°F. This compares to the 20th century average January temperature

of 53 6°F In addition to warming temperatures, January has brought a wide array of precipitation amounts around the world. In many parts of Europe, the eastern U.S., as well as areas of central and southeastern Asia, above average precipitation occurred. Areas of Austria, Burgenland and Vienna experienced as much as four times their monthly average precipitation for January! On the other hand, it was drier than average across the western U.S., southern South America and southern Australia, and southern and eastern Asia. Moreover, Viwa Island recorded only 2.20 inches of rain which is actually its fourth lowest on record for January! Jerusalem also experienced its biggest snowstorm since 1992 with as much as 8 inches of snow from that! For more details, please check out: http:// www.ncdc.noaa.gov/sotc/ global/2013/1.



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Frequent Spring Allergy Questions Answered

(BPT) - Spring is in the air - and that means pollen, mold spores and other airborne allergens are going to bring on sneezing and wheezing for an estimated 40 to 50 million Americans.

The spring season can be especially bothersome with so much conflicting information on how to find relief. To help you better understand spring allergies and combat symptoms this sneezing season, the American College of Allergy, Asthma and Immunology (ACAAI), has answered some of the most frequently asked questions.

1. Why does it seem like more and more people have spring allergies?

This is likely due to increased awareness and more people taking the steps to being properly tested and diagnosed. According to a recent study published in the Annals of Allergy, Asthma and Immunology, pollen counts are gradually increasing every year, which can cause heightened symp-

2. Do spring allergy symptoms only last during the spring months?

The length of the season can help determine the severity of symptoms. For many areas of the country, spring allergies begin in February and last until the early summer. Mild winter temperatures can cause plants to

pollenate early. A rainy spring can also promote rapid plant growth and lead to an increase in mold, causing symptoms to last well into the fall months. Allergists recommend starting medications to alleviate symptoms two weeks before they begin. If you have a history of prior seasonal problems, start your medication at the first sign of any symptoms.

3. Will eating local honey cure allergies?

A common myth is that eating a spoonful of local honey a day can build allergy immunity. The idea is that bees pick up pollen spores from flowers, transfer them to their honey and help you better tolerate pollen. Seasonal allergies are usually triggered by windborne pollen, not pollen spread by insects. There is no scientific evidence that honey will provide any benefit or reduce allergy symptoms. Your best bet? Talk to your allergist about ways to avoid allergy triggers, the best medications to treat symptoms and whether immunotherapy (allergy shots) could be benefi-

4. Is there such a thing as spring asthma?

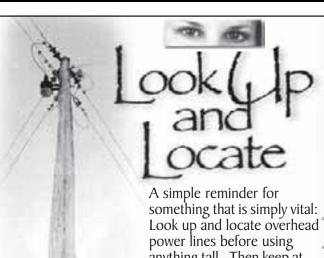
Allergies and asthma are often worse during different times of the year due to environmental allergens. An estimated 75 to 85 percent of asthma patients have allergies. These allergic responses in the lung can lead to symptoms of asthma. If you have spring allergies, this can be why you have more asthma symptoms during the season. Those that believe they may have symptoms of nasal allergy or asthma can find a free screening program in their area by visiting www.acaai.org/nasp.

5. Can you suddenly develop seasonal allergies in adulthood?

Yes. Although allergies are common in children, they can occur at any time and any age. Sometimes allergies go away, but they also can come back years later. If you suspect you have an allergy, you should keep track of your symptoms with MyNasalAllergyJournal.org and see an allergist to find

"By understanding what allergens trigger your symptoms and how to avoid them, you can find relief from spring allergies this season," says Dr. Richard Weber, an allergist and ACAAI president. "An allergist can help you find the source of your suffering and stop it, not just treat the symp-

Allergies and asthma are serious diseases during every season of the year and that's nothing to sneeze at. Misdiagnosis and inappropriate treatment can be dangerous. To learn more about these conditions, and locate an allergist in your area, visit www.AllergyAndAsthmaRelief.org.



