

The Roundup

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Wednesday, January 22, 2020

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Area Montana And North Dakota Legislators Hold Joint Meeting, Jan. 8



Montana and North Dakota legislators held an informal meeting at the Missouri-Yellowstone River Confluence Center on Jan. 8. From left, Rep. David Richter (Williston), Rep. Patrick Hatlestad (Williston), Sen. Steve Hinebaugh (Glendive), Sen. Dale Patten (Watford City), Rep. Joel Krautter (Sidney), Sen. Brad Bekkedahl (Williston) and Rep. Keith Kempenich (Bowman). (Photo by Leslie Messer).

Trenton, ND – Montana and North Dakota legislators representing the Sidney, Williston, Watford City and Bowman areas held an informal meeting at the Missouri-Yellowstone River Confluence Center on Jan. 8. Discussions centered on challenges facing each state and the MonDak region and the comparative approaches being taken.

Discussions were wide-ranging, covering issues such as the region's spring flooding of 2019, annual legislative sessions vs. biennial sessions (both states are currently on biennial sessions), differences in tax structures, regulations and incentives on oil and gas development and on how each state invests in infrastructure.

Sidney Representative Joel Krautter worked to organize the meeting, citing the need to get to know who North Dakota's legislators were on the other side of the state line from Sidney. "Many of the issues we face, whether on challenges to agriculture, oil and gas development, or fighting crime and drugs, don't start

and stop at the state line, so it's always worthwhile to look at ways we can work together," said Krautter.

Representative Keith Kempenich, Bowman, said a benefit of better relationships between legislators from both states can be when there's a need to get attention on an issue affecting both states from a federal agency.

North Dakota legislators in attendance included Senators Dale Patten (Watford City) and Brad Bekkedahl (Williston) and Representatives Keith Kempenich (Bowman), David Richter (Williston) and Patrick Hatlestad (Williston). Montana legislators in attendance were Senator Steve Hinebaugh (Glendive) and Representative Joel Krautter (Sidney). Richland Economic Development Corporation Executive Director Leslie Messer was also in attendance.

The legislators are hoping to meet again in the summer to continue discussions.

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Visit www.roundupweb.com for coverage on:

- Badlands Gymnastics Results
- Sidney & Fairview Boys' & Girls' Basketball
- Sidney Wrestling Results
- Chamber Award Winners

Watford City Hosts Badlands Roundup 4-H Archery Match Jan. 25

Badlands Bulleyes 4-H Shooting Sports Club is proud to announce the Third Annual Badlands Roundup 4-H Archery Match will be held on Saturday, Jan. 25 at the Rough Rider Center Fieldhouse, Watford City.

Doors will open at 8:30 a.m. and flights will be held from 9:30 a.m.-1:45 p.m. Beginner, Junior and Senior Barebow participants will shoot 30 arrows at 15 yards. Senior Freestyle shoot 60 arrows at 20 yards.

About 200 4-H'ers, ranging in age from 8-18 years, will participate in this match.

The public is invited to attend this free contest. Food will be served all day.

For more information, please contact NDSU Extension/McKenzie County at 701-444-3451 or email marcia.helland-saas@ndsu.edu.

Harnessing A Plant's Own Chemicals To Improve Crop Nutrition Focus Of Brownbagger Talk

A USDA scientist with the Agricultural Research Service's Mandan, ND lab is studying new ways to harness plant chemicals to improve crop nutrition, soil nutrient cycling, and more. Dr. Andrea Clemensen will be sharing what she's learned to date as the first speaker in the USDA-ARS Northern Plains Agricultural Research Lab's winter BrownBagger Speaker Series in Sidney.

The 2020 series kicks off this coming Friday from noon-1 p.m. with Dr. Clemensen's presentation entitled, "Phytochemical links between healthy soil, plants, animals, and humans." Dr. Clemensen said she would be presenting research involving plant secondary metabolites and the benefits they offer for plants, foraging animals, and humans, as well as highlighting how these metabolites influence the soil, and subsequent land management implications.

"My big picture research objectives are linking the health of soil to the health of humans through plant biochemical diversity (the implementation of plant secondary metabolites)," Clemensen said. "Specifically, I'm looking at saponins (triterpenes) in alfalfa and how these metabolites might influence the soil microbiome, and subsequent crop (if alfalfa is used as a cover crop). I'm also looking at how different land management strategies might influence mineral and protein in wheat."

Secondary metabolites are chemicals produced by plants for which no role has yet been found in growth, photosynthesis, reproduction, or other "primary" plant functions. These chemicals are extremely diverse; many thousands have been identified in several major classes. In some instances the chemicals appear to play a protective role for the plant in its environment since many have negative impacts on other organisms such as herbivores and pathogens that might otherwise attack the plant. However, plant secondary metabolites can also extend protections beyond the plant world, playing an important role in alleviating human ailments in traditional and folk medicines of the past as well as providing lead compounds for some modern medicines today.

Clemensen is a postdoctoral research biologist at the Northern Great Plains Research Lab (NGPRL), Mandan, ND, and is particularly interested in plant secondary metabolites (PSMs) and their relevance in agroecosystems at the soil-plant interface. She received her Ph.D. in ecology from Utah State University in 2018 evaluating how different management strategies influence concentrations of PSMs, and how these metabolites influence soil nutrient cycling.

Clemensen's research is part of the Sustainable Agricultural Systems for the Northern Great Plains Research Project. This project builds on continued research at the Mandan lab assessing how management impacts ecosystem services in ever-changing environments. The project works in collaboration with other ARS locations, and also includes the National Ecological Observatory Network (NEON) and the Long Term Agroecosystem Research (LTAR) network, with overlying objectives to improve agricultural ecosystems while enriching crop nutrition.

NPRL invites all interested persons to join us for this very interesting presentation beginning at noon this Friday, Jan. 24. Bring your lunch. We'll provide the dessert!

For questions or more information, contact Beth Redlin at 406-433-9427 or beth.redlin@usda.gov.

