Wednesday, March 25, 2020 Volume 46 • Number 7



# Free Meals Provided For Children Ages 0-18 Benefit for



Americops Visa Boys & Girls Club employee, Kim Youngquist helps a family get their free meal March 23 in front of the Boys & Girls Club building in Sidney.

The MonDak will be serving meals starting Monday, March 23 from 11:30 a.m.-1 p.m. at Sidney High School, Sidney Middle School, and Boys & Girls Clubs Of The MonDak. A grab and go sack lunch will be for that day and a sack breakfast for the following day. These meals will continue Monday-Friday until schools re-open or they receive mandates they cannot continue. On Fridays, they will also have food backpacks available for weekend meals available at

The Sidney High School and Boys & Girls Clubs Of each site. The Boys & Girls Clubs of the MonDak site will also have a limited supply of school supplies available for families in need and donations of goods such as diapers, wipes, etc. as they become available from donations. Any child 0-18 eats for free; adult prices are \$3 for breakfast and \$5 for lunch. Cash only please.

The breakfasts and lunches will be grab and got to minimize exposure and enforce social distancing. You can call 406-433-2330 or 406-433-6763 to reserve your meals.

# **Local Infant Scheduled For April 5**

By Anna Dragseth

Starting at 2:30 p.m. on Sunday, April 5, there will be a benefit raffle for Calliope Hamilton at Watford City Eagles Club (Aeries #3543), 1904 S. Main, Watford City, ND.

Raffle tickets are \$20 and can be purchased at several Watford City businesses, including any MBI location, Big Boys Toys, Red Rock Auto, Eagles Club, Latte Da Coffee, and Diskonnect. There will be over \$6,000 worth of prizes to be raffled off and you are not required to be present to win.

On Dec. 23, 2019, Alexander and Krystene Hamilton's daughter, Calliope Marie Hamilton, was born with a condition known as Pneumothorax, which is a collection of gas in the chest cavity that causes the lungs to collapse. Calliope's lungs were not fully developed at birth, causing her to depend on breathing tubes and oxygen supply immediately after birth. Calliope was then rushed to Trinity Hospital in Minot, North Dakota, and was admitted to the Neonatal Intensive Care Unit on Dec. 24, where she spent two weeks before she was able to return home.

Alexander and Krystene traveled from Watford City to Minot with their two-year-old son almost every other day, to visit their daughter in the Neonatal Intensive Care Unit until she could breathe on her own. Due to this - the Hamilton's have been faced with significant expenses related to Calliope's care so that any financial contribution would be greatly appreciated. Everyone is encouraged to purchase a raffle ticket - all of the proceeds will be used for Calliope's medical expenses.

# Governor Bullock Announces Closures

## Of Dine-In Food Service And Alcoholic Beverage Businesses, And Other Activities that Pose Enhanced Risks to Curtail Spread of COVID-19

To curtail the spread of the COVID-19 pandemic in Montana, Governor Steve Bullock announced measures to close dine-in food service and alcoholic beverage businesses and other activities that pose enhanced health risks, effective at 8 p.m. on Friday, March 20. This Directive expires at 11:59 p.m. on March 27, the same day that school closures are set to expire, though the date will likely be extended.

"Both young and older Montanans, in urban and rural communities, have tested positive for coronavirus, making it even more clear that this virus impacts us all and that these actions are imperative to protecting our friends and neighbors," said Governor Bullock. "We face extraordinary health risks – and with it even further risks to our economic and social well-being - if we do not act now. I do not take this decision lightly and it was done so in consultation with public health professionals. Montanans, too, need to take this seriously. It's up to all of us to stop the spread of this virus."

Under the Directive, the following places are closed to ingress, egress, use and occupancy by members of the public:

· Restaurants, food courts, cafes, coffee houses, and

other similar establishments offering food or beverage for on-premises consumption.

· Alcoholic beverage service businesses, including bars, taverns, brew pubs, breweries, microbreweries, distilleries, wineries, tasting rooms, special licensees, clubs, and other establishments offering alcoholic beverages for on-premises

consumption. Cigar bars.

· Health clubs, health spas, gyms, aquatic centers, pools and hot springs, indoor facilities at ski areas, climbing gyms, fitness studios, and indoor recreational facilities.

· Movie and performance theaters, nightclubs, concert halls, bowling alleys, bingo halls, and music halls.

The places subject to this Directive are permitted and encouraged to offer food and beverage using delivery service, window service, walk-up service, drive-through service, or drive-up service, and to use precautions in doing so to mitigate the potential transmission of COVID-19, including social distancing.

# **Burgum Urges North Dakotans To Remain Vigilant Against COVID-19 As State Confirms 30th Positive Case**

Bismarck, ND - Gov. Doug Burgum today urged North Dakotans to remain vigilant against the novel coronavirus as the state's total number of COVID-19 cases reached 30.

The North Dakota Department of Health (NDDoH) today confirmed two additional cases of COVID-19: a woman in her 30s in Burleigh County and a man in his 40s in Pierce County. The woman's case was travel-related, and the man had been in close contact with a known positive case. The state has tested 1,355 individuals; four are hospitalized.

Burgum noted results are pending for roughly 300 test samples taken in Cass County and sent to a national lab. He also pointed to cases in neighboring states such as South Dakota, which reported a spike in cases Sunday with six additional cases in Beadle County and one in Brown County.

"This could happen at any time in any community in North Dakota. There's no community that's immune ... and that's why social distancing is so important," Burgum

said. "This is not the time to be complacent. We've got to be vigilant."

The governor announced he has requested a significant increase in contact tracing efforts to better determine who newly identified COVID-19 cases have been in contact with

As he foreshadowed Thursday, Burgum also signed an executive order today giving K-12 school districts until March 27 to submit plans for resuming instruction with age-appropriate, distance learning methods.

School districts have until April 1 to have their plan approved by the governor, in conjunction with the state superintendent, and implemented to receive their final state aid payment for the current school year. Districts not ready by April 1 will be eligible for a delayed state aid payment upon approval and initiation of their plan. Access to school facilities remains restricted to essential staff only until further notice.

# Fellowship Church Pays Off Sidney School **Lunch Accounts**

Fellowship Church, Sidney, recently made a donation to Sidney Public Schools to pay off student lunch account debts.

Giving back to the community is not a new concept for Fellowship Church, which has run Fellowship Food Pantry since 2008, serving over 600 individual clients each year. "Paying it forward is a needed slogan today. If God blesses us with something, we want to use it to bless others as much as possible. We have our food pantry, too. It's just about trying to take care of people's needs," said Pastor Jordan Hall.

The church and all of its missions are fully funded by members of the congregation and generous supporters. "An individual in our church gave a designated gift to make it happen. Our members are always so generous. So we called the school to see how much it would be and just took care of it," Hall explained.

Sidney Public Schools was chosen as the recipient in an effort to help many community members who may be struggling. In this case, we are aware that kids can get into a small amount of debt on their school lunch accounts before they're unable to get more lunch. I think it is \$10 or so per student," Hall explained. According to a study by the School Nutrition Association, 75% of surveyed school districts reported unpaid meal debt at the end of the 2016-17 school year. "But imagine if you're a mom with three or four or five kids and each are behind \$10. Then, because you have to prepare a bag lunch for your kids, it puts you further into debt and you're not able to pay off the lunches and get back on track. So we just thought it would be nice to take care of that for them," Hall said.

Hall reports that the church will likely continue to donate to take care of school lunch debt. "Everybody in Sidney is our neighbor. And Jesus said to love your neighbor. We should've thought of doing it years ago," he said.

Fellowship Church is located at 2181 W Holly, across from Miller's Corner. Sunday School begins at 9:45 a.m. MST, and church begins at 10:45 a.m. MST.





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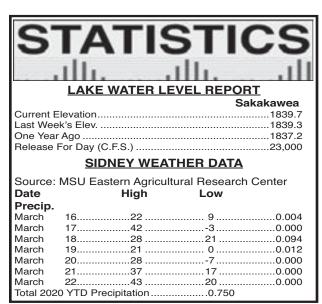
**Event every** day at 1pm!

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# **OBITUARIES** Roosevelt

## Paul Johnson, 89 Sidney, MT

A memorial service for Paul Johnson, 89, Sidney, MT will be planned at a later date under the direction of Fulkerson-Stevenson Funeral Home of Sidney.

Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Paul passed away Friday, March 20, 2020, at Sidney Health Center, Sidney, MT.

# **Eastern Montana Community Mental Health Center Available to Help**

**Submitted by Darci Wiley** 

As we all continue to navigate COVID-19 together, please know Eastern Montana Community Mental Health Center's doors are open and we are here to provide service to the residents of Eastern Montana. Mental health and substance abuse services are available in person or you can access them via telephone from your home. Call today for an appointment or to learn more about our newly approved telephone service options in your area, 406-234-0234, ext. 500.

