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Wednesday, April 29, 2015 Volume 41 • Number 11

Sidney Country Club Offers Great Golfing, Dining Experience

By Dianne Swanson

The faces may have changed at Sidney Country Club but the commitment to providing a superior country club experience

Jason Lamb began duties as general manager in December 2014 after being the golf course superintendent since February of 2009 and the assistant general manager for the past 2 or 3 years. He is excited about the new staff and the 2015 golfing season. Lamb's focus is to provide the customer and the club with excellent service. He does not plan on making any major changes, but wants to keep the club running smoothly as in the past.

PGA professional Ryan Troxel came to SCC from Billings where he was the pro/general manager at Eagle Rock Golf course for the past 21/2 years. Prior to Billings, he was at Laurel Golf Course and Lake Okoboji. He is pleased to be at SCC, saying it is a great golf course with extremely nice facilities. He plans to bring in some of his past experiences at previous positions and apply them here where they will benefit the club. Troxel, his wife and two daughters ages 6 and 3 are excited to be a part of the Sidney community and look forward to getting acquainted with everyone.

Kirsten "Kat" Traylor is the new chef at The Fringe, located at SCC. Originally from Germany, Traylor came to Sidney from South Carolina where she was a sous chef for nine years. She started her duties in November 2014. She invites everyone to try out The Fringe for a great dining experience.

Lots of course improvements were made last fall so the grounds are ready and SCC is open for business. Even though the popular men's Thursday night golf league is full, golfing opportunities are endless. Sign up weekly for 2 man best ball on Mondays, ladies golf Tuesday afternoons and Wednesday mornings, seniors Tuesday afternoons and couples golf on Fridays. Or just call the pro shop for a tee time.

Sign-ups have started for Junior golf which begins Wednesday, June 3. Troxel has extensive experience with junior programs and plans to apply that to the existing program in Sidney. Registration forms are available on line or at the pro shop.

All the regular tournaments have been scheduled for the season, including the new Matt Brenner Memorial tournament which started last year. The August 15 event provides scholarships for Sidney students to attend the University of Montana. The entire staff is excited to host the State A Golf Tournament in October

The SCC pro shop is fully stocked with a number of popular brand name clubs, accessories, clothing and footwear. Troxel also offers club fitting.

For those who would like to learn the game of golf, or improve their skill set, lessons are available. Troxel is an advanced certified impact zone golf instructor while Colleen Rau also offers lessons.

The Fringe offers a great dining experience for members and the public. Enjoy lunch Monday through Friday from 11am to 2pm. Tuesday and Thursday lunches feature an extensive buffet. Fine dining is offered Thursday, Friday and Saturday evenings, while bar style food is available during the day and

anytime on weekends. Traylor is also considering offering bar food during the evenings Sunday - Wednesday.

Catering is available at your suitable location with menus from simple to elegant, and liquor as requested. Or book your party at the club. They will be delighted to serve you.

Check out sidneycountryclub.com for current schedules, membership applications, jr. golf registration, tournament information, news from The Fringe, and more.

Sidney Country Club is located at 2250 West Holly, Sidney, MT. Call the pro shop at 406-433-1894 or The Fringe at 433-7460. Better yet, stop out and meet all the new people and enjoy a memorable meal or a great game of golf.





LaVonne Schultz Benefit, Free Will **Dinner & Silent** Auction May 30th

A free will dinner and silent auction will be held for Lavonne Schultz at the Ranger Lounge in Sidney MT May 30th at 5 pm.

Lavonne was diagnosed with Essential Tremors with vocal tremors and spasmodic dysphonia in September of 2013. All of her life she has been dealing with symptoms of this disorder such as shaking hands and a shaky voice. The symptoms have gone from bad to worse which led her on a quest to find a diagnosis. Lavonne has been traveling to Billings and Rochester. The doctors have been trying different things to ease her symptoms but to no avail, they haven't worked for her. In June, Lavonne is going to have brain surgery called "DBS". This is her last hope for relief. We are looking for help. Anything is appreciated, either donation for her expenses or an item for the silent auction. If you have any questions or you would like to donate to the auction please contact: Robyn Hurst (406) 488-7129 or Patty Hurst (406) 488-1765 in the Sidney area, Michelle Armstrong (406) 291-4194 in the Williston area, Kelly Holter (701) 339-8317 in the Bowbells area and LaVonne Schultz (406) 868-1321 in the Miles City area.

If you are unable to attend the benefit a Gofundme page for Lavonne Jean has been set up or a donation can be made at any Yellowstone Bank in MT. Donations can also be mailed to Benefit for Lavonne Schultz, Yellowstone Bank, 120 2nd St NW, Sidney, MT 59270.

MNAXLP

1st Graders Tree Planting

By Meagan Dotson

Above: Nicole Simonsen's first grade class planted a tree in Lalonde Park with City Parks Superintendent Stephanie Ridl on Friday April 24th.

Public Notice

Barring unforeseen circumstances, the Lower Yellowstone Irrigation Project will begin filling and flushing the Main Canal on Monday, April 27 at 6 am. Please ensure that all children, livestock, and fences are out of the canals, ditches, drains, and harm's way. Please unlock any gates along canals.

Sunrise Child Care Association Carnival Sunday May 3rd

Everyone is invited to the Sunrise Child Care Association Carnival on Sunday, May 3rd from 2-4 pm at the Richland County Fair Event Center. There will be lots of carnival style games, bouncy house, cupcake walk, art and crafts, face painting, obstacle course, and lots more! Parents- please be sure to bring your camera because there will be a new and fun photo prop available for you to take pictures of your child. There will be 3 prize drawings- one for 1-2 year olds, 3-4 year old, and 5-7 years olds. This event is sponsored by the Sunrise Child Care Association and is a family friendly event for families with children ages 7 and under. A free will offering will be accepted but isn't necessary for admittance to the carnival.

Join Meadowlark **Brewing For Their Dos De Mayo Fun** Run, Proceeds To **Benefit The Richland Community Complex**

By Meagan Dotson

The Meadowlark Public House and Brewing will be holding the "Dos de Mayo Fun Run" Saturday, May 2nd with registration beginning at 8:30. It is a 5K or 10K family friendly walk or run that will raise funds for the Richland Community Complex (RCC). Since the RCC will benefit so many families in the area, the event is being promoted as a fun way to get everyone involved. The sign up cost is \$40 for adults with \$50 being a generous donation and \$30 for children; kids can ride bikes as long as they have helmets and strollers are free.