Jack And The Beanstalk Audition Sidney Feb. 14

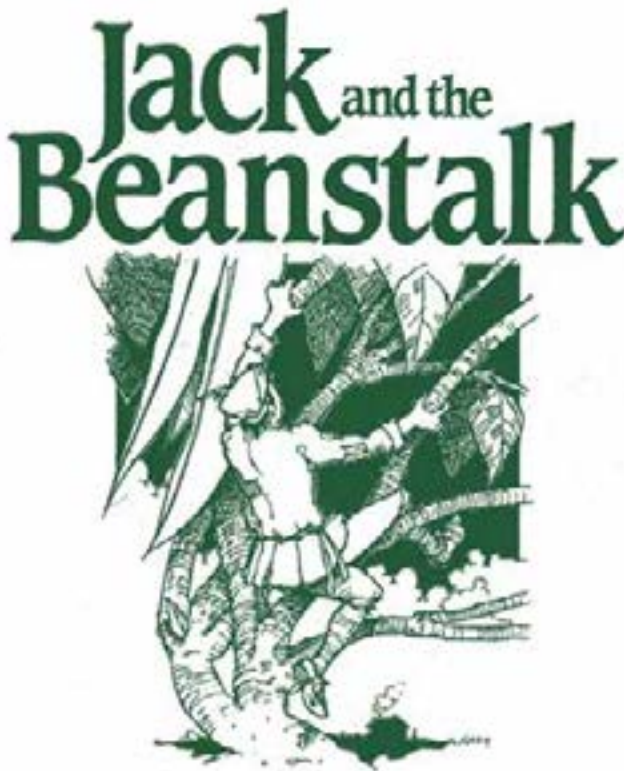
An audition will be held for the Missoula Children's Theatre (MCT) production of Jack And The Beanstalk Monday, Feb. 14 at Sidney Middle School from 3:45- 5:15 p.m. Those auditioning should arrive at 3:30 p.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition.

Among the roles to be cast are Jack, Mother, Milky White, the Magic Harp, Farmers, Merchants, the Giant, Jill, Circus Performers and Wonder Beans. Students grades K-12 are encouraged to audition. No advance preparation is necessary. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities.

The Missoula Children's Theatre (MCT) touring productions are complete with costumes, scenery, props and makeup. MCT Tour Actor/Directors will conduct rehearsals throughout the week from 3:45-8 p.m. each day.

Jack And The Beanstalk will be presented on Feb. 14, 7 p.m. and Feb. 15, 2 p.m. at Sidney Middle School Auditorium. The Missoula Children's Theatre residency in Sidney is brought to you by Sidney High School Drama Club with support from Dennis & Phyllis Washington Foundation and Brorson School District.

For more information, call Nick Kallem 406-433-7583 or Christy Pierce 406-478-3643.



Family Dollar, Sidney, Holds Ribbon Cutting

Family Dollar had a ribbon cutting on Thursday, Jan. 16 in celebration of their opening on Jan. 23. From left, store manager Amanda Thompson, Sunrise Village representative Susie Cavanaugh and Chamber Director Bill Vander Weele. (Photo by Nicole Lucina)





Pickup And Delivery Dates:
Sidney: Wednesday Only
Watford City: Tues, Thurs & Sat

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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108 E Main • 406-433-7679 | Mon-Fri: 10am - 5pm

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SIDNEY EAGLE
WRESTLER OF THE WEEK



JETT JONES: 195#
A returning State Champion, Jett is currently undefeated this season and the hardest worker on the team.
Congratulations, Jett.
You are the Sidney Eagle Wrestler of the week!
This week sponsored by The Ranger Lounge And Casino

AREA RECOVERY GROUPS

MONDAYS:
12 p.m. — AA Monday Noon Group, Matthew House Office, 416 2nd St. NW, Sidney, MT.
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, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.
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:
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, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.

SATURDAYS:
7 p.m. — AA Welcome Home Group, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.
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, Sunny's Family Restaurant, 102 E. Main St., Sidney, MT, Central Avenue Entrance.

STATISTICS

LAKE WATER LEVEL REPORT
Sakakawea
Current Elevation.....1839.0
Last Week's Elev.....1839.0
One Year Ago.....1839.5
Release For Day (C.F.S.).....24,000

SIDNEY WEATHER DATA
Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
January 13.....	6	-11	0.011
January 14.....	-7	-15	0.001
January 15.....	-6	-19	0.004
January 16.....	5	-18	0.000
January 17.....	3	-7	0.005
January 18.....	-2	-11	0.000
January 19.....	2	-12	0.000
Total 2020 YTD Precipitation.....	0.113		

Corinne Sharbono, 63, Fairview, MT

Funeral services for Corinne Sharbono, 63, Fairview, MT were at 10 a.m., Saturday, Jan. 18, 2020 at Shepherd of the Valley Lutheran Church, Sidney, with Pastor David Huskamp officiating.

Interment was at 1 p.m., Saturday, Jan. 18, 2020 in Fairview Cemetery, Fairview, ND under the care of Fulkerson-Stevenson Funeral Home, Sidney.

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

Corinne passed away on Saturday, Jan. 11, 2020 at Sidney Health Center, Sidney, MT.

Pat Kwasney, 74, Sidney, MT

Pat Kwasney, 74, Sidney, MT, passed away peacefully on Dec. 17, 2019 at St. Vincent Hospital, Billings, MT. Pat was born on May 30, 1945 to Joseph and Tillie Mock, Sidney, MT. In 1966, Pat married David Kwasney at St. Matthews Catholic Church, Sidney. Together they had 3 children, Scott, Shannon and Stacie.

A memorial service will be held on Feb. 1, 2020 at 3 p.m. at St. Matthew's Parish Center, Sidney, MT.

Arnold Holm, 97, Watford City, ND

Funeral services for Arnold Holm, 97, Watford City, ND are at 11 a.m., Tuesday, Jan. 28, 2020 at First Lutheran Church, Watford City, ND with Pastor Rob Favorite officiating.

Interment will follow the luncheon at the church in Schafer Cemetery, Watford City, ND under the care of Fulkerson-Stevenson Funeral Home, Watford City, ND.

Visitation will be Monday, Jan. 27, 2020, 10 a.m.-6 p.m. at the funeral home in Watford City and one hour before service at the church.

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

Arnold passed away on Sunday morning, Jan. 19, 2020 at McKenzie County Health Center, Watford City, ND.

Ronald “Ron” Callen, 71, Sidney, MT

Mass of the Christian Burial for Ronald “Ron” Callen, 71, Sidney, MT is at 11 a.m., Wednesday, Jan. 22, 2020 at St. Matthew's Catholic Church, Sidney, with Father Callistus “Cally” Igwenagu as presider.

Wake services is Tuesday, Jan. 21, 2020, 6 p.m., at Fulkerson-Stevenson Funeral Memorial Chapel, Sidney, MT.

Fulkerson-Stevenson Funeral Home is caring for the family.

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

Ronald “Ron” passed away on Tuesday, Jan. 14, 2020 at Sidney Health Center, Sidney, MT.

Oilseed Growers Petition MDA To Create Advisory Committee

Meeting set for Feb. 14 in Glendive

Helena, MT – The Montana Department of Agriculture (MDA) has received a verified petition from 25 Montana oilseed growers to create an advisory committee. MDA will hold a listening session to receive additional grower input regarding the proposal in Glendive on Feb. 14 at the Glendive Agricultural Trade Exposition (GATE). Meeting information details are provided below.