# **Montana Fish & Wildlife Commission Meeting Postponed**

The Montana Fish & Wildlife Commission meeting, which was scheduled for March 27, has been postponed due to concerns about COVID-19, or coronavirus. The postponement is in response to Montana Gov. Steve Bullock's recommendations on social distancing to help stop the spread of the virus.

FWP will look at options to reschedule the meeting at a later date.

# FWP To Temporarily Suspend Hunter, Bowhunter Ed Classes

Due to health concerns for students and volunteers, Montana Fish, Wildlife & Parks is postponing all hunter and bowhunter education classes that are scheduled through March 30, at which point FWP will reassess the situation.

COVID-19 cases have been identified in a handful of communities around the state. Because of the potential spread of COVID-19, several schools and other public buildings where hunter education classes are held have been closed to after-hours use.

Over the course of the next two weeks FWP staff in coordination with state officials will assess the risk of the potential spread of COVID-19. Once it is deemed safe, FWP will schedule new classes.

FWP staff recognizes this may impact students and their ability to apply for special permits and licenses. FWP is looking into options. This measure is intended to prioritize the safety and health of FWP's volunteer hunter education instructors and students.

For the latest information on COVID-19, please visit the Governor's Coronavirus Task Force website at COVID19. mt.gov or the Montana Department of Public Health and Human Services website at www.dphhs.mt.gov.

For more information about hunter and bowhunter education classes and schedules, please contact your regional

# **Sidney Tiger Sharks** Sign-Ups April 13-14

Sidney Tiger Sharks will be having their sign-ups Monday, April 13 and Tuesday, April 14 at Richland Ranger Arena from 5-7 p.m. Updates will be posted at Sidney Tiger Sharks - Sidney MT facebook page. For more information call Kim Erickson, 406-478-9682.

# **MT Property Tax Relief Applications Due April 15**

Submitted by Sanjay Talwani

Montanans have through April 15 to apply for two programs that may reduce their property taxes.

The Property Tax Assistance Program (PTAP) helps Montana property owners with low incomes. Those who qualify can get a 30, 50, or 80% reduction of the tax rate on up to \$200,000 of a home's value.

The owner must have a total 2018 federal adjusted gross household income of less than \$23,337 (if single) or \$31,116 (if married or head of household). The applicant's spouse's income must be included in the total, even if they are not an owner of the property.

The Montana Disabled Veteran Program (MDV) helps 100% disabled veterans and their unmarried surviving spouses by reducing the property taxes on their homes.

To qualify, a veteran must have documentation from the U.S. Department of Veterans Affairs showing 100% service-related disability. A surviving spouse must have VA documentation showing their spouse died in active duty or from a service-related disability rated as 100%.

Applicants must have 2018 federal adjusted gross income of less than \$53,955 (if single), \$62,256 (if married or head of household), or \$47,038 (if an unmarried surviving

To qualify for either PTAP or the MDV program, you must own or currently be under contract to purchase your home, and must live in the home as your primary residence for at least seven months of the year.

Interested homeowners should return a completed Property Tax Assistance Program Application (Form PTAP) or Montana Disabled Veteran Property Tax Relief Application (Form MDV) to their local Montana Department of Revenue field office by April 15.

As long as you own and live in your home, your application will remain active. We will send you a letter each year with your current status in either program.

The applications (Form PTAP and Form MDV) are available at MTRevenue.gov by clicking "Forms."

# **Medical Center COVID-19 Update**

Roosevelt Medical Center is closely monitoring the Coronavirus pandemic. In response to this crises, RMC has activated its' Incident Command Team in an effort to evaluate, pre-plan and mitigate potential cases of COVID-19 in our area. We continue to receive daily updates and guidance from the Centers for Disease Control (CDC) and the Montana Department of Public Health and Human Services (DPHHS) on mitigation efforts and guidelines.

Our overriding objective at all times is protecting the safety of our patients and staff while maintaining high-quality care at our facility. We will continue to update the community as new and updated information becomes available.

To help prevent the spread of COVID-19 and other respiratory illnesses, you should:

- Stay home if you're sick,
- Avoid contact with sick people when possible,
- Cover your cough and sneezes with the crook of your elbow or a tissue
- · Avoid touching your eyes, nose and mouth and wash your hands frequently

· Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

Call ahead to the clinic or hospital if you develop a fever and symptoms of respiratory illness, such as a cough, fever or difficulty breathing, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread. Tell yourhealthcare professional about your recent travel or

Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for COVID-19.

Find out more at: https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html

If you go to RMC for an appointment,

During business hours: Wait at the lobby entrance and a staff member will come to this door and get you. You must call the clinic first (prior to them opening the door) to do an over-the-phone screening/registration. Clinic: 787-6400

After hours & weekends: Call 787-6401 immediately. A nurse will screen/register you over the phone before letting If this is an emergency go to the ER door behind the hos-

pital and ring the buzzer. For questions, contact 787-6401.



#### RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone. MonDak Heritage Center Lobby Closed - All events cancelled for this week. The Gothard Sisters Concert has been postponed. Watch for updates on Facebook, www. facebook.com/MonDakHeritageCenter and website, mondakheritagecenter.org or call 406-433-3500 for more Sidney Chamber Meetings - Chamber meetings will be

on a TBD basis due to the virus.

Mon.-Fri. During School Closures

11:30 a.m.-1 p.m. - Free Breakfast and Lunches For Children Ages 0-18 - The breakfast and lunches will be grab and go, and you can call 406-433-2330 or 406-433-6763 to reserve your meals. Pick up at Sidney High School, 1012 4th Ave. SE (east side on 6th Ave. SE behind cafeteria); Sidney Middle School, 415 S Central (S entrance on 5th St. SW) or Boys & Girls Club, 201 3rd Ave. SE (front entrance). Adults breakfast \$3; lunch, \$5 (cash only please).

Cancelled Fri., March 27 & April 3 5-7 p.m. - Sidney Knights of Columbus 2020 Fish Fry

has been cancelled.

**Cancelled Until Further Notice** 

12 p.m. - Job Service Employers Committee Meeting (JSEC) - The JSEC meetings have been cancelled until further notice. For more information call Margie 406-433-1204 ext. 204.

Cancelled: Sun., March 29

Sidney Plane Folks Indoor Fun Fly & Static Air Show - This event has been cancelled for this year watch for the date next year.

Mon., April 6

7 p.m. - Slow-Pitch Adult Softball Signups - Sidney Elks Lodge. For more information contact Art Herman, 406-480-9885, Brandie Azure, 406-480-0508 or visit the Facebook page Richland County Adult Softball.

Mon., April 13 & Tues., April 14 5-7 p.m. - Sidney Tiger Sharks Sign-ups - Richland Ranger Arena. Updates posted at Sidney Tiger Sharks -Sidney MT facebook page. For more information contact

Kim Erickson, 406-478-9682. Postponed - 4th Annual Father Shinnick Memorial

Banquet has been postponed. - Watch for a date in May. Postponed to: Thurs., July 16

2020 Leadership Summit has been postponed. This event is postponed until Thurs., July 16.

## McKenzie County

Events in Watford City unless otherwise listed. CT Zone Pioneer Museum of McKenzie County & Long X Visitor Center - Both places will be closed until further notice. for stay-at-home learning opportunities. visit history.nd.gov or ndstudies.gov.

Wed., April 8, 12-6 p.m. & Thurs., April 9, 8 a.m.-noon **Blood Drive** - For more information or to sign up call Kathy Skarda, 701-421-2733. No walk-in appointments allowed. Watford City Civic Center. Donors will wait in vehicle until technician call/texts then admits into facility.

#### WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone. **Events at the Missouri-Yellowstone Confluence** Interpretive Center has been cancelled. - Watch for updates when events will resume.

The Williston Area Recreation Center (ARC) and Raymond Family Community Center are closed and all programs have been suspended until 5 a.m., April 6. For updates follow the Facebook page and website, https://www.willistonparks.com/covid-19-updates.

Postponed Sat., March 28 2 p.m. - Bras for a Cause 5th Annual Masq-R-Aid Party and Gumbo Cook-Off - This event has been postponed until further notice.

# **McKenzie County Forms Emergency Response For COVID-19**

By Paul Tedrow

Watford City / McKenzie County COVID-19 response formed an Emergency Operations Center to support the community in observing CDC and North Dakota Department of Health guidelines to slow the spread and flatten the curve of COVID-19 in our community.

There is a toll-free hotline for anyone in the community who is in need of the following:

- If you are self-quarantining or self-containing, where and how to receive curb-side services of gro-
- If you are sick, where and how to receive curb-side pharmaceuticals and related
- If you are concerned, where to receive information and updates

The toll-free WC/McKenzie COVID-19 Response 24/7 Hotline number is:

1-833-877-0143

Follow us at https:// www.facebook.com/wcmkccovid19response/ for up-

Watford City/McKenzie County COVID-19 Response Goals:

- 1. Protect the public health and safety of our
- 2. Coordinate services and resources for our residents
- 3. Facilitate assistance to self-quarantined and / or
- shut-in residents 4. Be the central conduit of information for residents

We would like to make the community aware that Anova Family Health Center is the designated location for curbside testing of COVID-19. If you are experiencing the following:

- Fever, body & muscle aches, cough & shortness of breath and
  - · Live in congregate



living, or are part of a public health investigation/contact tracing.

