

# The Roundup

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Wednesday, March 6, 2019

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## Voice Your Opinions About Healthcare In Richland County Health Survey

Sidney, MT – Community members in Sidney and Richland County may soon be receiving a survey form in their mailbox. This survey will be sent to a random sample of homes and will help Sidney Health Center identify the health services needed in the community. This information will be used for strategic planning, grant applications, new programs, and by community groups interested in addressing health issues.

The Montana Office of Rural Health is assisting Sidney Health Center in the analysis of local community needs, use of local health care services and overall community health. This process was developed to maintain quality health care to serve the continuing and future needs of the community.

The community healthcare assessment process promotes healthcare as a local affair. Citizens of rural counties can take responsibility for the health of their community by completing the survey they receive in their mailbox. Most communities face a large number of complex issues in providing high quality healthcare, but fortunately, Richland County can engage in effective problem-solving, which is the most important factor in the survival of rural health services.

An accompanying goal of this process is to keep health care dollars within the local community. While the vast majority of health care can be provided locally, rural citizens often drive to large medical centers for care, spending money on health care and non-health care purchases that could be spent locally. It is estimated that within a typical rural community, millions of dollars of revenue is lost in this way. This revenue could be retained in the local community with stronger community-health care provider linkages.

Sidney Health Center's campus includes an acute care (25-bed) hospital, clinic area, cancer care center, certified sleep center, retail pharmacy and an extended care facility, offering a complete range of services from birth through end-of-life. These primary areas are complemented by several outpatient services including radiology, laboratory and rehab services to name a few.

"The purpose of the survey is to obtain information from a wide range of participants to assist in planning our programs, services, and facilities to best serve the needs of our community and the surrounding area," stated Jen Doty, Sidney Health Center CEO.

"We are pleased to be able to bring some of the best community health resources to Sidney Health Center. The goal of this initiative is to assist forward-thinking rural hospitals and communities in aligning their resources, to address their present and future needs in the best way possible," said Natalie Claiborne, Assistant Director, Montana Office of Rural Health.

## Richland County Health Department Receives ASPIRE Award

The Richland County Health Department is proud to announce their selection as one of the sites to receive the inaugural ASPIRE award. The National Association of County and City Health Officials (NACCHO) and the Centers for Disease Control and Prevention (CDC) sponsored an award to announce the Achieving the Social Determinants of Health Population Improvement in Rural Environments (ASPIRE) program. The goal of the ASPIRE award is to recognize excellence in rural communities that are committed to addressing the social determinants of health. The social determinants of health are the conditions in the places where people live, learn, work, and play that affect health risks and outcomes. Five local health departments across the nation were selected for this award and received \$5,000 to help further their work.

The award will be put towards the emotional wellness campaign, an initiative included in the Richland County Health Department Strategic Plan for 2019-2021. Connecting Resources for Emotional Wellness (CREW) is a subcommittee of the Mental Health Local Advisory Council action group that addresses mental/behavioral health issues in the area. CREW's primary initiatives include an emotional wellness campaign, creating a "No Wrong Door" policy, and coordinating trainings and resources for mental health services. The emotional wellness campaign aims to create an environment that values personal, relational, and community wide emotional wellness and increase the awareness of the importance of emotional wellness, integrate emotional wellness into daily life, and create a resilient community. The Richland County Health Department is grateful for the opportunity to improve the emotional wellness in the area and enhance the quality of life in Eastern Montana.

## Safari Trampoline Park Open In Williston



By Dianne Swanson

After a few years of taking his now 7 year old son to trampoline parks in Minot and Bismarck, Jay Surani broached the subject of a local park to Williston Economic Development. With their encouragement, Surani and his partners have built an incredible indoor entertainment center guaranteed to please all generations. Local artist James Griffin has used his amazing skills to create a safari décor that's just delightful.

In addition to the regular trampolines, visitors can jump and play basketball, or dodge ball, climb the rock walls, or navigate the obstacle course, all as safely as possible. Comfortable benches accommodate parents as they watch their kids have fun.

Take a break from jumping and try out the bumper cars, the wipe-out, or one of the many, many latest and greatest arcade

games designed for all age levels. Fasten your seatbelt for a wild ride as you battle the aliens or zombies in the Gigamon, a game no one else has within 300-400 miles.

Enjoy pizza, fries or a donut and beverage in the dining room. Children will love to have a birthday party in one of the two specially decorated rooms at Safari Trampoline Park. Packages are available; please call to reserve your space.

Williston is home for Surani and his family. His two sons are 7 and 3 and he and his wife have another child on the way. "I wanted to do this for my children, and do it for all the children," he said.

Safari Trampoline Park is located at 3206 26th St. W., Williston. Their phone number is 701-572-2222. Visit their website at [www.safaritampoline.com](http://www.safaritampoline.com).

## Rangers Jr. Gold Team Wins State Tournament



The Richland Rangers Jr. Gold hockey team took first place at the state tournament in Langdon, ND with a win over Fargo by a score of 6-3 on March 3. The Rangers High School Girls team placed 3rd at the state tournament in Bismarck.

Back row (L-R) Coach Matt Donovan, William VanHook, Bryce Wold, Parker Tofte, Bill Steinley, Parker Mindt, Braden Kindopp, Logan Boyer and Coach Bryan McDowell. Front row (L-R) Nicolas Trevino, Tate Wieferich, Kyler Garsjo, Jaxson Franklin, Wes VanHook and Graylin Martin. (Photo submitted)

## MSU Extension To Offer Farm Management Workshops In Culbertson

By MSU News Service

BOZEMAN — Montana State University Extension will offer a two day farm management workshop in Culbertson at the Roosevelt County Complex, 307 Broadway on March 13th through the 14th. The workshop will begin at 9:30 am on the 13th and 9:00 am on the 14th.

MSU Extension economists George Haynes, Kate Fuller and Joel Schumacher will lead the workshops. Other contributing faculty members will include agricultural economists Anton

Bekkerman, Diane Charlton and Eric Belasco; family economist Marsha Goetting; cropping systems specialist Kent McVay; beef cattle specialist Megan Van Emon; rangeland weed specialist Jane Mangold; soil fertility specialist Clain Jones; and forage specialist Emily Meccage. Additionally, Wayne Hendrickson of First Community Bank in Culbertson is going to be speaking on "What is your Banker Looking For".