'Community involvement is important to us because we truly believe where you live becomes great based on the individuals and businesses that make it up. We can put our efforts into building an enjoyable place to live or we can be bystanders," stated owners Travis and Emily Peterson. "We chose to sponsor the Richland Community Complex for this run because of the range of people the complex will benefit. Families, rehab clients, sports team, daycare groups, individual athletes, the list is endless. We want this community to thrive well beyond the Bakken."

Anyone interested in participating can still sign up at the Meadowlark Brewing or the Sidney Chamber of Commerce until the day of, though shirts cannot be guaranteed; everyone is invited to get festive in their sombreros and other party wear. A drink token will be donated to every runner to try our new Peach Wheat Ale. For non-drinkers the token can be used for soda and iced tea. The majority of the ticket sales will benefit the RCC with proceeds from water and Cinco de Mayo sales going to the complex 100%. Any donation over the price of the ticket sales will also go entirely to the RCC.

For anyone interested in making further donations to the RCC, individuals can donate on several levels: Platinum donors-\$1,000,000 and over, Ambassadors- \$500,000 to \$999,999, Regents- \$250,000 to \$499,999, Pacesetters- \$100,000 to \$249,000, Founders- \$50,000 to \$99,999, Benefactors- \$25,000 to \$49,999, Patrons- \$10,000 to \$24,999, Builders- \$5,000 to \$9,999, and Friends- \$1 to \$5,000.

"Your level of support will proudly be displayed in the entry of this new building (RCC) and will leave a legacy that will last a lifetime. We are a non-profit entity and your support is tax-deductible. Please show your support in the form of a check to the Richland Community Complex, 1201 W Holly #1, Sidney, MT,

59270," stated Lisa Gorder with the RCC committee. The Meadowlark will also be releasing their Peach Wheat

Ale that day, an anticipated unveiling. "Our customers love fruit beers and this will be a new spin on a Peach Ale that we are eager for people to try. It will be extra refreshing after a long run!" commented Travis Peterson.

There is no limit to the number of people that can participate in this fun-filled fundraising event and the Meadowlark Brewery invites you to join them in helping support the RCC.



SPRING GIVE-AWAY EVENT

Friday, May 1st • Noon - 7pm

All sizes of summer clothing, shoes & work clothes

Bring donated items from 8am - Noon

Please, no large items, appliances or furniture First Lutheran Church | 204 2nd ST NW • Watford City, ND



AREA RECOVERY GROUPS

MONDAYS:

- **12 p.m.** AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
- 214 S. Lincoln Ave, Sidney.

 1 p.m. 3 p.m. Grief Reovery Support group at Glory of the Lord Family Ministries, Watford City.

 6 p.m. Al-Anon, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

 7 p.m. Fairview Alive and Kicking at Faith Alliance Church, 704 S. Western Ave.

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

TUESDAYS:

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

WEDNESDAYS:

- 5:00 p.m. Sober Life Young People's NAAA 12- step recovery group, 25 yr. old & younger, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.

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

THURSDAYS:

- 7 p.m. NA meeting, MonDak Trucking office Bldg., 725 W. Holly, Sidney.
- 8 p.m.— AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions

or ride.

FRIDAYS: 12 p.m. - AA, Trinity Lutheran Church Ed. bldg., 214 S.

- Lincoln Ave, Sidney.

 12 p.m. 1 p.m. AA meeting, basement of Wilmington
- Lutheran Church, Arnegard.

 6:30 7:30 p.m.- 5 Stones faith based recovery meeting, Sidney Nazarene, 606 9th St. SW, Back door
- is open. 7 p.m. - Fairview Alive and Kicking at Faith Alliance
- Church, 704 S. Western Ave.

 8 p.m. AA meetings, Trinity Lutheran Church Ed. Bldg,

Sidney **SATURDAYS:**

- **7 p.m.** AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.
- 9 a.m. & 7 p.m. AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.

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

LAKE WATER LEVEL REPORT

•	Sakakawea
Current Elevation	1838.8
Last Week's Elev.	1839.3
One Year Ago	1836.8
Release For Day (C.F.S.)	22,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center				
Date	High	Low	Precip.	
April 20	57	26	0.00	
April 21	54	28	0.00	
April 22	61	19	0.00	
April 23	62	34	0.00	
April 24	73	29	0.00	
	59			
April 26	55	35	0.09	
	cipitation			

OBITUARIES

Kathy Berzel, 76, Rural Sidney, MT

At her request Kathy Berzel, 76, of rural Sidney, MT has been cremated under the direction of the Fulkerson Funeral Home of Sidney. Memorial services will be held at a later date. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com

Kathy died Sunday morning, April 19, 2015, at her home.

Margaret L. Free, 77, Sidney, MT

Funeral services for Margaret L. Free, 77, of Sidney were at 2:00 pm, Friday, April 24, 2015, at the Pella Lutheran Church in Sidney. Interment was held in the Sidney Cemetery, Sidney, MT under the direction of Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Margaret died on Saturday, April 18, 2015, at her home in Sidney surrounded by her family.

Wayne Entzel, 66, Sidney, MT

Funeral services for Wayne Entzel, 66, of Sidney, MT are at 10:00 a.m., Wednesday, April 29, 2015, at the Bible Baptist Church in Sidney with Pastor Mike Backhaus officiating. Cremation will follow services under the direction of Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com

Wayne died on Sunday morning, April 19, 2015, at his home surrounded by his family.

Community of Fairview STAND4Youth Meting

Submitted by Missy Smies

There will be a follow up meeting on April 30th, 2015, from 7pm to 8pm at the Fairview High School Cafeteria. We will be presented with the Project Safe Streets, will continue our discussion on how to work as a community to prevent bullying, and work on increasing support and participation for Fairview Stand for our Youth. If you have questions, concerns or would like to help, please contact Missy Smies at 433-4097 or missyrsmies@ outlook.com.

"406 Hospitality" Customer **Service Training Coming** To Sidney On May 13

Sidney, Mont. -- Representatives of local convenience stores, lodging properties, visitor information centers, museums, outfitters, restaurants and any business greeting visitors to the area are invited, free of charge, to attend the new "406 Hospitality" seminar in Sidney. Business owners, managers, and front-line staff are encouraged to attend together. The Sidney Area Chamber of Commerce will host the training at The Elks Lodge, 123 3rd St. SW., Sidney on Wednesday, May 13, 2015, from 1:00 p.m. to 4:00 p.m.