Growers will have the opportunity to learn about the process for creating a commodity advisory committee and provide input regarding its composition, crops to be included, and rate of assessment. Based on feedback received during the legislative session, MDA will decide whether to propose an oilseed research and market development program for adoption by administrative rule.

Oilseed Listening Session: Feb. 14, 11 a.m., Glendive Agri-Trade Exposition (GATE), Sobotka Conference Room (313 S. Merrill Ave. Glendive, MT)

Montana ranks second in canola production nationwide. Canola production in Montana totaled a record high 200 million pounds in 2019, which is a 54% increase from Montana's 2018 crop. Flaxseed production totaled 1.34 million bushels and more than doubled from 2018 according to the Annual Crop Summary conducted by the U.S. Department of Agriculture (USDA) National Agricultural Statistics Service (NASS).

MDA currently administers the Montana Potato Advisory Committee and the Montana Alfalfa Seed Committee along with the statutorily enabled Montana Wheat and Barley Committee and Montana Pulse Crop Committee. In total, these programs annually contribute over \$8 million in checkoff funds towards research, marketing, and education.

The Montana Department of Agriculture's mission is to protect producers and consumers, and to enhance and develop agriculture and allied industries. For more information on the Montana Department of Agriculture, visit agr.mt.gov.

Two Scholarships Available From The Masons

Lower Yellowstone Lodge #90 of Masons will award two scholarships this spring in memory of Ben York and Earl & Clona Hawley.

The Ben York Masonic Scholarship honors Ben York who was an active Master Mason and Shriner and a long time plumber and electrician in Sidney.

A scholarship is awarded to graduating seniors who plan to attend a trade school to study in the construction trades.

The Hawley Memorial Scholarship was created by Richland Chapter #62 of Eastern Star to recognize the devotion that Mr. & Mrs. Hawley had to their community.

These scholarships are available to graduating seniors and current college students.

Scholarship applications are available from guidance counselors at all Richland County high schools.

Nominations Needed For Employer Of Choice Award

Do you work for a great employer? Know someone who does? Keep reading to find out how you can give them the recognition they deserve!

Sidney Job Service Employers Committee (JSEC) is calling for nominations for their annual Employer of Choice Award. The award honors exemplary employers that invest in their employees and the community. This year there are three categories: businesses with fewer than 50 employees, businesses with 51-150 employees and businesses 151 or more employees.

One business from each category will be chosen for this honor. Employers that are chosen for the award will have the chance to win the statewide Montana State Employers Committee (MSEC) Employer of Choice award. Considerations for this award will include leadership, workplace environment, employee development, community contributions, mentorship/internship efforts and more.

The 2019 JSEC Employers of Choice were B&B Builders and Hi-Line Trucking.

Sidney has great employers and we want to hear your stories! If any of the above sounds like your employer, or an employer you know of, help them get the recognition they deserve by applying for the JSEC Employer of Choice award. Applications are available through Job Service Sidney, and the last day to apply is March 2, 2020. We look forward to hearing about all the great employers in our community!

MNAXLP



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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Wed., Jan. 22
10 a.m.-4 p.m. - **Continuum: Contemporary American Indian Art** - This art will be exhibited through April 11. Viewing is free and open to the public. MonDak Heritage Center, Sidney. For more information call 406-433-3500 or email mdhc@richland.org. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.

Thurs., Jan. 23
7 p.m. - **Caregivers Support Group** - Offering support to all community caregivers. People's Congregational Church, 405 10th Ave. SW, Sidney. For more information call 433-3707.

Sat., Jan. 25
11 a.m.-3 p.m. - **Mardi Gras Winter Carnival** - Kids games, prizes, food and bingo for adults. Fundraiser sponsored by Ned Shinnick Memorial Foundation. Family friendly fun! All are welcome! St. Matthew's Parish Center, Sidney. Tickets available at the door.

Fri., Jan. 31
9 a.m.-12 p.m. - **Senior Commodities Distribution** - Back door of the Nutter Building, 123 W. Main. Message phone is 406-433-4353.

Mon., Feb. 1
10 a.m.-4 p.m. - **Open Studio Saturdays** - Do your own project with wet clay, paint with acrylics, or create something special together with your little one. Pricing is based on the medium and the size of your project, and ranges from \$10 to \$65 with all supplies included. For more information visit <http://mondakheritagecenter.org/events/open-studio-saturdays/>. MonDak Heritage Center, 120 3rd St. SE, Sidney, 406-433-3500.

Sun., Feb. 2
10:30 a.m.-noon - **Pick Up Your St. Matthew's Pizza & Brat Orders** - St. Matthew's Parish Center, 310 7th St. SE, Sidney. For more information call Mary Quiroz 433-2510.

Mon., Feb. 3
6 p.m. - **Annual Fairview Chamber Recognition Dinner** - \$35 per person, \$60 per couple. St. Catherine's Church, 317 7th St., Fairview. RSVP by Jan. 26 to Fairview Chamber, PO Box 374, Fairview, MT 59221.

6:30 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.

Tues., Feb. 4
10 a.m.-4 p.m. - **James Todd: Looney Toones Exhibit** - This art will be exhibited through May 2. Viewing is free and open to the public. MonDak Heritage Center, Sidney. For more information call 406-433-3500 or email mdhc@richland.org. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.

Sat., Feb. 8
5 p.m. - **MonDak Area Stockgrower's Association Rockin' Your Heart Cattlemen's Ball** - Social hour, 5 p.m.; beef dinner, 6:30 p.m., dance with live music, 8 p.m. Live auction and raffle items. Richland County Event Center. Tickets \$50 available at Foundation for Community Care, Sidney.

7 p.m. - **Celebrating Chocolate** - Food, chocolate and music by Sefarine, with a Middle Eastern Flair. Tickets \$60 per person, \$50 for MDNC members, must be 21 to attend. MonDak Heritage Center, Sidney. For more information call 406-433-3500 or email mdhc@richland.org.

ROOSEVELT COUNTY

Events in Culbertson unless otherwise listed. CT Zone

Tues., Jan. 28
1:30 p.m. - **Northeast Montana Veterans Coalition Monthly Meeting** - Discussions on important issues affecting veterans, find solutions, bring resources together, share information, and make a change. 307 Broadway Ave, Culbertson, MT. To find out more find us on Facebook @ NEMTVeteransCoalition.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone

Wed., Jan. 22
4-5 p.m. - **After School Art: K-2 - Winter Session by Long X Arts Foundation** - Help your student grow in creativity in this fun class that covers a variety of mediums. Every Wed. through Feb. 26. Drop-ins welcome at \$10 per class. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND.