The two-day workshops will cover the following topics: financial analysis and enterprise budgeting, risk management,

crop and livestock production, agricultural leases, agricultural policy issues and business succession.

Participation in these workshops will satisfy the requirements for Farm Service Agency production and financial management training. There is no cost to attend, but participants are asked to register by contacting Keri Hayes at 406-994-3511 or [khayes@montana.edu](mailto:khayes@montana.edu) or George Haynes at 406-994-5012 or [haynes@montana.edu](mailto:haynes@montana.edu).





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

**Serving Watford City At Meyer's Department Store**  
200 N Main • 701-444-2906 | Mon-Fri: 10am - 6pm • Sat: 10am - 5pm  
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This project is funded in whole or in part under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department. This project was funded with 100% federal funds at a cost of \$61.5 for publication.


# CHILI FEED AND SILENT AUCTION

— Benefit For Rocky Nelson —

## LAMBERT SCHOOL GYM

### MARCH 10 • 11AM - 2PM

*Rocky was diagnosed with Acute Myeloid Leukemia & will be in Billings for an unknown amount of time for treatment. Please help support a long-time Lambert Lion Coach on his road to recovery!*



**To donate for auction, Call Susan Torgerson at 774-3333 ext 1101.**  
For more information, call Anita at 406-774-3741, Kathy at 406-774-3462 or Pennie at 406-774-3455.

## AREA RECOVERY GROUPS

**MONDAYS:**  
**12 p.m.** — AA Monday Noon Group, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave., Sidney.  
**1 p.m. - 3 p.m.** — Grief Reovery Support group at First Lutheran Church in the music room, Watford City.  
**6 p.m.** — Al-Anon Family Group Meeting, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave., Sidney.  
**8 p.m.** — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

**TUESDAYS:**  
**7 p.m.** — AA Welcome Home Group, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.  
**7 p.m.** — 24-hour Women's AA group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.


**THURSDAYS:**  
**7:30 p.m.** — Al-Anon Meeting, Presbyterian Church, 316 4th Ave. NE, Watford City, ND.  
**8 p.m.** — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

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

**SATURDAYS:**  
**9 a.m. & 7 p.m.** — AA Welcome Home Group, Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.  
**7 p.m.** — AA 24 group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.

**SUNDAYS:**  
**7 p.m.** — AA Welcome Home Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave., Sidney.

# STATISTICS



### LAKE WATER LEVEL REPORT

**Sakakawea**

Current Elevation.....	1837.4
Last Week's Elev. ....	1837.6
One Year Ago .....	1837.9
Release For Day (C.F.S.) .....	24,000

### SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
February 25 .....	-5 .....	-13 .....	0.00
February 26 .....	3 .....	-12 .....	0.08
February 27 .....	10 .....	-14 .....	0.02
February 28 .....	21 .....	5 .....	0.00
March 1 .....	15 .....	-4 .....	0.00
March 2 .....	-3 .....	-19 .....	0.00
March 3 .....	-2 .....	-18 .....	0.01
Total YTD Precipitation .....	1.25		

## Mark Iszler, 53

### Sidney, MT

Funeral services for Mark Iszler, 53, of Sidney are at 10 a.m., Saturday, March 9 at Shepherd of the Valley Lutheran Church in Sidney with Pastor David Huskamp officiating. Interment will be in the Sidney, Cemetery, Sidney, MT under the care of Fulkerson-Stevenson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com). Visitation will be Friday, March 8 from 10 a.m. to 6 p.m. at the funeral home and one hour before service at the church. Mark passed away on Saturday, March 2 at Sidney Health Center, Sidney, MT.

## Robert “Bob” Bieber, 66

### Fairview, MT

Funeral services for Robert “Bob” Bieber, 66, are at 10 a.m., Friday, March 8 at Trinity Lutheran Church in Sidney with Pastor Rolf Preus officiating. Interment will be in the Fairview, Cemetery, Fairview, MT under the care of Fulkerson-Stevenson Funeral Home of Sidney. Visitation will be Thursday, March 7 from 12 to 5 p.m. at the funeral home and one hour before services at the church. Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com). Bob passed away on Sunday, March 3 at his home in Fairview.

## Paul E. Brannan, 81

### Sidney, MT

Funeral services for Paul E. Brannan, 81, of Sidney are at 10 a.m., Wednesday, March 6 at Ebenezer Congregational Church in Sidney with Pastor David Meehan officiating. Interment will be in the Richland Memorial Park Cemetery, Sidney, MT under the care of Fulkerson-Stevenson Funeral Home of Sidney. Visitation was held Tuesday, March 5 from 10 a.m. to 6 p.m. at the funeral home and one hour before services at the church. Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com). Paul passed away on Wednesday, February 27 at Sidney Health Center, Sidney, MT.

## J. Harry Johnson, 98

### Sidney, MT

Funeral services for J. Harry Johnson of Sidney were held at 11 a.m., Saturday, March 2 at Pella Lutheran Church in Sidney with Pastor Audrey Rydbom officiating. Visitation was held Friday, March 1 from 12-5 p.m. at Fulkerson-Stevenson Memorial Chapel in Sidney. Fulkerson-Stevenson Funeral Home is caring for the family. Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com). J. Harry passed away on Monday, February 25 at The Lodge in Sidney.

## Sidney Plane Folks

### Indoor Fly And Static Air Show, March 24, Sidney

Free to the public so come and enjoy the indoor fun fly and static air show from 9 a.m. to 3 p.m., Sunday, March 24 at the Sidney-Richland Airport. There will be many radio controlled model aircrafts. The Static Show will include aircraft of all sizes and makes. No entry fee for models to be entered in the show. There is no limit on the class; they may be electric, gas or glow fuel powdered. It is a Fun Fly event that includes flight of micro models designed for indoor flight. There will be open flying for AMA Member pilots. There will also be a contest to test the skills of pilots. The AMA member pilot fee is \$15. Lunch will be available for \$5 and drinks available for \$1 each. Come and watch the fun. If you are interested in becoming a pilot, there will be aircraft available for purchase from Prairie Unique of Terry, MT. The Sidney Plane Folks will welcome new members and are willing to assist in training new pilots throughout the summer at our flying field out on the Lost Highway. Come enjoy the time to visit.