You must call ANOVA at 701-842-6400 to complete a phone questionnaire if you believe you meet the testing criteria. Do not present to any of the healthcare facilities in the community if you have the symptoms of COVID-19. We would encourage persons to follow the CDC and NDDOH

If you wish to support the Watford City/McKenzie County COVID-19 Response please contact one of the following:

Monetary Donations can be directed to - VEN-MO @wcmccovid-19 Erica Johnsrud or at ejohnsrud@ co.mckenzie.nd.us

In kind donations can be directed to Kimberly Clemons, kclemons@ nd.gov or Vawnita Best, vbest@nd.gov.

Volunteering opportunities please call our 24/7 hotline 1-833-877-0143 and provide a list of any skills, specialties, and qualifications you have.



# **Burgum Signs Executive Order To** Help Slow Spread Of COVID-19, **Expand Testing Locations**

Doug Burgum today signed an executive order designed to help slow the spread of coronavirus (COVID-19) and expand testing locations for North Dakotans.

The order expands the list of those authorized to administer COVID-19 tests to include licensed pharmacists in collaboration with the North Dakota Department of Health (NDDoH). It also eliminates the proof-of-delivery requirement for pharmacies and allows pharmacists to provide emergency refills for medications for up to a 30-day supply.

"These measures will give North Dakotans more places to get tested, ensure they can obtain the medications they need and reduce person-to-person contact to help slow the spread of coronavirus," Burgum said. "This is yet another example of how we're continuing to seek out partnerships that enhance our COVID-19 response efforts through a whole-of-government and whole-of-community ap-

confirmed two additional

transfer funds

Turn debit card on or off

cases of COVID-19, both in Burleigh County: a woman in her 20s and a man in his 30s. The state has tested 1,182 cases, including 28 positive cases. Three individuals have been hospi-

During today's press conference at the Capitol, executives from Sanford Health and CHI-St. Alexius Health in Bismarck shared how their systems are responding to the COVID-19 crisis, including testing symptomatic patients and those with risk factors. They urged citizens to practice social distancing and call ahead before going to the clinic to get tested for COVID-19.

"It's important that we work together," said Dr. Michael LeBeau, president of Sanford Bismarck, referring to the NDDoH and state lab. "If you look at where other states are at currently, we're lucky that we still have supplies, that we're still testing, and that's because I think our state has done a very nice job of coming together of CHI-St. Alexius Health in Bismarck, said hospitals prepare for events such as this and are working closely with NDDoH while also following Centers for Disease Control and Prevention (CDC)

guidelines. "There are hospital workers across the state that every day put their lives on the line. They are committed to North Dakota. They are committed to their patients. This is a time of extreme focus," Schley said.

North Dakota National Guard Maj. Gen. Alan Dohrmann, the state's adjutant general, said liaisons are being set up between hospitals and the State Emergency Operations Center to coordinate planning so that adequate resources are in place if the COVID-19 crisis escalates.

For the most updated and timely information related to COVID-19, visit the NDDoH website at www. health.nd.gov/coronavirus and follow them on Facebook, Twitter and Instagram, visit ndresponse.gov or visit





April 2, 2020 11:00 a.m.

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# **NoDak Northern Lights Gymnastics** Results, March 7-8, Watford City

#### **Submitted by Pat McWilliams**

On March 7 and 8, one team from South Dakota, five teams from Montana, and twelve North Dakota teams for a total of eighteen, showed up at the Rough Rider Center for the second annual NoDak Northern Lights Invite hosted by Badlands Gymnastics of Watford City. A total of 250 athletes came in 2019, another 165 more for a total of 415 came for the 2020 version as the word gets out that Badlands puts on the best competition for miles and miles around.

The NoDak was designed as a "tune up" competition for the State Meet that was to be held by American Gold Gymnastics in Fargo on March 20-22; but it turned



out to be the final competition of the year for North Dakota since USA Gymnastics closed off all competitions due to the Covid-19 the week following the NoDak. Badlands Gymnastics Club Results: Xcel Bronze Team: In its first (and now final) real test of the season, the Badlands Bronze Team came out at the top of the pack of competing teams. 1st Badlands 110.050; 2nd Northern Hills (Sturgis, SD) 109.200; 3rd Red River Valley 108.925; 4th American Gold 106.200; Dickinson 70.875

Xcel Bronze Top 3 Individual Results:

Bronze A: Aubree Roerick 1st Bars 9.450; 3rd All Around 35.950; Madison Kelly 3rd Bars

Bronze B: Emma Job 1st Vault 9.650; 3rd Bars 9.225; 3rd Beam 8.400; 1st Floor 9.125; 1st AA 36.400; Brooklynn Spotted Bear 1st Bars 9.400; 1st Beam 8.825; 2nd Floor 9.100; 3rd AA 34.650 Valentina Gularte; 3rd Vault 9.125;

8.900; 3rd Beam 8.450; 1st Floor 9.050; 1st AA 35.900; Brooke Roscoe 1st Vault 9.525; 2nd Bars 9.200; 2nd Floor 9.025; 2nd AA 35.775; Makayla Klamm 3rd Vault 9.175; Eden Ybarra 2nd Balance Beam 8.500; 3rd Floor 8.925; Lillian Holt 4th Floor 8.900; Trinity Hernandez 6th Vault 8.875

Bronze D: Sierra Griffin 1st Vault 9.650: 2nd Bars 9.000: 2nd All Around 36.175; Ayla Norton 3rd Bars 8.950; Karinna Del Torro 2nd Vault 9.500; Bryndal Geiger 4th Vault 8.900

Xcel Silver Top 3 Individual Results: Silver D: Morgan Webster 2nd Beam 8.925; 3rd Floor 9.100; 3rd All Around

Level 3 Team Results: 1st American Gold 111.025; 2nd Gymagic 109.975; 3rd Red River Valley 109.625; 4th Bismarck 109.450: 5th Northern Hills 108.425: 6th Dakota Star 106.775; 7th Dickinson 106.425; 8th Devil Dog 105.225; 9th Badlands 105.225; 10th Western Stars 103.750; 11th Jamestown 101.550; 12th Acro Stars 101.425; 13th Sidney 96.800

Level 3 Top 3 Individual Results: L3A: Oaklie Waters 4th Balance Beam 8.300; L3E: Lenora Arnold 1st Floor 9.225; L3 B3: Aurora Holt 3rd Vault 9.075; 1st Bars 9.075; 1st Beam 9.150; 3rd Floor 9.000; 1st AA 36.375

Level 4 Team: Badlands did an outstanding job in the team competition, coming in third against some fierce competition. 1st TNT 109.735; 2nd American Gold 109.400; 3rd Badlands 108.550; 4th Billings 106.900; 5th Bismarck 106.750; 6th Red River Valley 104.200; 7th Northern Pacific 103.400; 8th Jamestown 103.550; 9th Western Stars 100.825; 10th Dakota Star 100.750; 11th Dickinson 99.550; 12th Devil Dog 99.400; 13th Gymagic 65.150; 14th Sidney 32.100; 15th Acro Stars 31.725

Level 4 Top 3 Individual Results: Badlands did an outstanding job, taking home many, many event firsts in the various age groups, and Sky Cutshall had the highest All Around of the entire 90+ gymnast Level 4 field.

L4 B: Emree Wold 3rd Vault 8.250; 3rd Bars 9.200; 3rd Floor 9.000; L4 D: Skye Cutshall 1st Vault 9.125; 2nd Bars 9.250; 1st Balance Beam 9.450; 1st Floor 9.450; 1st AA 37.325; L4 D4: Amelia Wisness 1st Bars 9.375; 1st Beam 9.275: 1st All Around 35.350: Sasha Stieg 1st Vault 8.700: 1st Floor 9.075; 3rd All Around 34.825; Lyrik Olson 3rd Bars 8.950; 3rd Floor 8.850

Level 5 Top Three Individual Results: L5 D: Annabelle Coughlin: 2nd Bars 8.850; 1st Beam 8.950; 1st Floor 8.850; 1st All Around 35.250

Level 6 Team Results: 1st Valley Twisters 107.275; 2nd Billings 106.450; 3rd Dickinson 103.225; 4th Red River Valley 102.600; 5th Badlands 100.925; 6th Jamestown 100.850; 7th Gymagic 72.500

Level 6 Top Three Individual Results: L6 B: Eastyn Wold: 2nd Vault 8.600; 3rd Floor 9.150; 3rd All Around 34.200; L6 C: Emma Coughlin 3rd Vault 8.475; 2nd Floor 9.200; Caroline Dreffs 5th Bars 8.750



| 111 West Main • Sidney, MT | 406-433-3306



# Saulsbury Industries Opens New Northern Operations Office In Bismarck

We Are Your Oilfield Supply

ODESSA, Texas, March 9, 2020 /PRNewswire/ --Saulsbury Industries is pleased to announce the recent opening of its Northern Operations and new office in Bismarck.