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Pelvit's Business is Décor

By Ashley Harris

When a friend asked Charley Pelvit to make something back in 2011, it turned into a business. Pelvit, of Sidney, enjoys being creative and puts it to use by making home decorations. The interesting part is that she uses materials that other people would consider trash. She buys old parts from antique stores and saves them before people throw them out. She uses many materials including: barbed wire, door knobs, keys, old Copenhagen lids, and a variety of old wood.

Pelvit makes a variety of pieces with a western feel, both large and small. The prices vary depending on the size and amount of material. The smallest pieces she makes are candles, which are hand made with canning jars, barbed wire, coffee beans, and wax. The barbed wire is coiled in the jar so that as the candle melts it shows. The candles go for 7 dollars and are available in melon bean, vanilla bean, and cinnamon apple. She hopes to add more scents like clean breeze, lemon, and citronella for the summer season.

Possibly the most creative material she incorporates into a decoration is old Copenhagen tins, which she turns into roses with a piece of barbed wire for a stem. These unique pieces are normally 15 dollars but she is selling them through April for 10 dollars a piece. "I even have a bouquet of the Copenhagen lid roses up. They are a reminder of what I really like to do and that is make things," stated Pelvit.

With a mixture of beauty and steel, Pelvit's barbed wire crosses are a great addition to any room. By criss-crossing old barbed wire and twisting it together, she creates a wall

piece with a

gem or em-

blem at the middle as a

focal point.

With a range of 15 to 30

dollars de-

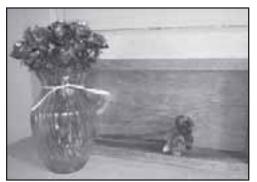
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These Copenhagen lid roses, made by Pelvit, are on sale through the end of April for \$10 each.

Along the same lines, Pelvit makes larger crosses using old barn wood, whiskey barrels, and other wood pieces. These crosses range from 30 to 45 dollars, depending on the size of the cross and the detail on it.

Whether it be the story behind making it or the person's story who bought it, many items end up carrying a story. One example of this that stuck out for Pelvit was a little girl that came to her booth at a vendor show. One of the items on the table was an old whiskey barrel with a horse shoe covered in colored rocks with a metal rose in the middle. This piece was obviously a hit with the little girl, as Pelvit stated, "When she walked by she had to run her fingers over it." The little girl was so excited that Pelvit cut her a deal and it went home with the

Although Pelvit started with small projects, they keep getting bigger. Now she is using window panes and doors. She has turned doors into coat racks by adding shelves to the bottom and old doorknobs and keys to the top as hangers. She actually has one in her living room, which she painted turquoise and used glass knobs as coat hangers.

Her next idea is to start making framed full length mirrors using old doors with hooks to hang jewelry on.

Your junk could be your treasure, as Pelvit also does custom orders. She will use your items, whether it's your old keys or barn wood from the old family farm, to create a decorative piece.

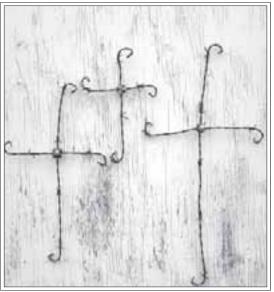
Although it is considered a business, to Pelvit it is more of a hobby as she finds her projects very relaxing and gets excited when starting new projects.

Pelvit named her business JC Creations after herself and her business partner, her almost 3 year old daughter Jaecee who likes to help. Pelvit stated that while working she has to "stop sometimes to get a picture because it is either really cute or funny."

To get in touch with Pelvit, or her helper, go 'like' their Facebook page 'JC Creations', where you can view some of her work to purchase. You can also email her at: cpelvit@gmail.com.



Above: Pelvit uses repurposed materials to create home décor, such as these custom coat racks.



With a mix of beauty and steel, Pelvit's barbed wire crosses are a less expensive alternative to home décor.