## Montana DOT

### Proposes Resurfacing Project for U.S. Highway 13 East of Wolf Point

WOLF POINT - The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to resurface about 6 miles of Montana Highway 13 on the Fort Peck Indian Reservation, east of Wolf Point in Roosevelt County. The project begins at the intersection with Montana Highway 25 (MT-25), which is located .5 miles north of the Missouri River Bridge at reference post 0.0, and extends north for 6.3 miles, ending near the intersection of Hillview Road. Proposed work includes milling the existing surface, applying a new overlay, and finishing with a seal and cover (chip seal), shoulder, centerline, and transverse (cross lane) rumble strips at the intersections with MT-25 and U.S. Highway 2, upgraded pavement markings and signage. The purpose of the project is to extend the life of the pavement and to reduce maintenance costs. Typically, pavement preservation projects of this size and scope are advanced to construction as soon as possible, generally within two to three years. A target construction date will be determined upon completion of all project development activities and availability of funding. No new right-of-way or utility relocations will be needed. For more information, please contact Glendive District Administrator Shane Mintz at (406) 345-8212 or Project Design Engineer Megan Cail at (406) 4446230. Members of the public may submit written comments to the Montana Department of Transportation Glendive office at P.O. Box 890, Glendive, MT 59330-0890, or online at: [mdt.mt.gov/mdt/comment\\_form.shtml](http://mdt.mt.gov/mdt/comment_form.shtml) Please note that your comments are for project UPN 9406000. Alternative accessible formats of this information will be provided upon request by contacting Alice Fleisch, Human Resources and Occupational Safety Division, P.O. Box 201001, Helena, MT 59620; (406) 444-9229; TTY (800) 335-7592; fax (406) 444-7243, or e-mail to [aflesch@mt.gov](mailto:aflesch@mt.gov).

# EVENTS

SEND US YOUR EVENTS!  
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## RICHLAND COUNTY

**Events in Sidney unless otherwise listed. MT Zone.**  
**Wed., March 6**  
10 a.m. - 4 p.m. - **2019 Youth Art Show** - This event will continue through March 30. **The Pure Quill Exhibition by Barbara Van Cleve** - This event will continue through April 27. - Viewing is free and open to the public. MonDak Heritage Center, 120 3rd St. SE, Sidney, 406-433-3500. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.  
12-1 p.m. - **Blood Pressure Management Workshop** - More workshops also occur March 13, 20, 27, April 3 and 10. Community Services Building, Room 201, Sidney, MT. For more information call Ashley VandeBossche, 406-433-2207. 4-6 p.m. - **Cancer Care Town Hall Social** - The general public is invited to attend this informational meeting and conversation about cancer care. Sidney Country Club, Sidney. A brief program will be held at 5:15 p.m. featuring Dr. Bertagnolli, Dr. Chad Pedersen and Dr. Ralf Kiehl.  
**Thurs., March 7, 8 a.m.-6 p.m. & Fri., March 8, 7 a.m. - 2 p.m. MonDak Ag Days & Trade Show** - Free event. Richland County Event Center, Sidney, MT. **March 8, 5 p.m.** Pre-Banquet Social; 6 p.m., MonDak Ag Days Banquet featuring Chad Prather. Tickets \$45 each available at Richland Co. Extension, Sidney Chamber, SidneyMT.com, Stockman Bank and Tri-County Implement.  
**Thurs., March 7**  
3:30 - 5 p.m. - **Book Buddies** - For grades PreK-8th. Students can come read with a library volunteer to help develop reading skills. Sidney-Richland County Library, 406-433-1917.  
**Fri., March 8**  
10:30 a.m. - **Story Time** - All ages welcome but the focus is kindergarten readiness. Sidney-Richland County Library, 406-433-1917.  
**Sat., March 9**  
9 a.m.-12 p.m. & 1-4 p.m. - **Soccer Coaches Clinic** - Open to parents of soccer players, volunteers, coaches or anyone interested in improving their coaching skills. No experience necessary, no need to have a child on the soccer team. PreK-3rd grade, 9 a.m.-12 p.m.; 4th-8th grade 1-4 p.m. Free sessions. Register ahead of time by emailing [sidneysoccerassoc@gmail.com](mailto:sidneysoccerassoc@gmail.com). Sidney Middle School Gym, Sidney, MT.  
12-6:30 p.m. - **Dennis Albrecht Benefit** - Chili dinner, live auction, silent auction and raffle. VFW, Sidney, MT. Proceeds to assist with medical expenses.  
2 p.m. - **Movie Matinee** - Incredibles 2. Sidney-Richland County Library, 406-433-1917.  
**Sun., March 10**  
11 a.m. -2 p.m. - **Chili Feed & Silent Auction Benefit for Rocky Nelson** - Lambert School Gym, **Lambert MT.** To donate a silent auction item call Susan Torgerson, 406-774-3333 ext. 1101. For more information call Anita, 406-774-3741, Kathy, 406-774-3462 or Pennie, 406-774-3455.  
**Tues., March 12**  
4-5 p.m. - **Lego Club** - Creative building for kids K-5th grade. Sidney-Richland County Library, 406-433-1917.  
**Wed., March 13**  
5:30 p.m. - **3rd Annual Fr. Shinnick Memorial Banquet** Welcome to Mardi Gras! Social, dinner, entertainment. \$30 Richland County Event Center, Sidney, MT. Tickets on sale after mass starting Feb. 16 and at Tami Maltese CPA, 113 West Main, Fink Dental, 122 2nd St. SE or from any Foundation Board Member.  
**Sat., March 16**  
10:30 a.m. - **Bilingual Story Time** - A program for kids and families with stories and songs in Spanish and English. Sidney-Richland County Library, 406-433-1917.  
5 p.m. - **Jimmy Fugate Corned Beef & Cabbage Feed Memorial Scholarship Fund Benefit** - Green beer, green jello shots. Waterhole #3, Fairview, MT.  
**Mon., March 18**  
7-8 p.m. - **Sidney City Council Meeting** - If a resident has a matter to discuss with City Council, contact City Hall to be put on the agenda. Public welcome. City Hall, 115 2nd St. SE, Sidney, MT. For more information call 406-433-2809.  
**Thurs., March 21**  
11:30 a.m. - **Richland Red Hatters Lunch Meeting** - Simply Scrumptious Bakery. RSVP by March 19. Call Sylvia, 798-3882 or Margaret, 488-4613.  
5:30-6:30 p.m. - **Focus Group Environmental Health Concerns** - The Active Richland County Action group needs your input on Environmental Health Concerns in Richland County. Refreshments provided. MainStay Suites, 1000 3rd St NW, Sidney, MT. For more information email [kpodsia@richland.org](mailto:kpodsia@richland.org) or call 406-433-2207. **This event also occurs** March 25 12-1 p.m., Senior Center, 178 East Main St., **Savage, MT;** March 28, 5:30-6:30 p.m., Senior Center, 516 S. Central Ave., **Fairview, MT** and April 2, 5:30-6:30 p.m., CQ Bar & Grill, 149 Main St., **Lambert, MT.**  
**Fri., March 22 & Sat., March 23**  
7 p.m. - **Free Dance Lessons** - Learn western dance, line dance, two step, swing. Waterhole #3, 416 S. Ellery Ave., Fairview, MT.  
**Sun., March 24**  
9 a.m. - 3 p.m. - **Sidney Plane Folks Indoor Fun Fly & Model Airplane Show** - Free to the public. Come and enjoy watching model airplanes fly. Bring the family and spend the day. Lunch 11 a.m.-1 p.m., \$5; drinks, \$1. Sidney-Richland Airport, Sidney, MT.  
2 p.m. - **Feed Like A Champion** - Multi-Species Livestock Workshop: 2-2:30 p.m., rabbits and poultry; 2:30-3:30 p.m., lambs and goats; 3:30-4 p.m., market swine; 4:30-5:15 p.m., market steer and show heifer. R&J Ag Supply, 510 10th Ave., SE, Sidney, MT. For more information call or email Hayley, 406-488-1953 , [hayley.rjag@gmail.com](mailto:hayley.rjag@gmail.com).