Plentywood: Hwv 16 East • 406-765-2624

This new location will

support the oil and gas, gas processing, refining, agricultural, renewable and chemical industries as a trusted provider of engineering, procurement, construction and field services. It will also offer supporting services for

front-end engineering, AFE estimating and scoping support, as well as stand-alone electrical, instrumentation and construction services. The company will use this location to expand their repeat-business model with

Headquarters!

satisfied clients through hands-on leadership and successful project results.

"We are thrilled to announce the opening of our North Dakota location," said Dennis Chismar, Business Development Senior Vice

Down Hole Sucker Rod Pumps

Tubing Anchors • Gates

Hydraulic Hoses & Belts

Balon Ball Valves • Line Pipe • Tubing

Fittings • Norris Sucker Rods

Stanley, ND

701-628-8706

Sidney, MT

406-488-8706 • rpands@midrivers.com

President. "The Bismarck office represents the strategic expansion of Saulsbury's services throughout the northern and midwestern United States and provides our clients with strong operational capabilities and proven project execution leaders.'

"This expansion marks a significant milestone for Saulsbury," said Chat York, president and CEO. "Adding this permanent foothold in the Bakken formation allows us to tap into a deeper pool of talent to continue providing industry-leading support and service to our clients. It also enables us to look for opportunities in additional

markets."

In addition to a proven track record serving the energy and heavy industrial sectors, this Saulsbury Operation has over 100 years of combined leadership experience completing projects in the northern and midwestern climates of the U.S.

"After completing a number of successful projects in this geographically challenging region, Saulsbury now has the experience and track record to expand our footprint and establish a permanent presence in this region," said Bubba Saulsbury, Corporate Strategy Executive Vice President.





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# **CHI St. Alexius Health Begins Cancelling** Non-Urgent, Elective Surgeries In **Response To COVID-19 Pandemic**

**Submitted by Amanda** "ACE" Ventura

Williston, ND – Starting March 23, CHI St. Alexius Health Williston is postponing or cancelling non-urgent, elective surgeries and procedures until further notice. CHI St. Alexius Health made this decision in collaboration with other health systems in the state.

"We continue to adjust our approach to prevent exposure of the virus to our patients, providers and visitors. This is one more step." said Dan Bjerknes, President, CHI St. Alexius Health Williston. "We understand the inconvenience and disruption to our patients, however, we must make the decision that is best for our community to ensure that resources are readily available for our employees and patients requiring possible treatment of COVID-19."

CHI St. Alexius Health is following the recommendations from the Center for Disease Control and ND Department of Health that were released last week. All other surgery will be evaluated on an urgent or emergent basis. Patients are being contacted if their surgery or procedure is postponed or cancelled.

About CHI St. Alexius Health: CHI St. Alexius Health is a regional health network with a unified mission: nurturing the healing ministry of the Church while creating healthier communities. In 1920 the sisters of mercy came to Williston in hopes of bringing healthcare to the community. 100 years later we are still serving their mission of providing health care through Christ's healing

CHI St. Alexius Health is part of CommonSpirit Health, a nonprofit, Catholic health system dedicated to advancing health for all people. It was created in February 2019 through the alignment of Catholic Health Initiatives and Dignity Health. CommonSpirit Health is committed to creating healthier communities, delivering exceptional patient care, and ensuring every person has access to quality health care. With its national office in Chicago and a team of approximately 150,000 employees and 25,000 physicians and advanced practice clinicians, CommonSpirit Health operates 142 hospitals and more than 700 care sites across 21 states. In FY 2018, Catholic Health Initiatives and Dignity Health had combined revenues of \$29.2 billion and provided \$4.2 billion in charity care, community benefit, and unreimbursed

# CHI St. Alexius Health Williston **Enhances COVID-19 Precautions**

**OB** Patients:

Deliveries – Door 23

Birthplace – Door 23

Oncology - Door 40

Building - Rehab and Spe-

be screened upon entering

the building. The screening

cialty clinic

Pediatric Clinic - Door 9

20/20 Professional

· All patients/visitors will

Clinic appointments -

**Submitted by Amanda** Ventura

Williston, ND - We continue to adjust our approach and ensure that the safety of our visitors, patients, employees, and physicians, remains our highest priority.

To decrease exposure and limit the spread of the COVID-19 (Coronavirus), CHI St. Alexius Health has implemented additional precautions to screen patients and visitors, in addition to employees and vendors.

Effective Immediately: · Limited access to CHI

St. Alexius Health - patients are asked to enter through the door closest to clinic/ department you are visiting. Central Registration

(Clinic) - Door 8

**Emergency Department** 

will involve: Taking patient/visitor's temperature.

Answering a few questions about patient/visitor's health (i.e., do you have a fever, cough, sore throat and/or shortness of breath), have you traveled, etc.

· Patient/visitor will also be asked to stay within the same area of the facility.

· Patients are allowed

one visitor or support person

over the age of 18. No visitors allowed in the Emergency Department. Patients will be asked to have their visitors wait in the

parking lot in their cars. · Practicing social distancing. If possible, keep space between you and

others. It is important that we take these measures to ensure the health and safety of our patients and visitors.

For questions related to COVID-19, the public can call the North Dakota Department of Health hotline at 1-866-207-2880 from 7 a.m.-10 p.m., 7 days a week or the local public health unit.

Patient/visitor screenings will remain in place until further notice.

# **Williston Resident Starts Scholarship Fund For Students Who Lost A Parent**

WILLISTON: Dealing with the loss of a parent is difficult on many levels.

Having personally seen the kind of effect that type of loss can have on a child or student, Tieheena Lemerond, of Williston, decided that she wanted to help in whatever way she could.

"I began the Zoe Hart Scholarship Fund to help senior students who have lost one or both parents during their childhood, fulfill their higher education goals.

Several people influenced my decision to create the Zoe Hart Scholarship Fund Organization. 1) A friend in WA who lost her husband in the Military and was left to raise her three teenage children alone 2) A friend from Michigan who lost his wife to breast cancer and was left to raise his three elementary age boys alone 3) My granddaughter, Zoe, who lost her mother to an accident when Zoe was only two years old.

I've seen firsthand the struggles these families have gone through both emotionally and financially. By creating this organization and working with local community members and businesses to raise funds to support the scholarship, we can take a large burden

off the shoulders of many students and families.

When creating the scholarship fund, my overall goals have been to 1) Bring awareness to the needs of families who have experienced this life changing tragedy 2) Assist both the student and their parents in ensuring these young people are able to get the higher education they need and desire without putting more financial burden on them and 3) Helping to make an impact and growing this Nonprofit organization, the 'Zoe Hart Scholarship Fund,' so that we are able to help even more graduating seniors in future years to

The Zoe Hart Scholarship Fund is available for high school seniors in Michigan. Minnesota or North Dakota. Applicants must have lost either one or both of their parents and maintain at least a 2.75 GPA.

"Students apply by writing a 300- to 600-word essay explaining how the death of their parent has impacted their life," Lemerond said. "They must also state their education goal in the essay."

Lemerond's goal is to award a minimum of four scholarships. The dollar amounts will vary depending

upon need, essay content and the determination by the scholarship committee. However. Lemerond advised, "the minimum amount will be \$1000.'

government programs.

Lemerond hopes to continue building the scholarship fund over the coming years so that she can help as many graduating seniors in this situation as possible.

Terri Pemberton, grandmother to Zoe Hart and mother to Hart's mother, told another Michigan publication she wholeheartedly approves of Lemerond's actions in creating the orga-

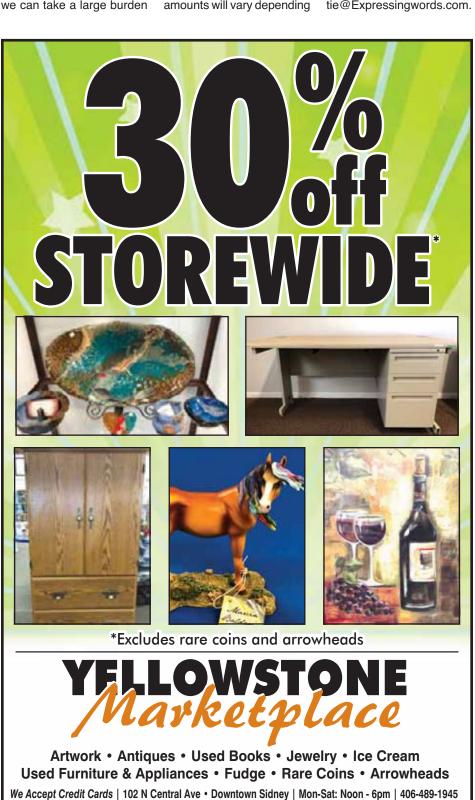
"I am in complete support of the scholarship, and I'm happy that the scholarship will be able to help students and families who have already lost so much or been through such a difficult time," she said.