Mon., Jan. 27
4-5 p.m. - **After School Art: 3rd-6th - Winter Session by Long X Arts Foundation** - Help your student grow in creativity in this fun class that covers a variety of mediums. Every Mon. through Feb. 24. Drop-ins welcome at \$10 per class. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND.

Sat., Jan. 25
11 a.m. - **3rd Annual Soup Cookoff** - 11 a.m.-1 p.m., sampling and voting. 1:30 p.m., winner announced. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND. To register your soup entry for free call Shelly, 701-842-3665 or email shellyh@roughridercenter.com.

Wed., Feb. 12
10 a.m.-12 p.m. - **Art and Play by Long X Arts Foundation** - Make art while your kids play on the playground. Drop-ins welcome. \$5 recommended donation to Long X Arts Foundation. Second Wednesday of each month through April 8. Rough Rider Center, 2209 Wolves Den Parkway, Watford City, ND. For more information contact Jessie, 701-770-8659 or longxart@gmail.com.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.

Fri., Jan. 24
11:30 a.m.-1:30 p.m. - **Volunteer Appreciation BBQ** - This is a BBQ honoring our volunteers who donate time to deliver meals to senior citizens in the community for the Meals on Wheels program. Williston Council for the Aging, 18 Main Street, Williston, ND.

Sat., Jan. 25
5 p.m. - **RMEF Mondak Chapter Banquet** - Well gym at WSC, 1410 University Ave., Williston, ND. For tickets call Miranda Fleck, 701-570-4890 or email mirandafleck@yahoo.com or buy online at www.RMEF.org/events.

Fri., Jan. 31
8-10 a.m. - **2020 Williston Downtowners Association Annual Meeting** - Have breakfast, mingle with fellow members and the board get a 2019 recap and a 2020 preview. All 2020 WDA members are welcome. James Memorial Art Center, Williston, ND.

Sat., Feb. 1
5:30-11:55 p.m. - **MonDak Animal Rescue Presents All Fur Love** - Great food, great company, silent and live auction all while giving back to all the rescued animals in our MonDak Region. Grand Williston Hotel & Conference Center, 3601 2nd Ave. W, Williston. \$75 per ticket. Purchase tickets at Williston Convention and Visitors Bureau, 212 Airport Road or MonDak Animal Rescue, 6207 1st Ave. West. For more information call 701-577-7387.

Sat., Feb. 8
3 p.m.-11 p.m. - **39th Annual API Chili Cook-off Fundraiser** - Doors open at 3 p.m., chili served at 5 p.m. Grand Williston Hotel, Williston.

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone

Thurs., Jan. 23
11 a.m.-3 p.m. - **Dawson County Extension Winter Series Program** - Topics: Combating Herbicide Resistance; Forage Quality and Ration Balancing; Range Recovery after the Lodgepole Complex Fire. Dawson County Courthouse Community Room, Glendive. For more information contact the Dawson County Extension Office, 406-377-4277.

Thurs., Jan. 30
12-2 p.m. - **Navigating Funding Opportunities Provided by the USDA Farm Service Agency Seminar** - The seminar speaker is a loan officer from Farm Service Agency. Dawson Community College Ag Department is providing the seminar at no cost to participants. Lunch provided. Register by Jan. 28 contact Katie Carrier 406-377-9464 or kcarrier@dawson.edu.

Wellness & Beauty

Special Section

Eyebrows 101

By Nicole Lucina

One of the newest trends in the beauty world seems to be getting bigger and more popular. I'm sure you've heard of microblading or brow powdering. But do you know the nitty gritty about it?

Microblading is a pretty interesting advancement in eyebrow care and management. One source put it this way; long story short, you basically don't have to use brow products anymore.

While experts say it's normal for eyebrows to thin out as you age, that's not typically the appearance most people aim for. Microblading is a great way to fix that. It's also great for people with skin diseases like alopecia, those who experience hair loss from chemotherapy or other situations that have caused hair loss.

Microblading is a form of semi-permanent tattooing. A tool that is made of tiny, fine point needles is used to scratch and deposit the pigment simultaneously under the skin. While it sounds like it would be painful, a topical numbing cream is applied prior to the procedure. It's said to be comparable to having your eyebrows threaded.

Typically, before the procedure, the esthetician will draw them on first so you can see what they will look like and if you're happy with what they are going to do. One of the positive things about microblading is that it can be done whether you have no eyebrows at all, light color, dark color, ultra-fine or any other imaginable eyebrow type.

Microblading creates a natural looking brow. Custom colors to match your natural brow color are also available. Several shades can be used to create a multidimensional and real looking brow. Since the process is a semi-permanent tattoo, you might be wondering how this differs from traditional tattoos.

The tool used to perform microblading allows estheticians to create thinner, more precise, hair-like strokes that aren't as deeply engrained into the skin like tattoo guns do.

So, what should you expect for your first microblading appointment? To begin with, expect the appointment an hour or two depending on the esthetician you go to.

The salon, spa or business providing the service will have a sterile room with a bed for you to lie on during your procedure. They'll first start by creating superficial cuts in and along the brow. Following that, the pigment will be deposited so it can seep into the hair-like slits that were just created. The pigment used also differs from tattoos, as it is only semi-permanent. Because of that, your body will end up metabolizing it. The dye particles are also less concentrated than the ink used for tattoos.

One thing that can't be stressed enough is the importance of aftercare following a microblading procedure. A few tips for aftercare include: not getting them wet or sweating profusely for a week following your appointment, cover them with ointment if you are going to work out, not to pick any scabs that may form



from the tiny cuts and avoiding any glycolic acids as they can cause the pigment to fade.

You may wonder, what are the benefits of microblading? The list seems to be extensive but some of the top benefits are the reduced time it takes to get ready, not having to worry about them smudging or smearing, they last for one to three years with minimal touchups necessary, it creates a natural looking brow, the pigment doesn't change color it only loses saturation and it's very safe as well as minimally invasive.

While it may seem like a big financial hit, some see it as cost saving. Microblading can cost anywhere from \$500 to \$2,000 depending on where you have it done. Although many take into consideration the cost of good brow products, how it adds up over time and how much time you put into doing them yourself.

Another popular and new option in brow management is called powdering or ombre powdering. While it's like microblading, there are differences.

Powder brows are meant to create more of a powder look similar to topical powder makeup. Powdering differs from microblading in the fact that it isn't used to create hair-like strokes. Powdering is best for those who are looking to have a solid looking brow or those who have brows but want a base color.

The procedure of powdering is not painful either. A topical anesthetic is used during the procedure so you'll most likely only feel a slight pinching sensation. Expect to have darker brows to begin with although the color will fade in about six weeks, leaving you with the ideal brow that you desired.

One of the best parts of powdering is that the results are immediate. As with microblading, it's very important to follow the aftercare instructions given to you by your esthetician. With powdering,

(Continued on page 4A)

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Is It Time To Take A Trip To The Chiropractor?