## McKENZIE COUNTY

**Events in Watford City unless otherwise listed. CT Zone**  
**Thurs., March 7**  
11:30 a.m.-12 p.m. - **Storytime** - For children between the ages of preschool and 2nd grade. Free event, no registration necessary. McKenzie County Public Library, Watford City, ND. This event continues every Thurs. through May, 2.  
**Sat., March 16**  
5-9 p.m. - **Hockey Night** - Mites vs. Moms! Squirts vs. Dads! \$5 for both events. Knockerball Hockey, first game 7:15 p.m. Main Event! Police vs Fire Department! Concessions and cash bar. Rough Rider Center, Watford City, ND.

## WILLIAMS COUNTY

**Events in Williston unless otherwise listed. CT Zone.**  
**Sat., March 9**  
8:30 a.m. - 3 p.m. - **Spring Tree And Garden Workshop** - Free and open to the public. This is a perfect workshop for homeowners, gardeners and landscape professionals. Lunch provided for attendees who pre-register. Williston Research Extension Center, 14120 Hwy 2 W, Williston, ND. For more information visit <https://www.ag.ndsu.edu/willistonrec/events/2019-spring-tree-and-garden-workshop>.  
**Mon., March 11-Wed., March 13**  
**National Hard Spring Wheat Show** - Raymond Family Community Center, Williston, ND. March 11, Bread Fair for area 5th graders; Seminars & Trade Show on March 12 starting at 8 a.m. and March 13 starting at 9 a.m. For more information visit <https://www.ag.ndsu.edu/williamscountyextension>.  
**Fri., March 15**  
6-10 p.m. - **2019 Taste of Williston** - Sample food and treats from Williston's finest restaurants and caterers while enjoying music from the American State Bank Dublin Boys! Williston New Armory, Williston, ND. For more information call the Williston Chamber at 701-577-6000 or find the event on Facebook.

## DAWSON COUNTY

**Events in Glendive unless otherwise listed. MT Zone**  
**Fri., March 15**  
5-9 p.m. - **Spaghetti Dinner & Benefit Auction for Bruce Smith** - EPEC, 313 S. Merrill Ave., Glendive, MT.  
**Wed., March 20**  
12-1 p.m. - **Lunch 'n' Learn "Advanced Health Care Planning"** - Join Christina Sager of GMC as she talks about the process that enables individuals to make plans about their future health care. Tea and coffee will be provided, bring your own lunch. Glendive Public Library Community Room. For more information visit <http://tinyurl.com/prgkapr>.



# Hermans Car Wash to Open in Sidney Mid-Summer

By Dianne Swanson

Don and Roger Byer and Reynolds Corporation announced Thursday the addition of Hermans Car Wash to the Shops at Fox Run. Hermans Car Wash is named after Byers' father who passed away 25 years ago. Their other car wash is named after their mother Margie.

Hermans will be located in lot 1, next to the post office and Highway 200. "There's not a better location in Richland County," Roger said. He credited Reynolds Corporation for being more than helpful in making the project come together while John Reynolds, president and CEO of Reynolds Corporation, said it should be a really good fit for the complex. Plans call for the carwash to be open 24-7 by the end of July. Access will be



(L-R) Roger and Don Byer with John Reynolds

available via the main entrance to Reynolds Market on Highway 200, or the back road.

The wash will feature three automatic bays, but no hand wash bay due to the massive amount of work it requires to keep it clean. "Our employees spend as much time cleaning the hand wash bays at Margies as people spend washing their vehicle," Roger stated. "It's more difficult to manage and be a good, clean business. Less dirt and grime will be in the best interests of everybody. We want to be a really good neighbor."

Hermans will look like Margies and feature identical state-of-the-art equipment but the pay station will be different. There will also be four vacuum spaces. While Margies is very well lit, a light show in Hermans will make the wash experience even better for customers.

"Security and safety are our big issues," Roger said. Extensive signage and a bright exterior will help customer navigate the facility. Water recycling will also be a part of Hermans with 1500 to 3000 gallons per day being reused.

Don't like to wait in line? Hermans will feature live cameras and customers can download an app which will provide a view of the car wash and let them know wait times without having to drive by.

Excellent employees keep Margies clean and running smoothly. Byers are also looking to hire a couple of good employees for Hermans. Contact them at 406-482-4401.

John Reynolds expressed his satisfaction with the development saying that it's a great deal for both entities. Reynolds marketing manager Libby Berndt added that they really appreciate B&B's commitment to the community. "It's always great to see something positive," she commented.