Brought to your community by the Montana Office of Tourism and the Montana Superhost Program, this fast-paced customer service and tourism training program is custom-designed for Montana hospitality providers. The focus of "406 Hospitality" is for us all to ENGAGE our guests; PROMOTE our community, region and state; MEND guest concerns; and REFRESH ourselves and our organizations. Combining efforts to prioritize excellent customer service ensures the viability of Montana's economic success and its \$4 billion tourism industry.

Attendees are encouraged to bring brochures, flyers, or information to share about area businesses and attractions. Each participant will receive a certificate of completion. Pre-registration is required. Please contact the Sidney Area Chamber of Commerce at 406-433-1916.

Seminar trainer Tami Burke is passionate about Montana and Montana hospitality. She is a talented facilitator who will motivate attendees to value their role in our tourism industry, expand their knowledge, connect with customers and take a fresh look at ways your business can not only attain rave reviews from visitors, but also keep them returning again and again. With strong connections to the Montana tourism industry, her service examples and suggestions will prompt thoughtful discussions and provide practical skills and tips which can be put to use immediately. Previous participants appreciated learning about the wealth of travel resources available, hearing stories to share from others in their community, obtaining new customer service perspectives and tactics, and experiencing the group interaction.

For anyone unable to attend "406 Hospitality," a free online, self-paced program, "Lost and Found in Montana," is also available. For more information, visit montanasuperhost.com.

MNAXLP

Community Garden Plots Available!

- Garden plots are 4' x 8' raised beds
- Must be planted by June 1st · Bed & soil supplied
- by community garden project • Amendments, plants &
- care provided by "renter" Applicants will recieve 1
- bed at time of application
- If additional beds are open after May 1st, applicant may reserve
- additional beds · Applications available at the Richland County

Extension Office

· Questions & inquiries should be directed to Time Fin at 433-1206 or timothy.fine@montana.edu







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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Wed., April 29th

12:00 pm - 1:00 pm - Sidney Chamber Leadership Class Graduation at Pella Lutheran Church. Speaker Chip Gifford. Tickets \$12 each, available at the Chamber Office.

Fri., May 1st

The 10th Annual Best Kept Secret Bra Auction. Richland County Fair Event Center. For more info please contact the Richland County Health Department 406-433-2207.

Sat., May 2nd

8:30 a.m. - Meadowlark Brewing "Dos de Mayo Fun Run", 5K or 10K family friendly walk or run. Funds raised for Richland Community Complex. Sign up is \$40 for adults and \$30 for children.

Sat., May 2nd 2nd Annual Above The Influence Dodgeball Tournament.

Presented by Stand4Youth and the Richland County Sheriff's Office. Now looking for student teams and celebrity teams from all Richland County schools! Contact Vicky Parker at 433-4097. Sun., May 3rd

2:00 pm - 4:00 pm - Sunrise Child Care Association

Carnival at the Richland County Fair Event Center. This event is family friendly for families with children 7 and Wed., May 6th

8:00 a.m. - Sidney Chamber of Commerce 2015 Assistance for Business Clinic. Registration 7:30 a.m. at

the Sidney Elks Lodge. Pre-registration is required. For information call Sidney Chamber of Commerce, 406-433-1916. Wed., May 13th 1:00 pm - 4:00 pm - Sidney Area Chamber of Commerce

hosts a FREE Hospitality Training Seminar by 406

Hospitality, Montana Super Host. This free training seminar will be held at The Elks Lodge, 123 3rd St SW. RSVP to the Chamber of Commerce, 433-1916. Thurs., May 14th 8:00 am - 12:00 pm - Shale Energy Supply Chain Workshop. This workshop is for small businesses

currently part of the supply chain or considering new

opportunities in the shale industry. This will be held at the Community Service Building at 1201 W Holly. Sat., May 16th

10:00 am - 1st Annual Bakken Boom Run in Sidney! Come join the new Wild Wild West 1st annual BBR at the Richland County Health Dept, 1201 W Holly on May 16th! This event is for the whole family with a 4 mile loop for runners/walkers and a 1/2 mile race for the kiddos. Chip timing for the race done by Competitive Timing. Prizes for the top 3 finishers for each event in addition to door prizes! Part of the proceeds from this event will go towards the Richland County Community Complex. For any questions/comments email: runtheworld.sidneymt@

McKenzie County

Events in Watford City unless otherwise listed. CT Zone. Tuesdays from 5 pm - 7pm: McKenzie County food pantry in the lower level of First Lutheran Church.

Thursdays from 12 pm - 2pm: McKenzie County food pantry at First Presbyterian Church.

Fri., May 1st

8:00 am - FLC WELCA Spring Give Away Event! Donate items from 8 am - 12 pm. Give away from Noon - 7 pm. 204 2nd St NW, Watford City. All summer clothes, shoes, and toys and all work clothes. No large items, please. Sat., May 2nd

6:30 pm - 1st Annual Alexander School Foundation Ball at the Alexander Fire Hall. Tickets are \$50 and can be purchased at Alexander School, Comet Convenience Store. Semi-formal. Help raise money for Alexander sports program!

WILLIAMS COUNTY Events in Williston unless otherwise listed. CT Zone.

Fri. May 8th & Sat. May 9th **BAND DAY**

Guests bands this year are Twin Cities Metro pipe band, a bagpipe ensemble & the Denver Broncos Stampede, featuring a stadium worthy drumline and their Colorado Rock & Roll Hall of Fame trumpet master. Both bands will be marching in the Band Day parade on Saturday and performing in Harmon Park in the afternoon.

Fri., May 8th

8 pm - Glow in the Park Fun Run/Walk sponsored by Teton Athletics. Must register and pay online at www. visitwilliston.com/calendar/GlowInThePark/. Check in is at the Fairgrounds and the race starts at 9 pm. The route will be through Spring Lake Park. Participants will receive a t-shirt that glows in the dark plus glow in the dark bands.

Sat., May 9th

10:00 am - Band Day Mile Fun Run sponsored by Teton Athletics. Join us after the Band Day parade for a Mile Fun Run! Medals will be awarded to all who finish the Kids Race (12 & under) with ribbons for the Top 5 Boys and Girls. Prizes will be awarded for first place adult male and female. Refreshments will be provided at the finish line! For more info contact Teton Athletic Dept.