A complete list of criteria for the scholarship application can be found at www.expressingwords.com.

The organization is currently looking for and accepting donations of all sizes. The organization is a 501 C3 nonprofit and all donations are tax-deductible.

For more information, visit www.expressingwords. com or email Lemerond at tie@Expressingwords.com.







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#### HELP WANTED 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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Handyman wanted for wide range of maintenance and repair. 406-489-5195.

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Two-year-old net wrapped bales, crescent wheat and alfalfa, 60 bales. Call evenings 701-863-6686.

#### **Looking For Others** in the Sidney Vicinity

(Richland County)

Looking for those who have discovered mineral/oil anomalies in their mineral checks. Decimal points moved etc by attorneys and/ or CPAs in the region. If you are affected please send me your contact information, as we have options together. Send name, phone

and address with email to PO Box 594, Sidney MT 59270. All information will be confidential.

#### **FOR SALE**

Farmhand 235 loader, 8' bucket, 3 spool valve outside, controls in cab, \$2,250 or best offer. 406-963-2228.

#### FOR SALE BLACK **ANGUS BULLS**

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#### **SERVICES**

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#### **ROUND OR RECTANGULAR TABLES** & CHAIRS FOR RENT

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#### FOR SALE **BRAND NEW ITEMS NOT USED**

Two 5,200 lb. trailer axles with brakes, 6 hole wheel mounts with springs, \$175 each. 6" heavy wall poly pipe, 50' long, approximately 100 pieces, \$1 per foot, can be fused or cut with a chainsaw, fence posts, boat ramps, creek crossing, will never rust! Nerf bars with mounts for 90s GM pickup, \$75. Heavy duty 11:00x24 truck chains with ice studs, \$200. 701-744-5729 or 406-480-7186.

#### **GARAGE DOORS**

Two 10' x 16' wide overhead garage doors, white, like, new, \$250 each, 406-963-2228.

#### **BUILDINGS, FERTILIZER TENDER**

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#### **LEGAL NOTICE**

#### Montana 7th Judicial District Court, Richland County

In the Matter of the Name Change of Rhonda J Kitchen:

Rhonda J Kitchen Petitioner

Cause No: DV-20-29

**Order Setting Hearing** This Court orders:

Name Change Hearing The hearing on the Petition

for Name Change filed in this case is set for: 04/16/2020, 8:30 a.m., Richland County Law and Justice Center. March 13, 2020 Katherine M. Bidegary

District Court Judge (Publish March 18, 25, April 1, 8, 2020)

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# **DPHHS Announces Plan** To Continue Services While Temporarily Closing Some Offices In Response to COVID-19

## **Technology infrastructure in place** to maintain services

Department of Public Health and Human Services (DPHHS) Director Sheila Hogan has announced steps the agency is taking to ensure Montanans continue to have access to various agency programs and services, while still protecting the health and safety of the clients and staff related to the ongoing coronavirus (COVID-19) situation.

Hogan said in response to COVID-19 concerns, select DPHHS offices with services that require face-toface interaction with clients and staff is closed as of Friday, March 20 until further notice. These closures will impact the Offices of Public Assistance, Child and Family Services, Vocational Rehabilitation, Vital Statistics, Women, Infants and Children, Child Support Enforcement, and the **Developmental Disabilities** Program.

"DPHHS has the technology infrastructure in place to continue serving clients during this time," Hogan said. "For now, we'll be expanding on the use of various technology already in use until we can resume in-person assistance that we know is important."

Here's the temporary plan going forward:

Offices of Public Assistance (OPA)

DPHHS is shifting additional staff to serve clients through the Public Assistance Helpline at 1-888-706-1535. Currently, the helpline handles about 1,000 calls a day. There, clients are able apply for SNAP food assistance, TANF cash assistance or health care coverage. Call scheduling is a convenient feature that allows clients to make an appointment for a call back instead of waiting on hold. Clients can check their SNAP benefits at 1-866-850-1556.

The website apply. mt.gov is also another option. By opening an online account, clients can apply for, renew, report changes and check their benefits online 24 hours a day, 7 days a week. To date, about 20,000 clients already have active online accounts.

Clients can also submit applications via the OPA fax or by mail at Field Offices of Public Assistance, PO Box 202925, Helena MT 59620.

Montanans are also encouraged to reach out to OPA office staff through email. A list of OPA office email contact information can be found at: https:// dphhs.mt.gov/hcsd/Officeof-**PublicAssistance** 

Current offices are located in Anaconda, Billings, Bozeman, Browning, Butte, Glasgow, Great Falls, Hamilton, Hardin, Havre, Helena, Kalispell, Lame Deer, Lewistown, Libby, Miles City, Missoula, Polson, and Wolf

A tutorial on how to use apply.mt.gov is available on the agency YouTube page at https://www.youtube.com/ watch?v=HtPFbUqjTos and https://www.voutube.com/ watch?v=ADwEiJA2pSQ

Child and Family Services Division (CFSD)

The only change at this time will be to family visitations. Rather, CFSD staff will be reaching out to families on their current caseload to arrange the best way to hold visitations through technology such as Skype or Facetime.

CFSD staff will continue to investigate reports of child abuse and neglect, and deliver services and respond to the needs of children and families. Also, CFSD staff will be reaching out to all families in their caseload to make sure cell phone contact information is current. To report suspected child abuse or neglect, please call Centralized Intake at 1-866-820-5437.

Child Support Enforcement Division (CSED)

Child Support payments will continue to be processed and disbursed during this time. Parents and employers are encouraged to make their child support payments electronically at https://app. mt.gov/csp/. For case specific questions, CSED staff are available by phone and

Disability Employment and Transition Division

Vocational Rehabilitation Counselors and Blind and Low Vision instructional staff will continue to support Montanans with disabilities

number at 1-877-418-4533 by providing employment, transition, and telecommunication access services via telephone or online where appropriate. DETD staff will be reaching out to consumers on their current caseload to arrange the best way to continue services. DETD contact information: 877-296-1197 (toll-free consumer line); 406-444-2590 (voice/TTY); or email vrin-

> Women, Infants and Children (WIC)

fo@mt.gov.

WIC offices will be closed to the public. Services will be available remotely and benefits will continue to be issued for anyone currently on the program. Clients may reach out to their local WIC clinic (www.signupwic.com ) or call the state office to inquire about WIC benefits. The state office may be reached at 1-800-433-4298 or via email at montanawicprogram@mt.gov. WIC Benefits issued on EBT cards will continue to be used as usual. Anyone experiencing difficulty with getting formula at their local store is encouraged to contact the state office.

Montana Office of Vital Records

The Montana Office of Vital Records, located at 111 North Sanders, Helena, will continue to serve the public via phone and online for birth and death certificate needs. Please call 406-444-2685 or email: hhsvitalrecords@mt.gov or visit https://dphhs.mt.gov/ vitalrecords. Business needs for clerk and recorders, clerk of district courts, coroners, funeral homes, hospitals and midwives will continue as normal.

Development Disabilities Program (DDP)

DDP will continue to support Montanans via telephone, video chat, online and via individually scheduled meetings as needed. Individuals and families are encouraged to stay in close contact with the case manager and/or regional administrator. Visit https:// dphhs.mt.gov/dsd/developmentaldisabilities/DevelopmentalDisabilitiesRegionalOffices for local contact information.

## FARMLAND FOR LEASE

FIRST STATE BANK & TRUST, as Trustee, having PO Box 1827, Williston, ND 58802, offers to lease the following land located in McKenzie County:

- 1. TOWNSHIP 151 NORTH, RANGE 103 WEST Section 8: SE1/4, containing 72 tillable acres more or less Section 9: NW1/4, E1/2SE1/4, containing 202.81 tillable acres more or less Section 16: SW1/4, containing 150.60 tillable acres more or less Section 17: SE1/4, containing 79.80 tillable acres more or less Section 20: NW1/4NE1/4, E1/2NE1/4, containing 113.28 tillable acres more or less Section 21: NW1/4, NE1/4SW1/4, E1/2SW1/4, SE1/4, containing 159.75 tillable acres
- 2. The above land is available for lease as separate tracts or as one tract. Bidders are asked to specify the land or lands bid on. Bids will be accepted on individual
- 3. The Lease Term will be for three (3) years commencing March 2020, and ending on the 31st day of December, 2022. The lease is for cash rent to be paid by the tenant on an annual basis with the time for payment to be negotiated with the successful bidder.
- 4. Additional terms for the Lease will require that the tenant furnish all seed, machinery, labor, insecticide and weed spray and pay all expenses of sowing, cultivating, and harvesting all crops grown and raised on the premises. Tenant shall maintain and operate the farm in an efficient and farmer like manner and will perform all farming activities at the proper time and in the proper manner furnishing all labor and equipment therefore. Tenant shall permit the owner or its agents to enter the farm at any reasonable time for inspection of the premises.
- 5. Tenant shall not be allowed to assign or sub-lease any portion of the premises without the prior written consent of the owner.
- 6. The tenant shall keep adequate records in regard to crops grown and harvested.
- 7. The owner agrees to pay all real estate taxes levied and assessed against the premises before the same become delinquent.
- 8. THE OWNER RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS.