## Sidney Gymnasts Compete at Rushmore Invite

Sidney Gymnastics Club traveled to Sturgis, SD and had 3 gymnasts compete in the Rushmore Invitational on February 23rd and 24th.

Level 3 competitor Jordyn Saulsby earned a 8.40 on Vault, 8.0 on bars, 8.8 on balance beam and 8.250 on floor. All around score of 33.450.

Level 4 competitor Brooke Skov earned a 7.350 on Vault, 7.250 on bars, 7.50 on balance beam and 7.550 on floor. All around score of 29.650.

Level 6 competitor Kamre Kloker earned a 8.30 on Vault, 8.1 on bars, 7.950 on balance beam and 8.650 on floor. All around score of 33.0.



Jordyn Saulsby (Submitted by Brenda Filler)

## Ranger Girls 12U Team Takes on Williston



Sidney-Richland Ranger Girls 12U team faced the Williston Coyotes 12U Girls team in Sidney Feb 24. Williston Coyote center, Elexis Corona takes a shot on goal which in this attempt was unsuccessful but she scored 2 goals in the game. Sidney Goalie #11 is McKenna Haralson and Sidney #12 is Rayella Radke. The final score was Williston 14 over Sidney 0. (Photo by Roger Riveland)

## Men's Health Screening

Ages 55 to 75

Friday, March 15  
3-5 PM

Sidney Health Center  
Cancer Care Suite

214 14th Ave SW • Sidney, Montana



Encourage the  
MEN in Your Life  
to Get Screened!

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Do you have inaccessible public land that you're willing to provide access to from June 30-December 31, 2019?

Montana Fish, Wildlife and Parks would like to visit with you about opportunities to enroll one or more of your private land parcels in the Unlocking Public Lands Program (UPLP). Through annual UPLP agreements, landowners can receive tax credits of up to \$3,000 (\$750 per parcel) for allowing outdoor enthusiasts to cross private property to get to inaccessible public property. March 15, 2019, application deadline.

For more information on the Unlocking Public Lands program visit: [fwp.mt.gov/fishAndWildlife/landowners](http://fwp.mt.gov/fishAndWildlife/landowners) or contact us at 406-444-2505.

As always, THANK YOU for opening your gates.



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For details and to register, visit [www.handyandysnursery.com](http://www.handyandysnursery.com) or our Facebook page

Sat, Mar 9, 2pm ..... Houseplants

Sat, Mar 16, 10am ..... Succulents Bird Nest

Sat, Mar 16, 3:30pm ..... Little Sprouts Grass Pets (ages 6-10)

Sat, Mar 23, 10am ..... Vegetable Basics



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# The Roundup

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## Sidney Wrestling Results

### MidRivers Folkstyle Invitational Results For Sidney Wrestling Club, Glendive, March 2

Tots 34-37: Slade Anderson, 1st place.  
Tots 36-38: Billy Franzen, 1st place.  
Tots 38-41: Ayden Schofill, 4th place.  
Tots 42-44: Thomas Ostle, 2nd place; Raiden Olmstead, 3rd place.  
Tots 44-47: Gannon Hill, 4th place.  
Tots 46-47: Xavier Conroy, 4th place.  
Tots 51-53: Ryker Vonderheide, 3rd place.  
Bantam 45-47: Eli Abar, 5th place.  
Bantam 48-49: Tucker Bailey, 4th place.  
Bantam 57-58: Tuff Williams, 3rd place; Cye Franzen, 1st place.  
Bantam 58-60: Max Kleinke, 1st place.  
Bantam 65-67: Konnar Ulrich, 6th place.  
Bantam 114-117: Jeremiah Hill, 3rd place.  
Midget 55-57: Hazen Foss, 1st

### Montana Middle School Championships Results For Sidney, Lewistown, March 2

MMSC 65: Gordon Knapp, 1st place.  
MMSC 70: Brenner Mullin, 4th place.  
MMSC 95: Kaden Wise, 3rd place.  
MMSC 105: Owen Lonski, 2nd place.  
MMSC 152: Nathan Romo, 4th place.  
MMSC 171: Chace Waters, 1st place.  
MMSC 189: Caleb Kleinke, 3rd place.  
JV 55-64: Tyson Syth, 1st place.

place.  
Midget 56-58: Noah Abar, 2nd place.  
Midget 59-63: Kade Kutzler, 4th place.  
Midget 68-70: Kash Mullin, 4th place.  
Midget 71-74: Rueger Sheehan, 6th place.  
Midget 74-79: Aiden Rudie, 2nd place; Allen VanGorder, 1st place.  
Midget 79-83: Shay Severson, 1st place.  
Midget 83-90: Terren Bright, 1st place; Aaron Schmitz, 2nd place.  
Midget 95-102: TayLeigh Olmstead, 4th place.  
Novice 52-60: Rylan McGahan, 2nd place.  
Novice 75-79: Brandon Vonderheide, 6th place.  
Novice 80-84: Brody Keysor, 2nd place.  
Novice 90-95: Ty Schepens, 1st place.  
Novice 123-136: Koltyn Mullin, 4th place.  
Novice 143-149: Kaleb Kutzler, 1st place.

JV 55-64: Carson Propp, 2nd place  
JV 65-71: Maliek Taylor, 1st place.  
JV 65-71: Grady Bloesser, 2nd place.  
JV 75-80: Beau Rindahl, 2nd place.  
JV 75-80: Cristian Gonzales, 4th place.  
JV 80-92: Morgan Reid, 3rd place.  
JV 85-95: Parker Wunder, 4th place.  
JV 92-99: Nathan Carlsen, 2nd place.  
JV 100-112: Burton Pollari, 4th place.  
JV 107-113: Lance Allen, 4th place.  
JV 115-119: Aiyana Kirn, 3rd place.  
JV 125-125: Corey Christensen, 2nd place.  
JV 133-143: Deion Taylor, 2nd place.



Kiana Miller shoots over a Box Elder player in a Semi Final Game at the Class C Girls State Basketball Tournament.



Tyler Lien shoots over Box Elder players in a Semi Final Game at the Class C Girls State Basketball Tournament.