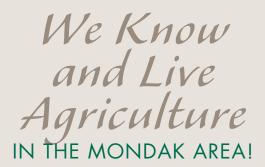
MNAXLP

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



Dana Jonsson

Wade Whiteman



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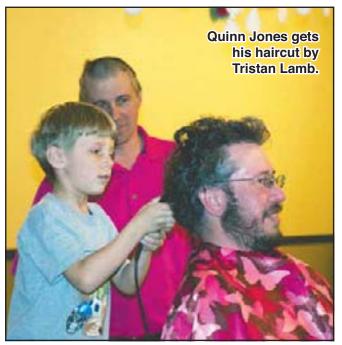


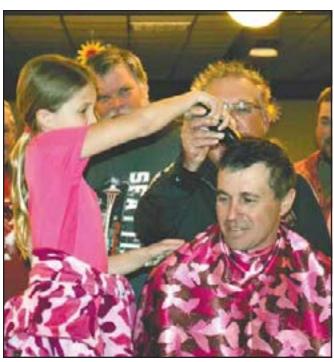
Jason Lamb gets his haircut by his son Tristan Lamb and daughter Mercedes Lamb.

Elks Head Shaving Raises \$11,339 For Cancer Coalition And Ribbon Walk

By Meagan Dotson

On Saturday, April 25 the Sidney Elks Lodge raised \$11,339.00 for the Cancer Coalition and Ribbon Walk, asking for donations in exchange for shaving the heads of some very good natured Elks members and additional volunteers. John Jensen, Quinn Jones, Tom Olson, Dick Lange, Dave Earwood, Chad Eide, Doris Olson, Luke Weiss, Lee Hurst, and Jason Lamb all volunteered at the event, going under the clippers for a good cause. This is the second year that the Elks had organized the event, raising about \$4,000.00 in 2014. Kim Lange from Mark Anthony volunteered to color hair prior to the haircuts and tidy up the volunteers' hair afterwards.





Jason Lamb gets his haircut by his daughter Mercedes Lamb.









Bless 2 Women With 1 Mother's Day Gift

Submitted by Lynn Sloan, Mercy Market Associate

As you shop for Mom this year, why not consider women who are less fortunate and bless them as well? Mercy Market international crafts will be set up inside Reynold's

Market Saturday, May 2nd and Saturday, May 9th from 10 am until 7 pm, offering beautiful jewelry, scarves, purses and other gift items handmade by women around the world who are trying to work their way out of poverty, prostitution

and exploitation. One simple purchase can make a significant impact in a country where people live on less than \$2 per day. Enjoy free gift wrapping while you do your grocery shopping and help make a difference to someone in need.

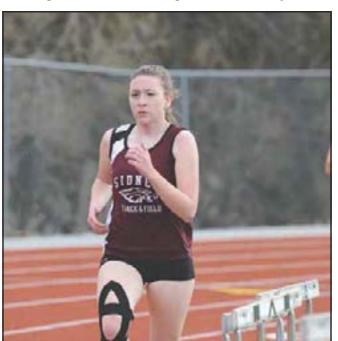
FIRST ANNUAL Alexander School FOUNDATION BALL May 2nd, 2015 | Alexander Fire Hall Silent Auction LIVE MUSIC SEMI-FORMAL ATTIRE Social Hour: 6:30 • Steak Dinner: 7:00



Sidney Track Action



The Eagles were in Glendive last Friday. James Rohner and Alec Lovegren are handing off the baton during the 4 x 100 relay on their way to a first place finish.





Above: Tes Ler running the mile.

Above right: Cayla Norby doing the triple jump. Photos by Kathy Johnson

Right: Tyler
Quilling
competes in the
long jump at the
Dickinson meet
on Tuesday.
Photo courtesy of
Kari Jones.





Welcome Dr. Kelly O'Neal



Edward Bergin, MD Kelly O'Neal, MD

General Surgery

Sidney Health Center is pleased to welcome Kelly O'Neal, M.D. to the medical staff. Dr. O'Neal is a general surgeon and recently joined Dr. Edward Bergin's practice.

Dr. O'Neal, who is American Board Certified in General Surgery, provides general surgery services to the residents living in the MonDak region. Through her career, she has done a wide range of cases with special interests in breast cases, advanced laproscopy and cancer work.

Dr. O'Neal received her medical degree from the University of California in Irvine, CA and completed her general surgery residency there as well. Dr. O'Neal has over 20 years of experience in general surgery, practicing at Kaiser Oakland Medical Center in California.

To schedule an appointment with Dr. O'Neal, please call the office at (406) 488-2278.

Clinic Suite 105 • Phone: (406) 488-2278 • 214 14th Ave SW • Sidney, MT • www.sidneyhealth.org



Rebuilding A Support System

By Lois Stephens

Moving to a new location always means leaving family, iriends, and neighbors behind. This relocation to a new area severs a support system with one sharp cut. The loss of a familiar trusted network of those you rely on never comes easily, and for our mental health we need to develop a new safety net in the community where we have relocated to. It doesn't matter whether someone has recently graduated from high school and eaves home for further education, or whether a new job calls a person to try a new adventure in an unfamiliar environment. No matter the age or the reason for leaving the security of family and friends, this loss is difficult and can cause intense anguish for people.

We can still email friends left behind, we can text, we can shone, but we can't walk down the street and visit face-to-face to discuss our joys, fears, triumphs, and defeats. There is no one to laugh with us or cry with us, so we have to face life on our own until we can find other like-minded individuals that will form the nucleus of a new support system.

A move can make one feel bereft. This emptiness magnifies the inevitable disappointments and setbacks one encounters in a new environment. Victories don't seem quite so impressive if there is no one to share them with. Challenges can become totally overwhelming, and dealing with life gets harder and harder. Therefore it is a necessity to develop a network of friends and neighbors in the new location who genuinely care and who can offer help, friendship and support when needed.

I speak from experience. I moved to Virginia City last fall, eaving my family, friends and neighbors in eastern Montana behind, and although I am for the most part quite content with solitude, I do know the importance of cultivating a support system. I had just forgotten how long it can take to build new friendships and new trusts.

So how does one begin the process of starting over, meeting potential friends, and constructing a new life complete with the necessary support system? It begins with one step at a time. It also may mean stepping outside the comfort parameters we have set for ourselves and try something unusual, such as checking put a function we normally would never dream of attending. Sometimes it may feel like a person takes one step forward and two steps back, but as long as we continue to put one foot in front of the other and keep on moving, we win. We do the best we can under the circumstances as we understand them at the time, and that counts more than anything else.