This offer to lease shall be made upon sealed bids and shall be delivered to the Trust Department of First State Bank & Trust and marked to the attention of Heidi Olson no later than 12:00 pm Monday, March 30, 2020. Any questions concerning this advertisement and the subject premises may be directed to Heidi Olson, First State Bank & Trust, (701)577-9618, during reasonable business hours. Bidders need not be present at the time of bid opening. The Trust Department will inform the successful bidder within two (2) business days of the bid opening. All unsuccessful bidders will also be informed.

## PASTURE/HAYLAND FOR LEASE

FIRST STATE BANK & TRUST, as Trustee, having PO Box 1827, Williston, ND 58802, offers to lease the following land located in McKenzie County:

- 1. TOWNSHIP 151 NORTH, RANGE 103 WEST Section 8: SE1/4 (slough), containing 69.32 acres more or less Section 9: NW1/4, E1/2SE1/4, containing 33.98 acres more or less Section 21: NW1/4, NE1/4SW1/4, E1/2SW1/4, SE1/4, containing 224.08 acres more or
- 2. The above land is available for lease as separate tracts or as one tract. Bidders are asked to specify the land or lands bid on. Bids will be accepted on individual sections.
- 3. The Lease Term will be for three (3) years commencing March 2020, and ending on the 31st day of December, 2022. The lease is for cash rent to be paid by the tenant on an annual basis with the time for payment to be negotiated with the successful bidder.
- 4. Additional terms for the Lease will require that the tenant furnish all seed, machinery, labor, insecticide and weed spray and pay all expenses of sowing, cultivating, and haying of forage grown and raised on the premises. Tenant shall operate the premises in accordance with practices of good husbandry and shall use good ranching methods and shall not overgraze or engage in or permit any practice which shall result in erosion of topsoil or otherwise adversely affect the premises or the fertility of the soil. Tenant shall permit the owner or its agents to enter the farm at any reasonable time for inspection of the premises.
- 5. Tenant shall not be allowed to assign or sub-lease any portion of the premises without the prior written consent of the owner.
- 6. The tenant shall keep adequate records in regard to forage grown and harvested.
- 7. The owner agrees to pay all real estate taxes levied and assessed against the premises before the same become delinquent.
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# One Couple Needing to Upsize, the Other Needing to Downsize — They Find a Solution Together

By Paul Tedrow

Marvin & Elaine Stedman didn't require as much room any longer, meanwhile their son and daughter-in law Matt & Teresa Stedman with their three children and pet dog had outgrown their home. They found the right solution together. They bought each others' home. But with that, another concern came about. Teresa was worried about making changes to her mother-in-law's former home, because she didn't want to harm feelings in altering it. Her mother-in-law Elaine told her not to worry and encouraged her to put her own style into it for her family.

The young couple chose the areas of the home to keep, and those to alter. They kept what they could appreciate and altered others to suit. Brenda Larson from Creative Solutions was instrumental in making it all happen. For example, in the kitchen they kept the existing cabinets but got new doors and drawer fronts, and had them painted in a new slate color.

They got new quartz countertops, appliances, and flooring. In the master bath they added a double sink vanity, got new cabinetry. They also put in a new tub, in addition to a custom-fitted shower. The existing linen cabinet was kept but its doors were replaced to match the Knotty Alder vanity.

The Stedmans would like to add that everyone was extremely easy to work together with and responsive and would like to thank everyone involved but especially Creative Solutions and Luinstra Construction for their diligence and dedication to their home remodel project.

Materials:

General Building Materials: Builder's 1st Source; Apnliances: Path

Cabinets: Creative Solutions: Paint: Johnson Hardware Plumbing Fixtures: NW Pipe; Floor Covering: Chads

Labor:

Carpenter: Kevin Luinstra Construction; Electrician:

Kevin Fixen

Flooring: Chads; Plumber: Mike Potts

Painter (rooms & consultant): Juliett Lobsock; Painter (Cabinets): Kelly Alvstad

Wall Tiling: Kevin Luinstra Construction Specifications:

Kitchen Countertops: Cambria Quartz in Torquay (white gray) with undermount sink; Kitchen Cabinet Doors: Craftsman style, painted in Vintage Boots by Kelly Alvstad; Kitchen Drawer Slides: Soft Close

Bath Cabinets: Knotty Alder by Dura Supreme, Monterey door style, Brindle Color (traditional, wide-styled, timeless design).

Bath Countertop: Solid Surface by Hi-Macs in Arctic White with dual undermount sinks; Flooring: Adura Seaport in Sandpiper Color

Paint: Vintage Boots



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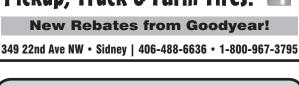
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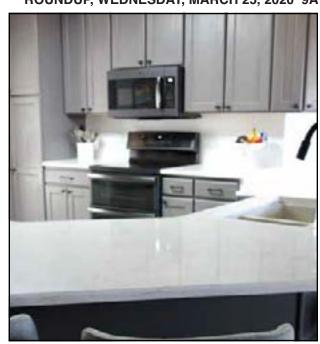




Brenda Larson of Creative Solutions and homeowner Teresa Stedman with dog Maci.



Bath Cabinets: Knotty Alder by Dura Supreme, Monterey door style, Brindle Color (traditional, wide-styled, timeless design).



Kitchen Countertops: Cambria Quartz in Torquay (white gray) with undermount sink; Kitchen Cabinet Doors: Craftsman style, painted in Vintage Boots by Kelly Alvstad; Kitchen Drawer Slides: **Soft Close** 

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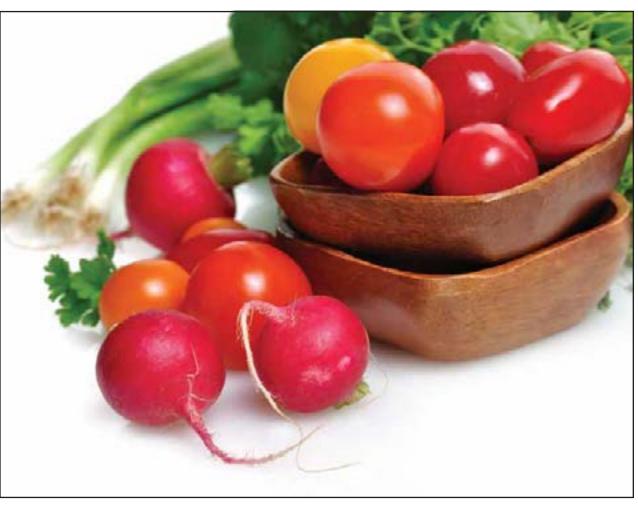




















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# Veggie Starting Tips

By Andrew "Andy" Kuester, Handy Andy's Nursery, Manager

As I write this article, "the first day of spring" (Mar 21) is almost upon us. This is a reminder for many of us in the northern climates that while it may not be "planting season" yet, it is certainly time to begin to think about the outdoors. Many enjoy the summer hobby of planting vegetable gardens and the crisp bite of that fresh cucumber or juicy tomato is a reminder that we're enjoying the summer season. We often receive many questions about starting veggies early to get a head start on the produce season. Therefore, I thought that I would give you some helpful tips and aid in this article. There are many veggie items that can and should be started indoors to help with the timeline of when you can expect fruit. There are other items that perform best when they are direct sown in ground or

In general, the appropriate time to begin starting veggies indoors is to work from the last average frost date for your region. For northwest ND and eastern MT that date is generally May 15. If you walk backwards six to eight weeks from that date you will land anywhere from Early to Mid-March. When starting seeds indoors the most challenging issue you will run into is light. People often state that their plants seem "leggy" or stretched and are difficult to move out into the garden when the danger of frost has passed. Ensuring that plants have good light will go a long way in keeping them looking healthy and being a desirable plant. Offer them a bright sunny window or a strong grow light. If choosing LED grow lights do be aware of their strength. It is often best to keep LED lights approximately one foot from the top of the plant. With older fluorescent bulbs you often want to keep them Thanks and as always "hapalmost right on top of the

plant, as their intensity is not nearly as strong. The other factor you will want to keep in mind is the conditions your plants will be starting in and how that will differ from what their outdoor environment will eventually be. Remember that if you are starting plants inside that you should get them used to the windy outdoor environment before you plant them in the ground or their pots. Begin by setting the seedlings out for a few hours each day and bringing them back inside to help "harden them off" to the outdoor elements. This will ensure that you have better success with your transition to the garden. As always we are happy to be your resource for plant questions and challenges, whether it be houseplants, veggies, trees or shrubs. We also have many fun gardening and workshop opportunities. Visit our website to view any of our upcoming workshop opportunities.