## Savage Girls Finish 4th at State Tourney

The Savage girls basketball team ended the season with a 4th place finish at the state girls Class C tournament held in Great Falls last weekend. Go to [roundupweb.com](http://roundupweb.com) for results from each game. (Photos by Toni Zieske)



Soda Rice shoots over a Wibaux defender in loser-out action at the Class C Girls State Basketball Tournament.

## Anglers Catching Limited Tiger Muskie In Region 7 Reminded Of Statewide Regs

**By Montana Fish, Wildlife & Parks**  
A couple of tiger muskies were reported caught recently in Fish, Wildlife & Parks Region 7, one at Gartside Dam near Sidney and one at Tongue River Reservoir. These are the only waters in the region that have tiger muskies, so it's a rare and exciting opportunity.

It's also a chance to remind anglers that they need to abide by the statewide regulation for tiger muskie, which is one fish daily and in possession, and the fish must be over 40 inches in length. Fish not meeting these dimensions must be released. It's also worth mentioning that tiger muskie cannot be speared.

The tiger muskie, or tiger muskellunge, is the sterile, hybrid offspring of the true muskellunge and the northern pike. It is a fast-growing, carnivorous fish with a reputation for being difficult to catch. They are bred in hatcheries for stocking purposes. Stocking of tiger muskie only occurred at Gartside Reservoir in 2006, 2007 and 2010. In those years, about 1,800 fish were stocked, ranging in size from almost six inches to about 12 inches. Tiger muskie at Tongue River Reservoir originated from 50 fish stocked by Wyoming Fish & Game in Ranchester Pond in Wyoming. Some of the fish escaped into the Tongue

River during flooding in 2013. Ranchester Pond is located approximately 50 river miles upstream of Tongue River Reservoir. Neither Gartside nor Tongue River Reservoir sees regular stocking of tiger muskie, but anglers occasionally encounter these sought-after fish.




## Deadline to Remove Fish Houses is March 15


**By North Dakota Game and Fish Department**  
Anglers have until midnight, March 15 to remove permanent fish houses from North Dakota waters, and from any state wildlife management area or federal refuge land. Anglers are advised to remove their house soon because access on many lakes could be restricted due to snow. The deadline of March 15 will not be extended. Fish houses may be used after March 15 if they are removed daily.

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# Farm Bureau Members Attend Advisory Meetings, Meet With Congressional Offices In D.C.

Submitted by Rebecca Colnar, AgNewsWire

Four Montana Farm Bureau members traveled to Washington, D.C. to attend the American Farm Bureau Issues Advisory Committee meetings and visit with senatorial offices. Members included Tonya Rolf Liles, a cattle rancher from Terry, Animal Care Committee; Megan Mattson Hedges, a grain farmer from Chester, Farm Policy Committee; Chuck Rein, a rancher from Big Timber, Federal Lands Committee; and Don Steinbeisser, Jr., a diversified farmer from Sidney, Environmental Regulations Committee.

The Animal Care Committee addressed some of the current national lawsuits including nuisance lawsuits against swine farms and R-CALF USA's beef checkoff lawsuit.

"They wanted input from the different states regarding various lawsuits to decide if AFBF should pursue them," said Rolf. "In addition, we talked about cell-cultured protein products and how to ensure the US Department of Agriculture regulates them. We talked about the Green New Deal and how the EPA would handle that. In addition, we covered animal traceability. We agreed there is a need for traceability, but there must be a way to keep personal information confidential."

Chuck Rein said the Federal Lands Committee had two prevalent topics. "The number-one discussion was regarding fire: the speakers covered

prevention, what do during the fire and then after. We talked about what caused the problem, as well as how to mitigate getting permits to access an area when there are fallen burned trees across the roads. There wasn't a concrete answer developed, but the meeting provided a good opportunity to voice our concerns. Wild horses and burros were the number-two topic. We learned the BLM has 55,000 wild horses and burros that is costing \$48,000 per head, costing the billion dollars a year to feed these horses. We talked about ranchers possibly adopting some of the horses and getting paid to take care of them."

The Farm Policy Committee conversation was a continuation of last year's regarding the farm bill.

"Last year we were discussing what needed to be in the farm bill; this year there were a lot of questions about implementation, timelines and funding changes," said Megan Mattson Hedges. "There was a lot of talk about growing hemp, such as would there be crop insurance and whether it could be planted on a lot of those tobacco acres."

"Having a seat at the table is vital for Montana," said Hedges. "I might not be the expert on all of our issues but I was the only wheat producer at the table. That's imperative for our state."

Steinbeisser said one of the main topics discussed by the Environmental Regulations



**Chuck Rein, Don Steinbeisser, Jr., Megan Hedges and Tonya Liles meet with Senator Daines' Ag Legislative Assistant Dan Gerig (second from left) during the recent trip to Washington, D.C. for the American Farm Bureau Issues Advisory Committee meetings.**

Committee was dicamba and the trouble Arkansas farmers had with lawsuits surrounding that crop protectant. "We talked about making sure there was a way to shorten the time period for completing the Environmental Impact Statement on pesticides. Sometimes it takes 10-12 years. We addressed some of the irrigation concerns in different states. Arizona has a lot of dust trouble. In fact, they're threatening to shut down farming completely in some areas because of the dust."

During the time in Washington, the group visited Senator Steve Daines' office. "We visited with Dan Gerig, Senator Daines' Ag Legislative Assistant. Trade was the number-one issue we discussed, and the importance of the U.S. Mexico Canada Free Trade Agreement and what an important issue it is in Montana especially in the northern part of the state with grain," said Hedges. "However, our visit with him really ran the gamut of ag issues."

Steinbeisser had the op-

portunity to visit with Senator Tester's staff. "I told them about the importance of trade, especially the upcoming USMCA, and talked about the importance of funding our Agricultural Research Stations in Montana."

## TRENTON INDIAN SERVICE AREA GENERAL ELECTION APRIL 2, 2019

**The 2019 General Election for District Candidate in each of Districts I, II and III with terms expiring April 2023 will be held on April 2, 2019. The polls will be open at 10:00 am and close at 7:00 pm (local time).**

### POLLING PLACES:

District I - The Broadway Commons- Williston  
District II - Trenton Indian Service Area- Trenton  
District III - American Legion- Bainville

### CANDIDATES:

District I: Todd Falcon  
District II: Elaine Lee  
District III: Claudette Carlson

### ABSENTEE BALLOT REQUESTS:

Those voters unable or temporary absent for the Election may request an Absentee Ballot in writing. The deadline date to request an Absentee Ballot is March 23, 2019. 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 the polls close. To request an Absentee Ballot, please write to:  
Rhonda Grimmer  
PO Box 302  
Trenton, ND 58853

### CANDIDATE WATCHERS:

Deadline for candidates to submit a list of waters to the Election Board is March 23, 2019. 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 the ballots will be held in the TISA building after the 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 counting.