By Anna Dragseth
Almost everyone has experienced some type of back or neck pain in their lives. For some people, the pain subsides after a few days, but for others, the pain can persist for weeks, months, and possibly even years.

If you are struggling to cope with pain or if it is interfering with your everyday activities, then it might be time to take a trip to your local chiropractor.

According to www.heal-thengine.com, you should contact a chiropractor if you experience any of the following symptoms for longer than a week: constant or intense pain, especially at night or when you are lying down. Pain that radiates down both or one of your legs, weakness, tingling or numbness in both or one of your legs.

Chiropractors can help relieve back pain, neck pain, whiplash, or headaches. They work with patients to ensure optimal health and wellness.

Chiropractic is a natural method of healing that does not require the use of pharmaceutical drugs or invasive surgery. Chiropractors use methods on patients that stimulate the body's communication system in order to work more effectively to initiate, control, and coordinate various functions of the organs, cells, and systems of the body.

According to www.palmer.edu, a broad range of techniques is used to locate, an-



alyze, and correct vertebral misalignments in the spine. For example, chiropractors may use manual adjustment, electrical muscle stimulation, ultrasound, or massage.

The overall goal of a chiropractic procedure is to improve spinal motion and improve the body's physical function. For more information on what a visit to the chiropractor can do for you, contact your local chiropractic office.

Eyebrows 101

(Continued from page 3A)
you should expect about a month for healing. It's also recommended to avoid having it done during the summer as the heat can cause pain and discomfort.

Ombre powdering is one of the newest shading techniques available. This method is less costly ranging from \$200 to \$400. One of the benefits of ombre powdering is that it's 100% customizable. This technique is great for anyone who wants to achieve a soft, natural look.

This method works by creating pixilated dots that mimic powder filled brows with no harsh outlines. The procedure is also minimally invasive and lasts a long time. Ombre brows are buildable from light to dark.

There is also the option of a combo using both microblading and powdering. This method uses manual and machine techniques to create natural

strokes with a soft, powdery makeup look.

While some men seem to laugh at the importance women put on eyebrows, eyebrow care is more important than even some women realize. Brow management can help to accentuate the eyes, shape of the face, give lift to your face and can help create symmetry.

It's important to routinely trim, shape and fill your brows. Most people don't realize that the brows are one of a person's most prominent facial features. The wrong shaped brow can make you appear aged, angry or tired while a properly shaped brow can frame and flatter your eyes and much more.

Some of the current brow trends include feathery texture, high and bright, straight tails, au naturale and soft arches. There are hundreds of websites that include trends, options, techniques and more if you find yourself curious about the advancements being made in brow care.

The information above came from two different websites nyib.edu (New York Institute of Beauty – Skin Care And Makeup School – Long Island) and glamour.com (Women's Issues, Politics, Fashion, Beauty, Entertainment News).

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Farm Bureau To Address Mental Health Concerns, Farmer Stress

Submitted by Rebecca Colnar, Ag NewsWire

Recognizing the high levels of stress affecting America's farmers and ranchers, Farm Credit, American Farm Bureau Federation and National Farmers Union have partnered on a program to train individuals who interact with farmers and ranchers to recognize signs of stress and offer help.

Based on the farm stress program Michigan State University Extension developed for the U.S. Department of Agriculture's Farm Service Agency, this combination of online and in-person trainings is designed specifically for individuals who interact with farmers and ranchers. It provides participants the skills to understand the sources of stress, learn the warning signs of stress and suicide, identify effective communication strategies, reduce stigma related to mental health concerns and connect farmers and ranchers with appropriate mental health and other resources.

The Montana Farm Bureau has been addressing the mental health issue closer to home. At their convention in Nov., Darla Tyler McSherry talked about what to look for with depression and encouraged farmers and ranchers to visit her website, ask-nearest.org. The Lewis & Clark County Farm Bureau hosted a speaker promoting mantherapy.org, which provides a lighter way to address the fact that it's okay to talk about mental health. In addition, Montana Farm Bureau is actively working with other groups and agencies as a part of the statewide Farm/Ranch Stress Prevention Council and preparations are being made to provide materials and support to Montanans facing stress and mental health issues.

AFBF President Zippy Duvall said, "Farm Bureau is a family, and when a member is hurting, we all feel it and are eager to help. But we may not always know how to spot the warning signs that someone is overwhelmed. This training program will help our members recognize the warning signs and empower them to get help for their friends, family, neighbors or even themselves.

We're honored to partner with Farm Credit and Farmers Union to strengthen rural resilience in farm communities."

In a national Morning Consult poll commissioned by AFBF in April 2019, a strong majority of farmers and farmworkers said financial issues (91%), farm or business problems (88%) and fear of losing the farm (87%) impact the mental health of farmers and ranchers, and nearly half of rural adults (48%) said they are personally experiencing more mental health challenges than they were a year ago.

"Many of us think of farms as idyllic," said Jeff Dwyer, MSU Extension director. "And what is portrayed is ideal, but what is not often shown is how hard farming is on both the body and the mind."

Research also shows that while farmers experience higher levels of psychological distress and depression than the general population, they are less likely to seek help for mental health issues. Even for those who do seek help, resources may not be readily available, as 60% of rural Americans live in areas with mental health professional shortages.

Early feedback from the FSA trainings showed strong results. Ninety-one percent of participants indicated that the training improved their ability to serve customers experiencing stress, and 80% said it improved their ability to manage their own stress.

"Things have been really tough for farmers for several years now, and it's taking a significant toll on their mental well-being," said NFU President Roger Johnson. "But between stigma, a lack of mental health care in rural communities and poor broadband access, there are so many barriers to getting help. By training trusted neighbors and friends to recognize and address stress, this program will bring help closer and make it more accessible when farmers really need it."

In response to the many economic and environmental challenges confronting farmers, National Farmers Union compiled financial, legal and mental health resources at its online Farm Crisis Center. The organization's partnership with Farm Bureau and Farm Credit will build on that project by further increasing farmers' access to the information and services they need to get through financial and personal emergencies. Resources may also be accessed on MSU Extension's "Managing Farm Stress" website.

The trainings, which will begin in the coming weeks, are funded by a grant from Farm Credit.



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That Gadget on my Wrist

By Lois Stephens

Technology truly has changed everything. Remember when we would get a new wristwatch? We'd pull out the stem, set the watch to the appropriate time, push the stem back in, and then rotate that stem back and forth to wind the watch. The device kept great analog time and all of us could tell the hour and minute of the day by looking at that timepiece. People understood what a person meant when he or she announced that it was a quarter to six. It seems that kids today only understand digital time and have no idea what you are talking about when you tell them it is a quarter to six, which I discovered this summer, to my great astonishment.