I had too much on my plate the first few weeks at my new ob to worry about meeting anyone, so I didn't consciously think about connecting with people in the area after I moved to Virginia City. I did walk my dog several times during the course of each day, and I did meet people often enough during these excursions, many of whom were out walking their own dogs, to build a nodding acquaintance with them.

Virginia City is basically a ghost town from October through April. It has no gas station, no grocery store, no hardware store, no nothing except a creamery that serves as a coffee shop and

Lower Yellowstone Wool Pool

Submitted by Tim Fine, MSU Extension Agent

The Lower Yellowstone Wool Pool has been a great asset to area producers for many years. In case you are not familiar with the reason for the existence of a pool, its sole purpose is to gather wool from area sheep producers in one central location, grade said wool, and then combine that wool with other producers' wool to make a larger shipment. By combining these graded pools of wool together, instead of one person trying to market their product, there is now a greater amount of wool being marketed at one time. This process of combining and grading the wool will increase the amount of product that is marketed at one time, therefore ensuring a more consistent product and an increase in the price paid for the product.

The Lower Yellowstone Wool Pool was formed in the spring of 1987 for this reason. A group of local producers organized to aid in creating greater value for the wool they produce. Since the pool's inception, many tons of wool has been gathered, graded, pagged, and combined with wool from pools across the state of Montana to be marketed.

If you have sheep and are interested in contributing to the Lower Yellowstone Wool Pool, you are welcome to bring your wool to the collection site on Wednesday, May 6th, beginning at 8:00 (MST) and lasting until about noon. The collection point will be in the old commercial building at the Richland County Fairgrounds. If you are interested in becoming part of the pool, but have more questions, you are welcome to contact Tim Fine at the Richland County Extension Office at 406-433-1206 or Wade VanEvery, Lower Yellowstone Wool Pool president.

ecccecceccccccc/ Mother's Day Brunch Sunday, May 10 \$15 Per Plate 11am - 2pm Waterhole Event Center Kids Welcome! **Breakfast** Scrambled eggs, breakfast 406-742-5224 쎵 meats, biscuits, gravy & cinnamon rolls Lunch Ham, roast beef, mashed potatoes & gravy, salads, desserts & mimosa

lunch room from Monday through Thursday, a mercantile store that sells a few essential groceries, a bar that serves as the gossip center and gathering place, and the Virginia City Café, open from Thursday through Sunday during the winter months. I like this emptiness and quiet, but it also puts a damper on meeting people and forming new friendships.

Daily life often provides an avenue that allows paths to cross again and again. The Virginia City Café offered me an opportunity to begin the process of recognizing familiar faces and striking up new friendships and opportunities. In an effort to acquaint myself with the locals and with the hopes of finding a few souls that would become more than merely individuals with names, I began the habit of stopping in at the café on Saturday mornings for coffee. I got to know the proprietors quite well; in fact they have become friends and have offered me a part time job on weekends during tourist season, a job I happily accepted. With my husband gone half the time, as we have a house to babysit in Crane until we can get it sold, the café provided a warm spot to enjoy a cup of coffee and visit with the patrons, many of whom have extremely interesting life stories.

A few enterprising people also operate a farmers' market every weekend in December until Christmas at the Artisan's building, a small log structure which originally served as a schoolhouse until someone converted it into an arts and crafts shop. Customers can purchase anything from homemade breads, cakes, and cookies to books, handmade soaps and other crafts. This gathering also provided me with an opportunity to mingle with people and conduct conversations.

I did get to know several people fairly well through this avenue, and because of this weekly outing I ultimately met a wonderful lady at another gathering who since has become a true friend.

This welcomed encounter happened two Saturdays before Christmas. My husband was in Crane tending to a house we had for sale there. My part of the world in western Montana had cold, clouds, snow, and dreary weather. Consequently my spirits had sunk to an all-time low. I wanted some of the delectable bread a local resident bakes in his outdoor stone oven and offers during the market, and I also wanted some of the double chocolate cake always available there as well, so I visited the farmers' market with the expectation of purchasing some comfort food that would help improve my mood. One of the ladies there whom I had gotten to know advised me that the Pioneer Bar would host its annual Christmas party and dinner that evening, free for Virginia City residents. It seems that the Pioneer Bar throws a Christmas party for locals every year, complete with a free Christmas dinner cooked and served by the folks who operate the Virginia City Café.

Normally I am not a party person. I prefer the peace and quiet of my own home, but this time I decided to try something different. I decided I would walk up to the bar and have a few glasses of wine, and if I met someone to talk to, fine. If I did not, I could always come home after the free dinner with nothing gained, nothing lost.

The evening got off to a slow start. I sat by myself, had a glass of wine, and decided that I would have one more glass of Christmas cheer and then just go home. About that time, a lady walked in and asked if she could sit with me. I said certainly, and that was the start of a meaningful relationship. It turns out this lady and I have a lot in common, we are kindred spirits in many ways, and we talked almost nonstop for the next few hours. We enjoyed an excellent Christmas dinner together, and got back in touch with each other the next day. She has since become a wonderful friend

The process of meeting people continued. Rod arrived for the holidays the following weekend, and we attended the Virginia City community potluck Christmas party. We met a few new people, enjoyed terrific food and were pleased we had attended this function.

Since Christmas, Rod has begun attending the senior lunches, held each Tuesday and Thursday at the creamery. This opportunity has provided him with the chance to meet all sorts of people, not merely the senior element of Virginia City.

The process of becoming part of a new community takes time and a little effort, but a newcomer needs to find a few close associates in order to survive mentally, and that is what we have done. I miss my irreplaceable friends and neighbors in eastern Montana, but I have met some very good people here in Madison County, a few of whom have already become trustworthy friends and confidants.

I guess my point is that while it is hard to leave friends and family behind, sometimes that is how life turns out, and in order to thrive in a new environment, we must build a new network

of people we can trust and confide in. This sometimes requires a little bit of an effort to meet these new people who will eventually form our circle of support, but it is well worth the effort in the joys and peace of mind this new support system provides.