Thank You Matt & Teresa Stedman for trusting us to help remodel your dream home!



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# **Spring Cleaning For Spring Allergies: 6 Steps From The Experts**

(BPT) - As days grow longer and new blooms appear, it can only mean one thing: Spring is here and with it comes the task of spring cleaning. For people with allergies, spring cleaning does more than spruce up a home. When done correctly, it removes dust, mold, dander and other allergy triggers so you can feel your best.

"There are specific things you can do while cleaning that can dramatically improve allergy symptoms," says Dr. J. Allen Meadows, president, American College of Allergy, Asthma and Immunology allergist. "When you spring clean to remove allergens, you can breathe easier plus enjoy a sparkling home."

Meadows and the experts at ACAAI recommend these steps when cleaning for allergies. Before you begin, keep in mind that when you clean you come in contact with many allergens. You may want to take allergy medication beforehand and if your allergy is severe, consider wearing an N95 filter mask while dusting or scrubbing.

#### Step 1: Dust thoroughly Dust all surfaces in your

home with a damp rag or microfiber cloth made for cleaning. Avoid using any kind of duster that simply kicks dust into the air. Additionally, clean vents and return registers to limit dust recirculating and finish by wet mopping tile and other hard flooring. Don't neglect the area under the beds, which can get dusty and should be cleaned often. Eliminating dust helps your home shine and also removes some of the most notorious indoor allergy triggers.

#### Step 2: Clean carpets

Start by moving all furniture off the carpet. Then vacuum well with a cyclonic vacuum, which spins dust and dirt away from the floor, or a vacuum with a HEPA (high efficiency particulate air) filter. Meadows does not advise shampooing carpet, because it can cause dust mite eggs to hatch. If you are using diluted bleach and water solution for spot treatments or to kill mold, make sure someone other than the allergy sufferer does the cleaning because bleach can trigger asthma.

#### Step 3: Clean window treatments

Window treatments like curtains and valances can be a magnet for dust and pollen yet are often ignored when it comes to cleaning. This spring, make sure to follow the manufacturer's recommendations and wash or dry clean window treatments. Remember, opening windows allows pollen and other allergens into your home, so during peak allergy

season keep them closed, and whenever possible, use air conditioning in your car and home.

#### Step 4: Wash bedding

Wash sheets, pillowcases and blankets in water that is at least 130 degrees F. This temperature kills dust mites and effectively removes allergens. If bedding can't be washed at this hot temperature, place items in the dryer for at least 15 minutes at 130 degrees or above. For children with allergies, do the same with their stuffed animals.

#### Step 5: Replace air filters

At the start of every season change the air filter in your furnace. This helps the HVAC system run efficiently while also filtering out air particles -including allergens - to keep your home's air as clean as possible. Consider setting an alarm for every three months as a reminder and use filters with a MERV rating of 11 or 12. This is also a good time to clean the drip pans in appliances like the refrigerator.

Step 6. Control humidity Bathrooms, basements and tiled spaces are prone to mold, so spring is a good time to deep clean. A bleach cleaner works well to eliminate mold or make your own by mixing borax and water. Next, help prevent mold from developing through moisture control. Always run

bathroom fans when bathing or showering, clean up any standing water immediately and use a dehumidifier if needed to keep humidity

below 60%.

"Spring cleaning is a great step in allergy control," says Meadows. "However, if you continue to suffer from allergy or asthma symptoms, see a board-certified aller-

gist to help you control your symptoms and live the life you want. You can find an allergist near you at acaai. org/locate-an-allergist."



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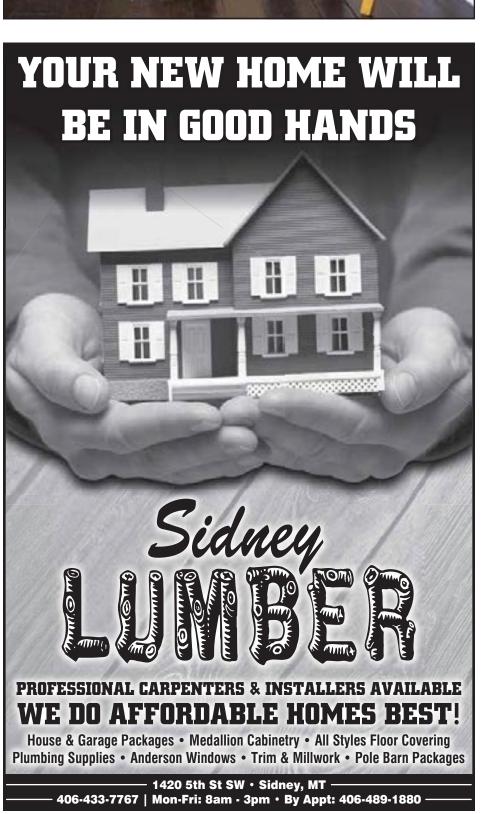




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# ND Game & **Fish Offers Up The Outdoors**

The North Dakota Game and Fish Department encourages hunters and anglers to make mindful decisions on outdoor activities by following guidelines provided by the Centers for Disease Control and Prevention.

Customer, volunteer and employee well-being is of top priority. Earlier this week, Game and Fish canceled upcoming public gatherings such as the National Archery in the Schools state tournament. In addition, several hunter education classes scheduled to begin in the next few weeks were canceled or postponed, and late-season ice fishing tournaments have canceled events to minimize crowding.

Students enrolled in any classes scheduled to start in March or April can find information on class status on the Game and Fish website at gf.nd.gov.

With social distancing in mind, the Game and Fish Department encourages hunters and anglers to purchase licenses online, rather than making an in-person visit. The same philosophy applies to watercraft registrations. Contact a local Game and Fish office for assistance with a purchase

During this time of uncertainty, Game and Fish is offering several suggestions for students and parents to consider while K-12 schools and some businesses are closed due to public health concerns:

· Use free time to take the state's boating safety course. State law requires youth ages 12-15 who want to operate a boat or personal watercraft by themselves with at least a 10 horsepower motor, must pass the boating course. Parents, it's not just for kids. Some insurance companies give adult boat owners who pass the course a discount on boat insurance. The course is available for home study, and there is also an online version.

· New fishing licenses are needed starting April 1. Take care of that important detail online now so you're not scrambling to get that license just prior to your first fishing trip of the open water season.

• 2020 is the first year of the new 3-year boat registration period. If you have a motorized watercraft and haven't renewed yet, register online so you're ready to go when the ice goes off your favorite lake.

· March 25 is the deadline to apply for a moose, elk or bighorn sheep hunting license.

Since it's important to avoid crowds, North Dakota's outdoors is a great place for recreation. You can put a boat on the Missouri River right now, or still get in some ice fishing on lakes where ice is still safe for travel. If you're just looking for some exercise, take a hike on one of the department's 229 wildlife management areas.

Stay connected with Game and Fish by following us on Facebook, Instagram and YouTube.

# **Purchase Montana Hunting, Fishing** Licenses Online

**Submitted by Marla Prell** 

In accordance with guidelines for social distancing related to COVID-19 and to protect the public as well as staff, Fish, Wildlife & Park strongly encourages hunters and anglers to make licensing purchases online at fwp.mt.gov. For those who need assistance with their purchase, please call the FWP licensing center at 406-444-2950 or your regional or area office:

· Region 6 (Glasgow): 228-3700; Havre Area Office: 265-6177

 Region 7 (Miles City): 234-0900; FWP Headquarters (Helena): 444-2535

FWP regional and headquarters offices remain open. but visitors will be required to follow protocol to reduce the risk of exposure to and spread of COVID-19. These proto-

· Entry to the lobby is limited and monitored by an FWP staff member.

· Visitors must wait outside until notified by FWP staff

· No cash will be accepted, only checks and credit or

debit cards. • The April 1 deadline for deer and elk, the May 1 deadline for moose, sheep, goat and bison, and the June 1 deadline for Elk B, Deer B, and antelope will remain in effect.

• Please check with your local FWP office for hours of

To purchase licenses online, go to fwp.mt.gov and click on "License: Buy/Apply." For more information on FWP's response to COVID-19, go to http://fwp.mt.gov/covid19.

Additional information on COVID-19 is also available online, on DES social media, and via phone:

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## Flower Trends That Stand The Test Of Time

Like classic pieces in your closet that can be worn season after season, some flowers have become staples for decorators and gardeners alike. Available in a variety of bold colors, Wave® Petunias and Cool Wave®



Pansies are a low-maintenance must-have for creating high-impact design in outdoor spaces. Like your little black dress or your favorite pair of jeans, these versatile flowers can be styled in fresh ways to create an on-trend look that fits your space and lifestyle.

#### Bring color to life

Celebrating its 25th anniversary this year, Wave® proves why it has such staying power. In 1995, the striking Wave® Purple Classic became the very first Wave® Petunia variety - and its bold, fun color remains a top choice for adding wow-factor to hanging baskets, window boxes and gardens.