Watches then advanced, with most of them still showing time in analog, which has almost become a foreign language, incidentally, but enterprising manufacturers added a day and a date calendar to many watches so people could look at their wrists and know not only the time but also the day and date.

Most watches today have become extremely sophisticated and perform way beyond what my husband and I desire. We do not care for modern 'smart' devices and tend to stick to the simple old-fashioned items. We prefer a cheap watch that simply tells time. We no longer have to wind them daily as they all come equipped with batteries, they almost always now come in digital time rather than analog, but the simple watches are still available for old fogies like us.

Well, this Christmas I behaved totally out of character. My husband needed a new watch, and instead of staying with the tried and true cheap Wal-Mart brand of watch, I noticed a timepiece online that totally intrigued me as it has features that piqued my interest.

First, this comes as a mud proof, shock proof, water proof device, perfect for an old man that likes to putter and tends to crash and bang around quite a bit. The watch also is solar powered, which won me over instantly as I like anything at all that runs on free sunlight. The watch also has a compass, a moon phase mode that interested me, along with a mode that displays the temperature. After all, if I am freezing to death while on a hike it might be nice to know which direction I'm facing and at what temperature I succumbed to the elements.

So, against my usual abhorrence of fancy devices, I purchased this watch for my husband and I waited impatiently for it to arrive. It showed up on time, but without any instructions whatsoever as to how to set it. The watch displayed a day ahead and hours off in time, and I was totally perplexed as to how to rectify this situation (no stem on this watch to set the time, of course). I went back online, found the company that made it, pinpointed the make and model of this particular watch, and found instructions, which I promptly printed off.

My printer spit out two pages of directions, but in such small print that I had to unearth my magnifying glass just to decipher them. I wish I was joking when I tell you all this, but unfortunately this is a true story.

Trying to read directions holding a magnifying glass in one hand and a watch in the other does prove cumbersome.

some. I did identify the various buttons and discovered that this watch is a world time watch, which means a person has to scroll through a very long list of world cities to find the home city that matches his or her time zone.

Of course, this watch was set to Tokyo as the home city, which explained the day ahead and the hours off that the device displayed. I started scrolling through the cities, and I moved from Tokyo to Shanghai, then Beijing, Hong Kong, Taipei, Lisbon, Madrid, London, Berlin, Stockholm, Oslo, Moscow, St. Petersburg. Good grief, I hadn't even crossed the Atlantic Ocean yet.

I kept scrolling, finally reached Buenos Aires, and then Halifax and then Toronto. Hooray, I at least had reached the North American continent. I scrolled through numerous cities until I saw Los Angeles, and soon after Denver came up on the screen. Finally! I stopped scrolling, the watch miraculously showed the appropriate hour, day and date for Virginia City, so at least this new toy DOES provide the correct time when the idiot operator figures out how to set it properly.

I never dreamed it would take me two weeks to set a watch. I am not at all sure this was a good idea. I can always look at the sky to determine the moon phases, batteries aren't that expensive, and who cares what direction I'm facing or what the temperature might be? I think from now on Wal-Mart can handle all our wristwatch needs.

I presented this watch to my husband, warned him not to start indiscriminately pressing buttons, which he likes to do, so hopefully it works well for him. If he decides to explore and check out world cities, HE can scroll through the two thousand nine hundred and fifty-eight cities to get himself back to Denver and the proper date and time.

Moose Stuck On Ice For Several Days, Euthanized By FWP

A young bull moose that had been stuck on ice for at least three days on the Missouri River in Richland County had to be dispatched Tuesday by Montana Fish, Wildlife & Parks.

"It's been three days," said FWP Region 7 Warden Ryan Kasson. "We did what we could do, and let Mother Nature try to take its course, but unfortunately the moose didn't get up."

The moose was spotted earlier this week by citizens flying over the area in a helicopter. The animal was lying on river ice near the Snowden Bridge Fishing Access Site, about 2-1/2 miles west of the Montana-North Dakota border.

Kasson was contacted, and the caller told him that a group of concerned citizens had attached ropes to the weakened moose and tried to help it stand. The moose offered no resistance, but soon it laid back down on the ice. So they dragged it off the ice to the shore.

Kasson opted to give the moose some time and distance to see if it would recover on its own. The landowner placed hay around the animal to help insulate it from the cold. By Tuesday, however, the animal's condition had not improved.

Upon closer inspection, Kasson said it appeared the moose may have broken its front shoulder, but he hadn't yet been able to confirm that.

In situations like this, options are very limited, and the most humane approach is to dispatch the animal. If the moose cannot stand, it is unable to obtain food or water to regain strength. Likely, it would grow weaker and eventually succumb or become a target for predators. There are no facilities in Montana that rehabilitate ungulates like moose due to disease concerns.

The animal will be tested for disease, including Chronic Wasting Disease, which affects deer, elk and moose. If it is disease free, the meat will be donated to the food bank, Kasson said.

FWP recommends that people finding animals on the ice or in similar predicaments keep their distance and contact the agency. Incapacitated wildlife can still be very dangerous to anyone approaching them. FWP staff are trained to respond and assess the situation. To report an incident, please contact the FWP regional office in Miles City at 406-234-0900.

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Moose Donates to ROI

On Thursday, Jan. 16, Sidney Moose Lodge representative Dean Rehbein presented four checks to Richland Opportunities Inc. totaling \$528. The funds came from the Community Service Chili Feed Fundraiser held at the Sidney Moose Lodge on Saturday, Jan. 11. From left, Shelly Schaubel, Autry Sanders, Maria McKenzie, Jessica Hoolsema and Dean Rehbein. The next Community Service Fundraiser will be a spaghetti dinner on Feb. 8 with the proceeds going to Boy Scout Troop 187. These Community Service events are open to the public. (Photo by Nicole Lucina)

Boys & Girls Club Board Honored



Above: The Boys & Girls Club Board received the Gold League of Eagles award for stellar board performance at the National level at SW Leadership Conference in Houston in Sept. 2019. Back from left, Chris Lee, Tami Christensen, Marlys Anvik, Kaleb Dasinger and Loren Kutzler, front, Jason Brothen. Not pictured is Heather VanGelder Steffes, Colleen Williams and Tim Fine. (Submitted photo)



Tami Christensen was selected as the Montana Boys & Girls Club Board Member of the Year in October 2019 at Montana State Boys & Girls Club Conference in Ronan. (Submitted photo)

James Todd: Looney Toones Exhibit Opens MDHC Sidney Feb. 3

James Todd: Looney Toones will be on exhibit at the MonDak Heritage Center from Feb. 3-May 2. The childhood retrospective pieces and more recent reinterpretation of his childhood artwork are well worth viewing. Todd's exhibit story begins on the occasion of his retirement from teaching at the University of Montana in 2000. James Todd's mother paid him a visit bearing a collection of drawings he had made between the ages of five and eight. He had not seen the drawings in over 50 years. The fluid lines of his pencil drawings of American GI's returning from the war in Europe, knights in armor, and a visit to the dentist greeted the artist across decades and a lifetime of experience.