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The Sioux-Yellowstone Fire District

Cartwright, ND

Is accepting bids for the sale of a 2001 Dodge 3500 cab and chassis 4x4 dually truck, V10 gas, 5 speed manual transmission, new clutch, PS, PW, AC, tilt, Ranch Hand bumper, 116000 miles. Truck may be seen by appointment at the Cartwright Community Center Fire Hall by calling 406-480-0208.

Sealed bids addressed to Sioux-Yellowstone Fire District, 3244 155th Ave. NW, Cartwright, ND 58838 will be received by mail until Monday, March 25, 2013. The Fire District reserves the right to reject any or all bids.

Driver Wanted

Delivery driver for The Roundup. Must have valid driver's license, be able to lift at least 80 lbs. One day/week. Pick up application at 111 W. Main, Sidney, MT, or at the Sidney Job Service.



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House & acreage for sale in Vida, MT, south of Wolf Point. 2.2 acres, lots of apple trees & huge pine trees. Total of 6 bedrooms, 2 full bathrooms, large family room in the basement. Lots of extras, Price Reduced to \$185,000. 406-488-6183 or email debschmart@gmail.com.

FOR RENT COMMERCIAL FOR RENT

We've added some business/office locations in Yellowstone Marketplace, located in downtown Sidney. Standard size pod, \$750/

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Flexicoil 5000: 52', 12" space, 430 bu. TBT variable rate tank, double shoot. 2009 model. Low acres. Excellent condition. Watford City area. 701-770-5380.

SEED FOR SALE

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Fire resistant clothing available at The Other Place, Culbertson, MT, now 30% off. 406-787-5211.

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1982 Chevy Scottsdale, 6.2 liter diesel, topper, new transmission, new batteries, good tires plus hitch, needs seat repair, 40s Philco frig, good condition - runs, 40s Hiawatha boat motor - runs. Large oak desk. Call 406-742-5456.

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Perfect for any food service operation. 18ft. fully equipped trailer w/ service windows, stainless steel floor to ceiling, all equipment included. Includes support vehicles 2 F- 350 Dually Super Duty Pickups. Call or email for equipment list and photos. ChefWick@CrazylMountainChef.com or 406-930-2254.

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AR-15 DPMS Oracle .223 5.56, brand new in box. Collapsible stock, \$1,800. Call 406-478-9489.

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Lariat long box, 6.7 diesel engine. Awesome truck, must sell. Call 406-853-2111.



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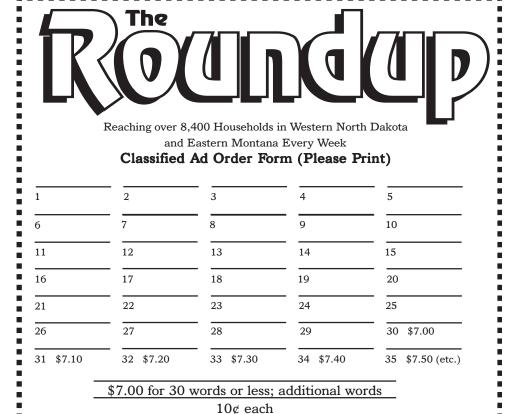
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The Roundup

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Lunch Menus

Sidney Schools

Thurs., Mar. 21: Burritos, tossed salad, mixed fruit.

Fri., Mar. 22: Chili, cinnamon rolls, pineapple tidbits.

Mon., Mar. 25: Chicken drumstick, potatoes & gravy, pears, dinner roll. Tues., Mar. 26: Taco salad, mandarin oranges, ice cream cup.

Wed., Mar. 27: Corn dogs, oven fries,

Richey Schools

Thurs., Mar. 21: Hamburger gravy, mashed potatoes, pears, bread. Fri., Mar. 22: Popcorn shrimp & salad

Mon., Mar. 25: Burritos, lettuce salad, peaches.

Tues., Mar. 26: Drummies, french fries, green beans, pears.

Wed., Mar. 27: Super salad bar

E. Fairview School

Thurs., Mar. 21: Hamburger hot dish, broccoli, oranges, jello, bun. Fri., Mar. 22: Chicken patty, rice, green beans, apples, bun.