### ELECTION BOARD MEMBERS:

Chairman..... Rhonda Grimmer .....701-770-5926  
District I ..... Paula Brunelle.....701-770-6312  
District II ..... TJ Lee .....701-770-6121  
District III..... Connie Erickson .....406-489-3059

# Community Member Input Needed for Environmental Health Assessment

Active Richland County (ARC), a Communities in Action group, is facilitating four community focus groups as part of the PACE-Environmental Health Assessment. The focus group meetings are a forum for residents to identify needs and concerns of our county, and to identify what should be done about the environmental health concerns to improve quality of life. Results from these meetings will be used to develop a focused approached for ARC to address community environmental health needs.

All residents of Richland

County are invited and encouraged to attend one of the four meeting dates. Everyone who attends will have an opportunity to voice their opinions and make suggestions for future actions. Community input is vital to the continued improvement of Richland County. Please consider attending one of the following meetings, refreshments will be provided:

- March 21, 2019 from 5:30 to 6:30pm at the Sidney Main-Stay Suites (1000 3rd St NW)

- March 25, 2019 from 12:00 to 1:00pm at the Savage Senior Center (178 East Main

St)

- March 28, 2019 from 5:30 to 6:30pm at the Fairview Senior Center (516 S Central Ave)

- April 2, 2019 from 5:30 to 6:30pm at C Q Bar & Grill (149 Main S) in Lambert

If you have any questions regarding the focus groups, please email me at kpodsiad@richland.org or call Kristin Podsiad at the Richland County Health Department at 433-2207. This project is sponsored by the Williston STAR Fund and the Richland County Health Department.

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# Conservatives For Richland County

Christian Music legend, Steve Camp, will be performing live and speaking on the importance of conservative values, limited government, and maximum freedom.

For info, message "Conservatives for Richland County" Facebook page.

Monday March 11 - 6:30PM | Location: The Elks

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**FREELANCE REPORTER**  
The Roundup Newspaper is looking for a freelance reporter to cover area events and write feature stories as needed. Ag and energy background a plus. Pick up an application at The Roundup office located at 111 West Main, Sidney or call 406-433-3306 for more information.

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**Lunch Menus!**

<b>Sidney School</b> <b>Thurs., March 7:</b> BBQ pork riblet, oven wedges, straw-berries. <b>Fri., March 8:</b> Hot ham and cheese, cheesy potatoes, pears. <b>Mon., March 11:</b> Pulled pork, marinated veggies, banana. <b>Tues., March 12:</b> Chicken nuggets, potatoes and gravy, orange wedges. <b>Wed., March 13:</b> Hamburger gravy over potatoes, green beans, pears, hot roll. <b>Savage School</b> <b>Thurs., March 7:</b> Pizza. <b>Fri., March 8:</b> No school. <b>Mon., March 11:</b> Hot dogs. <b>Tues., March 12:</b> Chicken alfredo. <b>Wed., March 13:</b> Tacos. <b>Rau School</b> <b>Thurs., March 7:</b> French toast, sausage links, eggs, applesauce. <b>Fri., March 8:</b> Tuna noodle casserole, peas, mandarin oranges. <b>Mon., March 11:</b> Burritos, spanish rice, salad, banana. <b>Tues., March 12:</b> Goulash, peas, tropical fruit, roll. <b>Wed., March 13:</b> 3rd Grade Pick! Cheeseburgers, fries, carrots, strawberry shortcake. <b>Froid School</b> <b>Thurs., March 7:</b> Chicken supreme, egg rolls, fruit. <b>Fri., March 8:</b> Corn dogs, macaroni salad, carrot sticks, fruit. <b>Mon., March 11:</b> Philly cheesesteak sandwich, 3 bean salad, fruit. <b>Tues., March 12:</b> Pizza stromboli, veggies, fruit. <b>Wed., March 13:</b> Roast beef, mashed potatoes and gravy, veggies, buns, dessert. <b>Bainville School</b> <b>Thurs., March 7:</b> Chicken fried steak, mashed potatoes, corn, mandarin oranges. <b>Fri., March 8:</b> AJ Ullmer Day! Tortellini, broccoli, peaches, dirt cake. <b>Mon., March 11:</b> Tater tot hotdish, breadstick, pears. <b>Tues., March 12:</b> Ham and cheese potatoes, broccoli, breadstick, applesauce. <b>Wed., March 13:</b> Pigs in a blanket, potato wedges, or-ange wedges. <b>Richey School</b> <b>Wed., March 6:</b> Beef sticks,	scalloped potatoes, corn, mandarin oranges. <b>Thurs., March 7:</b> Enchilada casserole, dinner roll, brocc-oli, pears. <b>Fri., March 8:</b> No school. <b>Mon., March 11:</b> Super po-tato oles, fresh veggies, fruit cocktail. <b>Tues., March 12:</b> Spaghetti, breadstick, peas, applesauce. <b>Wed., March 13:</b> Weiner wraps, macaroni and cheese, pineapple, green beans. <b>Culbertson School</b> <b>Wed., March 6:</b> Raviolis, garlic bread, fruit. <b>Thurs., March 7:</b> Chicken strips, fries, fruit. <b>Fri., March 8:</b> Pizza, jello, fruit. <b>Mon., March 11:</b> Macaroni and cheese, carrots, fruit. <b>Tues., March 12:</b> Mini corn dogs, tots, fruit. <b>Wed., March 13:</b> Spaghetti, green beans, fruit. <b>Lambert School</b> <b>Thurs., March 7:</b> Slushburg-ers, corn, fruit. <b>Fri., March 8:</b> Hamburger gravy, mashed potatoes, broccoli, fruit. <b>Mon., March 11:</b> Sweet and sour chicken, rice, stir fry veggies, pineapple. <b>Tues., March 12:</b> Meatloaf, mashed potatoes, gravy, green beans, fruit. <b>Wed., March 13:</b> Goulash, corn, fruit, buns. <b>Fairview School</b> <b>Thurs., March 7:</b> No school. <b>Fri., March 8:</b> No school. <b>Mon., March 11:</b> Chicken tenders, fries, veggies, fruit. <b>Tues., March 12:</b> Personal pizza, veggies, fruit, dessert. <b>Wed., March 13:</b> Burritos, spanish rice, fruit. <b>Watford City School</b> <b>Thurs., March 7:</b> Macaroni and cheese, ham patty. <b>Fri., March 8:</b> No school. <b>Mon., March 11:</b> BBQ chick-en bites, fries. <b>Tues., March 12:</b> Crisпитos, rice. <b>Wed., March 13:</b> Kneophla soup, cheesy breadstick. <b>Alexander School</b> <b>Thurs., March 7:</b> Philly steak, wedges. <b>Fri., March 8:</b> Chili, cheesy breadstick. <b>Mon., March 11 - Fri., March 15:</b> Happy winter break.
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# Men’s Health Screening To Take Place In March