In this exhibition and the accompanying catalog, Todd has reinterpreted his childhood drawings through woodcut printing, the medium for which he is perhaps best known today. By his own description, James Todd decided long ago not to confine his creative work to any particular approach or aesthetic philosophy. And by any measure, Looney Toones is the triumphant result of that decision, exemplifying Todd's own definition of the modern artist, "whose expression could grow and change along with the course of the artist's life experiences and interests."

Looney Toones distills James Todd's own insistence that no work of art can be adequately understood in isolation from the social and historical circumstances of its time. Each drawing accompanies a contemporary print that, while based closely on the original forms, embellishes them with bright, unmixed acrylics in vibrant combinations. Stippled or hatched areas of color in the figures frequently contrast with colors paired to create atmospheric backgrounds, saturating what was once a child's visions with the mastery of the woodblock printer. Sometimes the child's experience is reimagined altogether through combined imagery, for example in The Leopard in the Living Room and Fisherman & Helper, which may depict a dream scene or a memory of the fisherman's terminal.

Through this aesthetic encounter with his long-forgotten past, Todd's Looney Toones fuses the boy's innocent vision with the acumen of the mature artist, sharpened by a lifetime of creative endeavor.

James Todd: Looney Toones is sponsored by MAG-DA and the Montana Museum of Art & Culture.

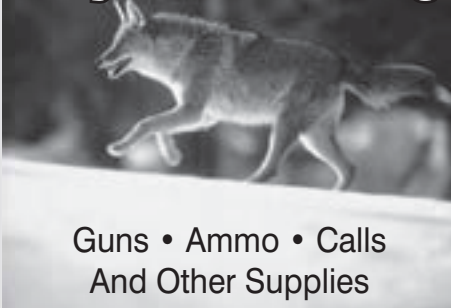
The MonDak Heritage Center is open Tuesday-Friday from 10 a.m.-4 p.m. and Saturday from 1-4 p.m. Admission is FREE. For more information call 406-433-3500 or e-mail mdhc@richland.org.

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- All IRS Taxpayer Assistance Centers (TACs) are by appointment only. Don't wait until it's too late to ask questions! However, Most questions can be resolved on the IRS.gov website without visiting a TAC.
- There are tools, filing options and other services and resources available on www.IRS.gov.

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Consumer Alerts on Tax Scams

Note that the IRS will never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

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HELP WANTED

LOAN PROCESSOR

Northwest Farm Credit Services seeks Loan Processor (Agriculture) in Sidney; go to www.northwestfcs.com/careers to apply. EOE

RESEARCH ASSISTANT

Looking for a rewarding job with excellent benefits and a friendly atmosphere? Do you enjoy working outside? MSU-Eastern Ag Research Center is currently hiring for a full-time research assistant. Individual must be hard working and reliable. Competitive salary based on education and experience. Hours are Monday-Friday, 7 a.m.-4 p.m. Applications are available at 1501 N. Central Avenue or by calling 406-433-2208. Please submit resume and application at EARC office or email to frankie.crutcher@montana.edu. MSU-Bozeman is an AA/ADA/EEO/Vet Pref Employer.

NURSE SUPERVISORY POSITION

HomeCare Montana, a provider of in-home personal care, is seeking an RN or LPN for a part to full time Nurse Supervisory position in Glasgow, Sidney, Poplar, Plentywood, Glendive and surrounding areas in North East Montana. This position supervises the delivery of activities of daily living to our clients; Supervises and trains our Personal Care Attendant staff. Must have current Montana Nursing License, be willing to travel and have reliable means of transportation. Competitive wage and benefits. Please send resume to: HomeCare Montana, P.O. Box 900 Belgrade, MT 59714 or email resume to: mmasters@hcsmontana.com (read

about us at <http://www.homecaremontana.org/>)

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.

HANDYMAN

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

DENTAL HYGIENIST

Healthy Smiles Dental is looking for an energetic and motivated hygienist to join our team. Please drop off resume at 203 2nd Ave. SW, Sidney or email drthiessen@midrivers.com.

FOR RENT

3 BEDROOM HOME IN SIDNEY

Three bedroom, 2 bath home with central air, washer and dryer. Available in February. Call 406-488-6183 leave message.

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3,000 square foot home for rent in nice neighborhood. 3 bedroom, 2 1/2 bath, 1 car garage. No pets, no smoking,

rental history required, \$1,800 a month, 1 year lease. Call Barry 406-480-2024.

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2 bedroom, 1 bath, pet friendly, \$625. 406-489-5195.

HANGERS FOR RENT

Hangers available at the Sidney Airport. Call 1-406-480-2024 Text for faster response.

FARM & RANCH

STRAW BALES FOR SALE
Large round Oat Straw bales from conventional combine, \$30 per bale. Can deliver. Call 701-770-6631 or 701-770-0671, Alexander area.

BANJO FITTINGS, HOSE & SPRAYER PARTS

Hefty Seed Company located south of Sidney has Banjo Fittings, hose and sprayer parts for area farmers & ranchers. Call 406-488-4338, store or 406-973-4338, Phil.

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Redmond Natural Salt in 50 lb. bags or 44 lb. blocks. **Ask about the benefits of feeding garlic salt all winter long.** Equilix, Equipride, for the best in horse products, Equilix in tubs and Equipride in bags and pails. Sidney Feeds. 406-480-2024 Barry; 406-973-4338

Phil. Stoney Butte Feeds, Brockway; 406-485-2537 or 406-853-3551 Paul.

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Oat hay bales, net wrapped, put up green before rain, \$40/bale; Sorghum/Sudan grass bales, \$30 bale, trucking available. 406-480-9654 or 406-480-9653, Cartwright area.

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Hangers available at the Sidney Airport. Call 1-406-480-2024 text for faster response.

SERVICES

AIRCRAFT BUYING, SELLING AND APPRAISALS

Aircraft buying, selling and appraisals! Call Sidney Air Service, Inc for sales and acquisitions! Call 406-480-2024, ask for Barry.