Mon., Mar. 25: Super nachos, rice, corn, apple.

Tues., Mar. 26: PB&J Crustable, vegetable soup, fruit, carrots. Wed., Mar. 27: Spaghetti, salad, mixed

veggies, grapes, breadstick. **Fairview School**

Thurs., Mar. 21: Easter Dinner Fri., Mar. 22: Chicken fajitas, rice, beans, grapes

Mon., Mar. 25: Chicken gravy, mashed potatoes, peas, oranges,

Tues., Mar. 26: Soup, sandwich, carrots, apples.

Wed., Mar. 27: Taco salad, potato, pears, breadstick.

Savage School

Thurs., Mar. 21: Pork steaks, mashed potatoes, carrots, mandarin

Fri., Mar. 22: Chicken patty, calico fries, beans, pineapple, jello.

Mon., Mar. 25: Chicken fajitas, lettuce salad, tropical fruit.

Tues., Mar. 26: Easter dinner (pork roast, mashed potatoes, sweet potatoes, buns, green beans, relish trays & dessert).

Wed., Mar. 27: Spaghetti weiner casserole, peas/corn, whole wheat bread, applesauce.

Lambert School

Thurs., Mar. 21: Italian dunkers,

green beans, pears. Fri., Mar. 22: Tuna noodle hot-dish peas, buns, applesauce.

Mon., Mar. 25: Tater tot hot dish, salad, buns, fruit cocktail,

Tues.. Mar. 26: Chicken drummies mashed potatoes & gravy, green beans, buns, pears.

Wed., Mar. 27: Hamburgers, fries, fresh veggies, brownies.

<u>Culbertson School</u>

Thurs., Mar. 21: Sliced turkey, mashed potatoes, corn, gravy, mandarin oranges.

Fri., Mar. 22: White chicken chili, corn bread, pears.

Mon., Mar. 25: Sloppy joes, coleslaw,

apricots. Tues., Mar. 26: Scalloped potatoes,

ham, green beans, plums. Wed., Mar. 27: Chili dogs, fritos, carrots and celery sticks, pears.

Bainville School

Thurs., Mar. 21: BBQ chicken, butter noodles, peas, mixed fruit. Fri., Mar. 22: Pepperoni or cheese

pizza, bagel, pineapple. Mon., Mar. 25: Chicken nuggets, spudsters, cauliflower & carrots, tropi-

Tues., Mar. 26: Beef stroganoff,

green beans, strawberries, bread. Wed., Mar. 27: Sub sandwich, apple slices, corn.

Rau School

Thurs., Mar. 21: Nachos, salad,

Fri., Mar. 22: Soup/salad, fruit. Mon., Mar. 25: Corndogs, fries, carrots, peaches.

Tues., Mar. 26: Burritos, rice, salad,

fruited iello. Wed., Mar. 27: Cook's choice

St. Patrick's Day Sale For the ENTIRE month of March

2012 Chevy

GREY MET.EBONY, PW, PL, TILT, SC, A/C, AM/FM/CD. U5176A 26,563 MILES



2009 Chevy **1500 CREW**

SILVER/EBONY CLOTH, PW, PL, TILT, SC, P. SEAT 5.3 V8. ATOD, A/C, 4X4, AL WHEELS, U4865a, 26,712 MILES



2011 Buick Enclave

FWD-EX, QUICK SILVER MET/ EBONY CLOTH PW.PL.TILT.SC. AM FM/XM/CD B5072A 25,699 MILES



2008 Cadillac

AWD, BLK/EBONY LTHR, PW, PL, TILT, SC. 6.2 V8. AWD. DVD. SUNROOF, NAV NEW TIRES, CHROME 22" WHEELS, K4272A



2011 Chevy 1500 CREW LTZ

PW. PL. PWER SEATS. HTD SEAT. 7 LT. SC. AM/ FM/XM/CD. 6" ASSIST STEPS, 20" WHEELS, RAILS, SILVER/TITANIUM LEATHER, 36,669 MILES.