MNAXLP







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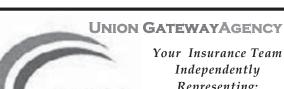


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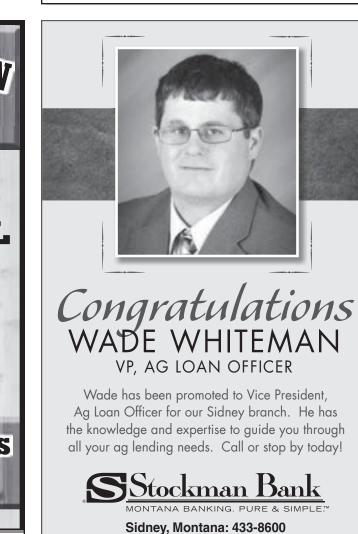
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Best Western Golden Prairie Inn & Suites Recognized As A Best Western Customer Care Champion At Hotel Chain's 2015 District II Meeting







Sidney, MT -- The BEST WESTERN Golden Prairie Inn & Suites in Sidney, MT received the Champion Customer Care Award at Best Western International's District II Meeting held recently in Vancouver, British Columbia. The award was presented in front of several hundred District II Best Western hoteliers from British Columbia, Alberta, Saskatchewan, Manitoba, Washington, Oregon, Idaho, Montana, North Dakota, and South Dakota.

This honor is bestowed upon those member properties that demonstrate and best exemplify exceptional levels of service and care. The hotels must also meet quality and design standards and other membership requirements to qualify.

The BEST WESTERN

Golden Prairie Inn & Suites was one of only 90 hotels out of more than 2,100 properties in the U.S. and Canada to receive this designation this

"The Champion Customer Care Award recognizes those Best Western hotels that demonstrate the highest levels of service," said Jayesh Patel, Chairman of Best Western International's Board of Directors. "The BEST WESTERN Golden Prairie Inn & Suites excels at living our brand vision of providing superior customer care and creating memorable experiences for guests."

Located at 820 South Central Ave, the BEST WEST-ERN Golden Prairie Inn & Suites features 72 rooms and complimentary wireless Internet access, satellite programming, bathrooms with shower/

tub combinations and hair dryers. Conveniences include desks and microwaves, refrigerators and LCD televisions as well as phones with free local calls. Recreational amenities include an indoor pool, a spa tub, and a fitness center. Grab a bite from a grocery/convenience store serving guests of Best Western Golden Prairie Inn & Suites. Featured amenities include complimentary high-speed (wired) Internet access, a business center, and dry cleaning/laundry services. A roundtrip airport shuttle is provided at no charge. For reservations, call the hotel directly at 406-433-4560 or call Best Western's 24-hour, toll-free number at 1-800-WESTERN. Reservations are also available through the hotel chain's website at bestwestern.com.

DPHHS Concerned About Recent Outbreaks Of STDs

Agency Says STDs Are Preventable; Testing And Early Diagnosis Are Vital

State and local public health officials are concerned about a recent increase in cases of sexually transmitted diseases, or STDs. In 2014, Montana's gonorrhea cases nearly doubled, to over 400, and the number of chlamydia cases increased to over 4,100.

Many STDs are easy to cure, however, if undiagnosed and untreated complications can occur. "I can't emphasize enough that these particular STDs are all preventable," said Judy Nielsen of the DPHHS STD-HIV Prevention Section. "In addition, STD screening and early diagnoses are essential in preventing transmission and the long term health consequences of STDs."

Common complications can include infertility and conditions such as herpes or gonorrhea can increase a person's chances of getting HIV.

At least half the cases reported in 2014 occurred in young people aged 15 to 25. Half of the estimated 20 million STDs that occur in the United States each year are among young people under the age of 25. Despite this news, there are effective ways to prevent, diagnose, and treat STDs. Public health officials offer the following advice to anyone who may be at-risk for an STD.

Not having sex is the only way to prevent STDs. For those who are sexually active, DPHHS recommends these steps to lower the risk of getting STDs, such as:

· Being in a long-term mutually monogamous relationship with a partner who has been tested and does not have STDs. · Limiting the number

of people you have sex with

if you have more than one

· Using latex condoms every time you have sex.

Getting the vaccine for human papillomavirus, or HPV, which can protect you against diseases (including cancers) caused by the human papillomavirus.

·Talk with your health care provider about your sexual history so that he or she can provide you with the appropriate STD testing and prevention guidance. If you're not comfortable talking with your regular health care provider, contact one of the clinics listed at the websites below about confidential and free or low-cost testing.

For more information on STDs, testing and how to protect yourself contact your local health department or visit www.dphhs.mt.gov, or getcheckedmt.org.



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LEGAL NOTICE

Services for the Sidney Area Chamber of Commerce & Agriculture

Due date and time: 5:00pm local time, May 11, 2015

The Sidney Area Chamber of Commerce & Agriculture intends to retain the services of a professional marketing agency, qualified in the field of market research and plan development. to provide Richland County and regional market research and analysis, develop branding and marketing plan. The Sidney Chamber is soliciting proposals from qualified consultants to perform the necessary services. This request for Proposal (RFP) provides a brief description of the Sidney Area Chamber of Commerce & Agriculture, the desired scope of work, the general requirements, and project schedule.

Instructions are available from the Sidney Area Chamber of Commerce & Agriculture. Questions should be directed to: Jessica Davies. Executive Director, Sidney Area Chamber of Commerce & Agriculture 909 S. Central Ave, Sidney MT 59270. Telephone number: 406-433-1916.

This is a competitively negotiated procurement. The Sidney Chamber intends to award a contract to the consultant that it determines to be the most advantageous and in its best interest. The Sidney Chamber, however, does not have to award a contract that if it finds that no proposals meets the requirements described in this RFP. The Sidney Chamber may also cancel all or part of the RFP, if the Sidney Chamber determines that it is in this best interest to do so. The Sidney chamber may negotiate with one or more consultants if they are determined to be qualified to be considered for contract award. The Sidney Chamber may also decide to award a contract without negotiations to a single consultant. The cost will be negotiated upon selection of a consultant. The Sidney chamber

is not required to, in any event, to pay for any costs incurred by the consultant in preparing a proposal in response to this RFP whethe or not the consultant is awarded a contract. Interested consultants are invited to submit proposals of not more than 25 pages in length. The proposals will be evaluated according to the factors listed in Part III of the RFP. One (1) original and three (3) copies of your proposal must be submitted to the address found in Part I, paragraph 3, no later than 5:00pm, local time,

be returned unopened. Published on April 15 and 19, 2015

May 11, 2015. Late proposals will

Authorized by: Jessica Davies, Executive Director, Sidney Area Chamber of Commerce & Agriculture Date: April 13, 2015

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is looking for qualified diesel technicians. Qualified applicants will have a valid driver's license and reliable transportation to and from work. Our shop is clean, heated and newly remodeled. With general supervision of our Service Manager a technician must have general knowledge to be able to repair and maintain a variety of farm equipment and trucks in the shop and in the field. Factory and in house training along with specialty tools will be provided. Benefit package includes: health insurance, life insurance, retirement, paid vacation and paid holidays. Please mail or email resume to Tri-County Implement, 2429 W Holly Street, Sidney MT 59270 or tricntyadm@midrivers.com. Please call 406-488-4400 or stop in and talk to Larry or Wade.