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LAND AVAILABLE TO FARM

Approximately 565 acres available to farm near Cartwright, ND. Preferred sharecropping arrangement. Custom considered. **If interested, call 701-330-8662.**

The Roundup Help Wanted

Freelance position for reporter to take photos & write stories at a weekly regional publication. Must have computer skills, valid driver's license & reliable automobile. Short distance travel may be necessary. Required testing for: spelling & grammar (basic), reading comprehension & Microsoft Word 2010 at Job Service. **To apply, complete a generic application at the Sidney Job Service.**



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Richland Opportunities, Inc. is a non-profit organization serving individuals with developmental disabilities in Sidney, MT. The executive director provides leadership and oversight for the daily operations of the organization. Minimum qualifications include 2 years of experience in a management position. Previous experience with DD programs or a BA/BS in human services or related fields are preferred, but not required. The position offers a competitive salary and benefit package. Position is open until filled. For a full job description and application information, please contact Sidney Job Service at 211 N Central Ave, Sidney, MT, 406-433-1204, fax 406-433-7453 or sidneyjs@mt.gov.



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Zone Director Mountrail and McKenzie Counties

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The Mountrail McKenzie Human Service Zone Board is now accepting resumes for the Zone Director covering both Mountrail and McKenzie Counties. This position pays \$6,217 to \$11,058 a month depending on experience. This position has excellent benefits, including full family health insurance, retirement, dental, vision, and life.

This position manages all fiscal, human resources, facility and administrative operations of a Human Service Zone. This position also plans, directs, organizes, and evaluates agency programs and services in collaboration with DHS. This includes developing zone goals and objectives; ensures the development of administrative practices and procedure for all programs and services; represents the zone on community and state committees; manages staff either directly or through subordinate supervisors; plans, develops and manages the zone budget in conjunction with DHS.

Applicants are required to have Bachelor's degree and six years of professional work experience providing or administering human service programs that included supervision of staff.

Your resume must include information to demonstrate how you meet the minimum qualifications as posted. Your work history will not be given credit if the Department of Human Resource Division cannot determine that you meet the minimum qualifications.

The Department of Human Services does not offer or provide sponsorships. Applicants must be legally authorized to work in the United States.

To apply go to nd.gov/careers.

Closing date is January 31, 2020 at 11:59 p.m.

A copy of your qualifying degrees transcript and any applicable certifications or licensures must be provided at the time of an interview.

For more information or if you need an accommodation, Please contact: Nichole Degenstein at 701-628-8980, or email nicholed@co.mountrail.nd.us.

The state of North Dakota and this hiring agency do not discriminate on the basis of race, color, national origin, sex, genetics, religion, age or disability in employment or the provisions of services and complies with the provision of the North Dakota Human Rights Act

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Lunch Menus

Sidney Schools

Thurs., Jan. 23: Chicken strips, mashed potatoes and gravy, orange wedges, dinner roll.

Fri., Jan. 24: Toasted cheese, tomato soup, fruit cocktail.

Mon., Jan. 27: Hot ham and cheese, cheesy potatoes, mandarin oranges.

Tues., Jan. 28: Burritos, tossed salad, applesauce.

Wed., Jan. 29: Biscuits and gravy, hash brown, orange juice.

Savage School

Thurs., Jan. 23: Chicken fajitas.

Fri., Jan. 24: No school.

Mon., Jan. 27: Macaroni hot dish.

Tues., Jan. 28: Tater tot casserole.

Wed., Jan. 29: Croissant sandwiches.

Rau School

Thurs., Jan. 23: Chicken alfredo, mixed veggies, jello with fruit, garlic toast.

Fri., Jan. 24: Hobo stew, Lil John, apples.

Mon., Jan. 27: Burrito, Spanish rice, pineapple.

Tues., Jan. 28: Beef stroganoff, peas and carrots, pears.

Wed., Jan. 29: Sloppy joes, tater tots, fruit salad.

Froid School

Thurs., Jan. 23: Chicken stir fry over rice, egg rolls, fruit.

Fri., Jan. 24: Polish dogs with sauerkraut, baked beans, chips, fruit.

Mon., Jan. 27: Breakfast burritos, sweet potatoes, gogurts, fruit.

Tues., Jan. 28: Riblet on a bun, potato salad, veggies, fruit.

Wed., Jan. 29: Chicken alfredo, garlic bread, veggies, fruit, dessert.

Bainville School

Thurs., Jan. 23: Hamburger stew, dinner roll, cheese stick, grapes.

Fri., Jan. 24: Chicken pot pie over biscuits, mixed veggies, banana.

Mon., Jan. 27: Salisbury steak, mashed potatoes, corn, mixed fruit.

Tues., Jan. 28: Egg salad or tuna sandwich, goldfish crackers, veggie sticks, peaches.

Wed., Jan. 29: Lasagna rollups, garlic bread, caesar salad, strawberries.

Richey School

Thurs., Jan. 23: Pulled pork pockets, mixed veggies, apple crisp.

Fri., Jan. 24: No school.

Mon., Jan. 27: Beef and noodles, carrots, peaches.

Tues., Jan. 28: Chicken nuggets, smiles, peas and carrots, pears.

Wed., Jan. 29: Sloppy joes, chips, broccoli, fruit cocktail.

Culbertson School

Thurs., Jan. 23: Fish sticks, pears, salad.

Fri., Jan. 24: Spiral macaroni and cheese, chicken nuggets, mixed vegetables.

Mon., Jan. 27: Chicken patty sandwich, fries, pudding.

Tues., Jan. 28: Spaghetti, breadsticks, applesauce.

Wed., Jan. 29: Chicken fried steaks, mashed potatoes, peas.

Lambert School

Thurs., Jan. 23: Chicken, mashed potatoes, peas, fruit.

Fri., Jan. 24: Poor boys, chips, fruit.

Mon., Jan. 27: Hot dogs, macaroni and cheese, fruit.

Tues., Jan. 28: Taco, fresh veggies, jello, fruit.

Wed., Jan. 29: Chicken fried steak, mashed potatoes, gravy, corn, buns, fruit.

Fairview School

Thurs., Jan. 23: Pizza, salad, fruit.

Fri., Jan. 24: No school.

Mon., Jan. 27: Corn dogs, chips, veggies, fruit.

Tues., Jan. 28: Chicken fajitas, Spanish rice, fruit.

Wed., Jan. 29: Tater tot casserole, veggies, fruit, bun.

Watford City School

Thurs., Jan. 23: Chili dogs, hash browns.

Fri., Jan. 24: Sausage pizza.

Mon., Jan. 27: Macaroni and cheese, ham patty.

Tues., Jan. 28: Super nachos with all the fixings, beans and cheese.

Wed., Jan. 29: Sloppy joes, crinkle fries.

Alexander School

Thurs., Jan. 23: Chicken nuggets or fish nuggets, fries.

Fri., Jan. 24: No school.

Mon., Jan. 27: Pork fritter on a bun, fries.

Tues., Jan. 28: Sweet and sour or teriyaki chicken, fried rice, fortune cookie.

Wed., Jan. 29: Super nachos.



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