March is designated as National Colorectal Cancer Awareness Month. During this month, hospitals and medical facilities across the nation focus their attention on preventing, treating and curing colorectal cancer. According to the CDC, colorectal cancer, which occurs in the colon or rectum, is the leading cause for cancer death in Montana and the United States.

This March, Sidney Health Center Cancer Care and the Richland County Health Department are teaming up to host a free Men's Health Screening on Friday, March 15 from 3:00 – 5:00 p.m. at the Cancer Care Suite, located at 214 14th Avenue Southwest in Sidney. This free colorectal and prostate cancer screening for men between the ages of 55-75 years will include a PSA (prostate specific antigen) lab draw test, a DRE (digital rectal exam) by Dr. Ralf Kiehl, Radiation Oncologist and a complimentary FIT (fecal immunochemical test) take-home kit.

No appointment is necessary to take advantage of the screening. In fact, getting tested for colorectal and prostate cancer could save a life.

On average, the lifetime risk of developing colon cancer is about one in 23 for men and women combined. And according to the American Cancer Society, about one in nine men will be diagnosed with prostate cancer during his lifetime.

Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.9 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

“The key to improving healthcare outcomes is through routine screening and early diagnosis of cancer,” states Dr. Kiehl. “Typically in rural areas, patients do not seek medical attention until they are late in the course of their disease. I believe we must provide opportunities for people living in the Mondak region to get evaluated on a regular basis.”

The American Cancer Society encourages people who have no identified risk (other than age) to begin regular colorectal cancer screening at age 50. Regular screening can, in many cases, prevent colorectal cancer altogether.

This is because some polyps, or growths, can be found and removed before they have a chance to turn into cancer.

There are several different tests that can be used to screen for colorectal cancer. However, a colonoscopy is considered to be the “gold standard” for testing since all other tests have to be followed up with a colonoscopy if anything is discovered. This type of screening is recommended every ten years.

The take-home FIT kit looks for tiny amounts of blood in the stool, because cancers in the colon and rectum sometimes bleed. To take this test, individuals will take the kit home and return a sample to the lab for testing.

With recommended screening, colorectal and prostate cancer can be prevented or detected at its earliest stage. If you are 55 years or older, take time to attend the Men's Health Screening on March 15. All participants will receive a complimentary drink card to a local establishment. No appointment is necessary. Questions may be directed to Sidney Health Center Cancer Care by calling 406-488-2504.

# What are Carbohydrates and Why Should You Eat Them?

Carbohydrates or “carbs” are sugars, starches, and fibers found in plant and dairy products. Most recently carbs have taken a hit as being “bad” and are now often portrayed as the cause of excessive weight gain. Fortunately for all of us who enjoy these foods that is not true. Carbs are one of the most basic food groups, along with protein and fat. They play an important role in a healthy lifestyle, but, there is a catch... not all carbs are created equal. There are certainly some that do not lend to a healthy lifestyle.

**The Bad**  
The carbs that we should generally avoid include those that are full of refined sugars such as high fructose corn syrup and cane sugar, and high in refined grains such as white flour. Often these foods are also low in fiber and nutrients, are high in sodium and may be high in saturated and trans fats. Examples include sugary drinks such as sodas or sports drinks, white bread, rice and pastas, pastries, cakes and candy, and deep-fried foods.

**The Good**  
Good carbohydrates are those that provide us with the boost we need while also supplying us with vitamins and minerals to keep us healthy and often providing us with

fiber (important for gut health). Many also are combined with another macronutrient. The last two things slow down the absorption of sugars keeping our blood sugars more steady and our tummies full for longer. Some examples are...

Fruits and Vegetables: while fresh is great, frozen and canned are often more convenient due to their longevity and price. For frozen items look at the ingredients list, often you can find frozen fruits and vegetables with nothing added. When you look at canned fruits, look for those canned in water or natural fruit juice instead of syrup. For canned vegetables stick with low sodium options and add herbs and spices later for variety and flavor.

Whole grains: whole wheat breads and pastas, brown rice, quinoa, and oats all fit in this category. Each one has a good amount of fiber and in the case of quinoa even some protein to slow absorption, providing us with lasting fullness.

Dairy products: Milk, cheese and unsweetened yogurt all fit into this category. Depending on your age and disease state low-fat dairy products may be your best choice. These products have a large amount of fat removed

but still keep the carbohydrates and protein intake. The only downside is that some fat is essential to absorb certain vitamins so make sure you incorporate healthy fats into your diet if you opt for 1% or skim milk.

So yes, some carbohydrates are better than others; most nutritionists stress the importance of finding moderation. Most would advise against eating a pastry for breakfast every day, though there is nothing wrong with enjoying a piece of birthday cake on your special day, or surprising someone you love with a chocolate chip cookie. The problem comes from eating too many of these processed carbohydrates too often and not eating enough of the complex carbohydrates that fuel our minds and keep our bodies healthy. This is true for everyone whether you are looking to change your weight on the scale or just trying to follow a healthy lifestyle.

For more information and ideas on including good carbohydrates into your lifestyle, check out the Richland County Nutrition Coalition Facebook page at [www.facebook.com/1rcnc1](http://www.facebook.com/1rcnc1), and the Pinterest page at [www.pinterest.com/1rcnc1](http://www.pinterest.com/1rcnc1)

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