EMPLOYMENT OPPORTUNITY

Saddle Up western apparel is coming to Sidney, MT! Will be located at 703 East Main in the M3 Meats building. Please submit resumes electronically to SaddleUpTack@hotmail. com or drop them off at any of our Watford City locations with: Attn- Dori.

LIFE GUARDS WANTED

Must be 15 or older and have current LGI and CPR. Applications available at City Hall, Mon-Fri. 8 a.m. - 5:00 p.m. Send resume: c/o of Pool Mgr 115 2nd St. SE Sidney, MT 59270. Applications close on April 30th.

WRITER/EDITOR/ **REPORTER**

The Roundup is looking for a full-time writer/editor/reporter. Salary DOE. Apply at the Sidney Job Service.

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Ultimate Showdown Assoc. located at Hefty Seed Co. south of Sidney has tables & chairs for rent. Will deliver. Call 406-488-4338.

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Please ensure that all children, livestock, and fences are out of the canals, ditches, drains and harm's way. Please unlock any gates along canals.

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Are you looking for a summer job? Do you have office skills and/or a farm background? Consider working for the United States Department of Agriculture! The McKenzie County Farm Service Agency, Watford City, ND, is presently accepting applications for a Temporary Program Technician position. Computer skills and office experience are a plus, but on-the-job training will be provided. Salar is based on education and experience. The application period will run from April 29, 2015 to May 6, 2015. Interested candidates must submit an application (available at any FSA county office) or a resume. Be sure to include your SSN, country of citizenship, education and work experience. For more information, call Marcy at (701) 842-3628. USDA is an Equal Opportunity Provider and Employer.



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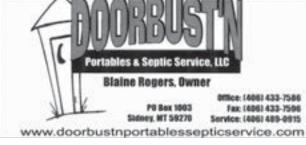
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Kiwanis Welcomes New Members

Kiwanis had a great meeting last Thursday as it inducted three new members into the club. Tami Christensen, left, and Bill Vander Weele, right, were sponsors of, from left, Katelyn, Tammy and Alexis Dynneson.

State Hail Insurance Offers Opportunity For Farmers To Manage Hail Risk Electronic Payment Options Now Available

Submitted By Jayson O'Neill, MT Dept. Of Agriculture

Helena, Mont. – Spring is a busy time of year for Montana farmers, with field preparation, planting decisions and seeding. It is also a time to start thinking about protecting crops from hail damage until fall harvest. The Montana State Hail Insurance program has provided hail insurance coverage to help Montana farmers manage hail risk for 98 years.

For the 2015 season, producers can insure crops against hail damage at the maximum coverage rate of \$75 per acre for dryland and \$114 for irrigated land. Rates charged are a percentage of the insured amount and vary by county depending on the hail loss history of an area. A detailed list of rates by county and crop can be found on the program's website.

Applicants can now conveniently manage policy payments securely with e-checks or credit/debit cards. Traditional payment methods are still available. To purchase state hail coverage, producers should contact the State Hail Insurance program office by mail, fax, or phone. State hail insurance coverage forms are still available at Montana State University Extension, Conservation District, and county revenue offices.

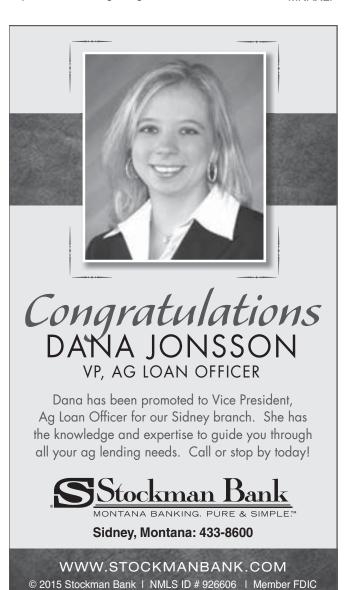
An application for insurance and more details about payment options will be mailed to producers who previously purchased state hail insurance. For new policy applicants, information and applications are also available at http://agr.mt.gov/agr/Producer/HailInsurance/. Completed forms can be mailed or faxed to the department or used as a reference when you contact the office by phone.

Contact Information: Montana State Hail Insurance Program, P.O. Box 200201, Helena, MT 59620. Phone: (406) 444-5429 Toll Free: 1 (844) 515-1571 Fax: (406) 444-9422.

The Montana State Hail Insurance program was created at the request of producers in 1917 to provide basic hail insurance coverage on any crop grown in Montana. The program is directed by a five-member board consisting of the department director, state insurance commissioner, and three executive appointees.

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 department, visit agr.mt.gov.

MNAXLP









Ladies And Livestock Book Makes The Perfect Gift For Mom; Digital Book Features Stories Of Montana Ranching Women

Submitted by Ryan Goodman, Montana

Stockgrowers Association
Mother's Day is just around the corner – May 10. Have you selected your gift for mom yet? If you are like most of us, mom is a champion who takes care of everyone in the family and worries about herself later. This year, as you are trying to find that gift that will let mom take a few moments to enjoy herself, consider an iBook that she can appreciate with a good cup of coffee.

Released this past Fall, Ladies and Livestock: Life on the Ranch is a multimedia exploration of the roles of Montana women on the ranch. This book features over 130 pages of stories, photographs and video features of the ladies who raise livestock, care for the land, and build their family's legacy on Montana ranches. Not only are these Montana women working on the ranch, many have jobs in town, volunteer in their communities, and are involved

in the legislation process of issues affecting agriculture.

By utilizing the digital format, Ladies and Livestock adds a new dimension to reading a book. Included on nearly 30 of the pages are video features that play with the touch of the finger. These videos show interviews of the ladies speaking about their ranch history, family life and how they feel about being part of Montana's agriculture communities.