2012 Ford FUSION SE

PW. PL. TITLT, SC. AUTO, BLACK/ EBONY CLOTH, U5181A 23.187 MILES



2011 Chevy 3500 SRW

DESELLTZ PW. PL. TLT. SC. F SEATS, AMIFMIXIMICD, SILVERI EBONY LEATHER



2012 Dodge

PW, PL, STILT, SC, AM/FM/CD **GREY MET/EBONY** CLOTH, U5178A. 14,374 MILES

2011 GMC YUKON DENALI

WHEELS PW. PK. TILT, SC. AM/FM/XM/CD, NAV. DVD SUNROOF MOCHA STEEL EBONY LEATHER 45,494 MILES, STKHK4975A



2011 Dodge **RAM 1500**

QUAD CAB, BIG HORN LEATHER, PW. PL. TILT, SC AM/FM/CD, CHROME GRILL GUARD - ASSIST STEPS, A/C. 5.7 VB AUTO, G4415A



2012 Dodge **RAM 3500** PW. PL. P. SEAT, A/C.

TILT, SC, CUMMINS DSL, AUTO, LONGBOX, W/STH WH HITCH. C4871A, 10,513 MILES



2011 Ford **F250 S DUT**

6.7 DSL, LTHR, PW, PL, TILT, SC, P. SEATS, BLUE/GRAY CLOTH, C5160A 73.552 MILES



2010 Chevy CAMARO

SS-RS PKG, 6.2 VB, AUTO. PW, PL, TILT, SC, P SEATS LEATHER, AM/FX/CD U51828, 25,908 MILES



2013 Ford EDGE AWD PW. PL. SC. TILT.

LAXOR BLUE/ EBONY CLOTH, AL WHEELS, U5179A. 21,471 MILES



2011 Chevy Suburban

FM/XM/NAV, DVD, Sunroof, Htd Seats Power Seats, LT Blue Met/Titanium Lther. 20" Wheels, 35,977 Miles, C5226A



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Easter Fun

By Tie Shank

Easter is upon us, so this year, take the opportunity to put a little more eggcitement into it and have some creative fun with your family and friends. In the past I've tried both of these fun ideas and needless to say they were a huge success.



1) Easter Carrots – gels do

These are extremely simple and a great treat to send to school with the kids or to put in their Easter basket. You'll only need three simple things:



 Cheetos or Goldfish crackers – If you're using Goldfish crackers, you can use orange or be more creative and use the rainbow colored crackers.

2) Disposable decorating bags

3) Ribbon – regular thin ribbon or green Ric Rac ribbon

Fill the bags. Be sure to leave enough room at the top to close and tie the ribbon.

the eggs to cool, gather several short glasses and put a half a cup of cold water in each glass.

Liquid food coloring typically comes in four colors: Red, Green, Yellow and Blue. Remember each ½ cup of water will take 20 drops of liquid food coloring.

To get the color scheme seen in the photo, mix the following colors:

Purple - 15 drops of

Rainbow

Eggs Thes

These hard boiled eggs are an eggcellent idea and will be a hit on your dinner table on Easter Sunday.

You'll need:

- Liquid food coloring
 gels do not work well with this recipe
 - 2) Eggs
 - 3) Water
- 4) Short cups to prepare die mixture

harder)

Boil the eggs, drain and run tepid water over them (cold water tends to tighten around the egg - making them peel

Peel the eggs immediately but do not cut them.

While waiting for

Blue and 5 drops of Red.

Pink – 14 drops of Red and 6 drops of Blue.

Orange – 17 drops of Yellow and 3 drops of Red

Greenish Yellow – 14 drops of Green and 6 drops of Yellow

Orange – 17 drops of Yellow and 3 drops of Red

Drop one egg in to each cup and let sit for two hours. You can refrigerate them if you'd like. Remove the egg and rinse with cold water. Cut in half lengthwise

You can also use these colored eggs to brighten up egg salad or potato salad. Enjoy!

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