As a nod to tradition, style your patio or balcony with Tidal Wave® Silver petunias this year. Their luxe silvery-white blooms add a touch of glamour, similar to the timeless silver chain in your jewelry box.

This award-winning flower grows mountains of color to create a showstopping look in gardens or large planters.

In early spring, have fun with the wide array of colors available in pansies to kick off the season - their rich palette adds a touch of elegance to your outdoor space, in the same way that your favorite high-end scarf enhances your outfit. Cool Wave® Pansies are easy to care for and they encourage your family and friends to enjoy the outdoors.

#### Beyond the garden

The best thing about petunias and pansies is that they can be styled in a variety of ways - just like that classic white T-shirt you can't do without. Beyond enjoying them in your garden, you can also use these flowers for all kinds of fun DIY craft projects to add a special touch to handmade gifts, culinary creations and

Enjoy your blooms for-

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ever and capture a precious moment in time by pressing petunia or pansy blossoms. Once dried, you can use them to create festive, oneof-a-kind greeting cards, picture frames, bookmarks or phone cases. Press some of their leaves as well, to add a color contrast to the petals.

For a beautiful yet edible garnish, use pansies to add vivid pops of color to your favorite foods - from fresh salads to decadent desserts. Dress up drinks by freezing pansy blossoms into ice cubes, or simply top off a beverage with a single freshly cut bloom.

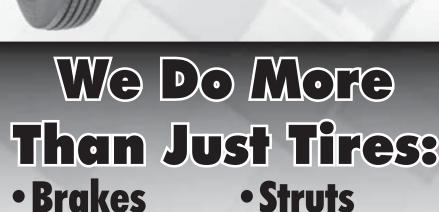
Like your wardrobe favorites. Wave® Petunias and Cool Wave® Pansies can be personally styled in modern ways each gardening season to keep up with the latest trends. Check out WaveGardening.com for more ways to brighten up your garden or deck this year, including DIY projects, tips and inspiration.



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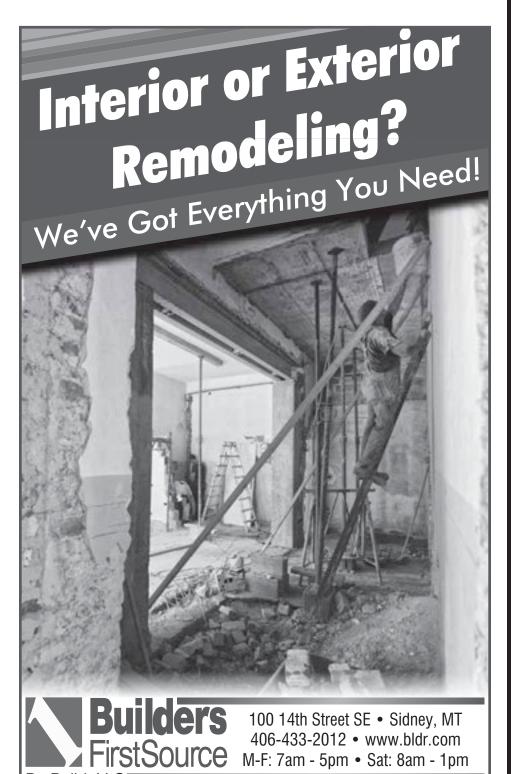
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# 4 Outdoor Cleaning Tips That Could Help Save You Thousands

(BPT) - The sounds of birds chirping, longer daylight hours, and budding trees and flowers are early signs that warmer weather and spring are on the way. That means more time outalso a sign it might be time for a little spring cleaning.

"Cold temperatures, snowfall and winter rains can have a big effect on houses and landscaping, so

side to enjoy nature, but it's now's the time to check for potential home repairs and maintenance," said Christopher O'Rourke, Mercury Insurance vice president of property claims. "Spring cleaning isn't just about

getting rid of belongings you no longer want or need - it's also a time to get your home in tip-top shape so you can enjoy it throughout the rest of the year."

Here are four tips O'Rourke recommends to welcome the new season and save some money down the road.

#### 1. Clean your gutters.

Gutters collect debris over time, especially when rain, snow and wind causes twigs, pine needles and leaves to settle on your roof and in your rain gutters. Accumulated debris can create blockages that direct water into the home or, in areas without much precipitation, can act as kindling in the event of a fire. Buildup also allows mildew and mold to develop, which can slowly decay a home's exterior and roof.

"Preventable damage like mold or mildew that develops and rots a home's exterior isn't covered by homeowners insurance," said O'Rourke. "It's important to routinely clean out gutters - even if you have gutter guards installed, they don't completely protect against debris building up eventually. An hour or two spent cleaning or checking your gutters is time well spent compared to the alternative."

#### 2. Trim branches and remove dangerous trees.

Thunderstorm frequency picks up in summer months, and high winds can occur year round, so it's best to get a jump on

tree maintenance in early spring. Regularly trimming tree branches reduces their chance of breaking during a storm, which could cause power outages or property damage.

"Properly trimmed branches present a lower risk of falling onto your home, power lines or possibly injuring someone on your property," said O'Rourke. "Also, in areas that are prone to wildfires, trimmed trees create a buffer zone to help lower the chances of flames easily jumping onto your roof."

Consider having the trees on your property inspected by an arborist to determine their health and have diseased trees removed before they topple over unexpectedly. Removal costs vary depending on height and difficulty, but range from \$100 to around \$1,800. These preventative costs are not covered by vour homeowners policy, but can be a wise investment that saves you time, money and anxiety.

#### 3. Watch out for service lines.

Homeowners who want to plant gardens, trees or install additional landscape features to enhance their outdoor living space should be aware of potential underground utility lines. Most service lines - a network of exterior, underground utility lines or pipes that supply a home with electricity, gas, water and sewer functions are only buried a few inches beneath the ground. Accidentally hitting one when digging can result in loss of service, expensive repairs or a serious injury.

If a break to a service line happens on a homeowner's property, special machinery may be needed to excavate pipes from beneath the ground, which may require digging under your home, garden or driveway. The homeowner is responsible for repair or replacement costs, and this damage can

be inconvenient, expensive and isn't covered by a standard homeowners insurance

"The average cost to repair a break to a service line is about \$5,000 and most Americans wouldn't welcome such a large surprise bill," said O'Rourke. "Homeowners should definitely consider purchasing an endorsement to their insurance policy to protect against losses of this nature. Mercury offers this coverage as an addition to our home insurance policy and it costs as little as \$8 a year, depending on the home's age."

To be safe, homeowners should call 811 before digging so the utility companies can send a locator to mark the approximate locations of underground service lines.

#### 4. Service your air conditioning unit.

Regular maintenance of heating, ventilation and air conditioning (HVAC) systems is essential to ensure the equipment is in proper working order, which can save money on energy bills, as well as protect against expensive repair and replacement costs.

"No one wants to unexpectedly find themselves living in a sauna during the dog days of summer, so the start of spring is a great time to have your air conditioner inspected," said O'Rourke. "You should also change your air filter to make sure it's operating at its highest efficiency, so when that heat wave hits you'll be nice and cool inside your home."

Have a professional inspect your HVAC unit to make sure its exterior condenser coil and compressor are clean and free from blockages - the average cost for an inspection is about

Your home will bring you security and joy for many years to come. Taking the time to maintain it is well worth the investment.



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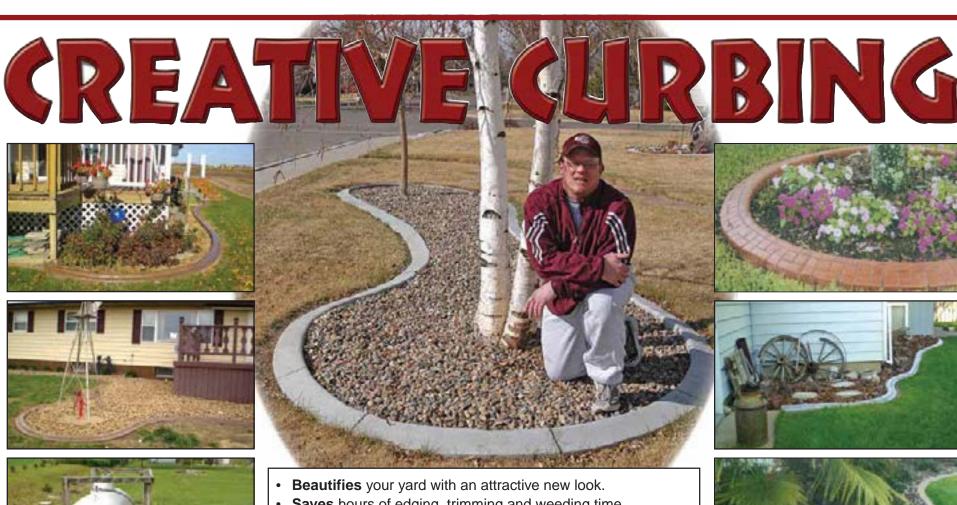
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