This book is an educational tool for anyone who wants to learn more about where their beef comes from and understand the lives of the people who raise cattle. Not only can a reader see photographs, but can hear the woman tell her own story and see the emotion on her face as she talks about how important her family is to her.

Purchase or gift your copy of Ladies and Livestock today. Available exclusively on iTunes or in the iBooks store for only \$14.99, or go to bit.ly/ LadiesAndLivestock.

Proceeds from sales of Ladies and Livestock benefit the Research & Education Endowment Foundation of the Montana Stockgrowers Association, a 501(c)3 nonprofit organization established to ensure the future of Montana's cattle industry through producer and public education, and promotion of MSGA programs. For more information, contact the Montana Stockgrowers Association at (406) 442-3420 or go to mtbeef.org.



HELENA, MT – Communities, families and organizations are urged to join together in May to become more prepared for wildfire season. May has been designated as Wildfire Awareness Month, and the purpose is to raise awareness about wildland fire safety, community preparedness, hazardous fuels

mitigation, and fire prevention.

According to the National Interagency Fire Center, nearly 2.5 million acres, an area the size of Yellowstone National Park, are burned each year by human-caused wildfires. In Montana, top causes of wildfires change through the course of the season: escaped debris and agricultural burns in the spring; escaped or unattended campfires in the summer; and sparks from dragging trailer chains, lawn mowers, chainsaws or field machinery in the late summer and early fall when grasses are cured and ripe for ignition.

Here are a few ways to prevent and prepare for wild-fires:

- · Clean out gutters, roofs and other areas where debris has settled
- · Avoid burning on windy days and never leave a burn pile unattended
- · Maintain equipment to reduce sparks and check that trailer chains do not drag · Create an evacuation
- plan and practice the route with family members
 · Practice campfire safe-

ty by ensuring your fire is

- dead out before leaving the campsite

 · Keep the space around your home clear of dense
- vegetation

 · Help your community by organizing a wildfire prepared-
- organizing a wildfire preparedness event Preparedness is a shared responsibility. Encourage oth-

ers in your community to take steps to prepare for wildfire season. Visit www.firesafemt. org to see preparedness activities happening near you.

For more information, please visit the following websites: www.keepgreen

For more information, please visit the following websites: www.keepgreen. org, www.ready.mt.gov, www.redcross.org/prepare, www.wildlandfirersg.org/.

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Re-Tree Richland County Workshop Will Be Held Saturday May 16

The Re-Tree Richland County event will be held Saturday May 16 at the Sidney Country Club from 10:00 am until noon. This is a free workshop which teaches people proper tree planting and care techniques and also gives instructions on how to determine the appropriate tree for a given space, taking into consideration how big the tree will get, how close it's planted to surrounding trees and structures, and power lines. It will be a hands-on class with MDU giving a presentation and Tim Fine from the MSU Extension Office teaching some tree identification techniques. Anyone is welcome to attend the workshop, however those who register in advance will receive one of sixteen different species of free 6' to 8' trees. Stephanie Ridl, City Parks Superintendent and Richland County Tree Board Secretary, will be coming to each location to help determine the best type of tree for the landscape; all

trees planted in Sidney and

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Fairview, MT

Thurs, Apr 30

Glendive

Tues, May 5

Tues, May 7

Watford City at Minot

Track

Froid/Lake & R&L JH/Elem at Lambert

Froid/Lake, Savage, Culbertson, Fair-

view, Bainville & R&L at Wolf Point

Culbertson JH/Elem & Watford City at

Savage, Culbertson, Fairview, Bain-

Watford City JH at Bowman, 3 pm

Watford City JH at Home, 2 pm

Sidney at Miles City, 9 am

ville & R&L at Sidney

Watford City at Velva

Watford City at Beach, 3 pm

Fairview must be planted on the city street right-of-way no less than thirty feet from a street corner. Trees planted in Crane, Lambert, and Savage must be planted a minimum of thirty feet from a street corner and those in rural situations can contact Ridl at 406-480-

This is the second Re-Tree event, though last year it was exclusive to Sidney rather than the entirety of Richland County. In 2013 Ridl took part in a tree inventory within the city limits of Sidney, and found that there were 2000 trees, only half of the trees that were inventoried during the late 1970s. A certified Arborist, Ridl is at the forefront of re-treeing the area for future generations, her goal being to diversify the tree canopy so that there is no more than 10% of one species of tree. This rule of thumb means that if ever a devastation such as Dutch Elm Disease or Emerald Ash Board hits our area, an entire population of trees isn't lost.

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ports Booster

R&L at Scobey

Thurs, Apr 30

Tues, May 5

Thurs, Apr 30

R&L at Plentywood

Sidney at Hardin, 3/5 pm

Sidney at Glasgow, 3/5 pm

Watford City at Home, 4:30 pm

Watford City at Ray, 4:30 pm

Watford City at Home, 4:30 pm

Watford City at Stanley, 4:30 pm

Dates And Locations Announced For Team USA Baseball Tryouts In Montana

Missoula & Bozeman, MT - Montana Elite Baseball, a non-profit, youth sports organization, is proud to present the opportunity for young athletes ages 13 through 14 (May 1, 2000 is the oldest birth date for eligibility) to try out for the Montana Elite Baseball team. This is the first time a Montana 14U team will be represented in the Team USA program. Tryouts take place at Westside Field in Missoula on May 9th from 2:00 pm to 5:00 pm and in Bozeman at Kirk Park-South Field on May 10th, between 12:00 pm and 3:00 pm. Those Montana athletes who qualify and are selected will compete at the 2015 USA Team Nationals in Glendale, Arizona, June 19 through July 3 at the Spring Training homes of the White Sox/Dodgers, Padres/Mariners and Indians/Reds. Official USA Baseball 12U training camps will be conducted in both Missoula and Bozeman immediately after tryouts. Team USA Scouts and over 100 college recruiters will be at this tournament, as a minimum of 28 players will be invited to the 14U National Team USA Development Program. The goal of Montana Elite Baseball is to have at least one Montana athlete make Team USA. Tryout registration forms and information are available online at www.montanaelitebaseball.com or contact Burke Tyree at 406-546-0340. For information and a complete schedule of the training camps, visit www.collegebaseballcamps. com/usa12u.

minds up to the fact that there is a vast variety of trees that can grow in our area and the unfortunate loss of a tree doesn't necessarily mean that tree species just won't grow here. There are many variables as to why a tree may fail and proper planting procedures and tree care techniques are the biggest factors," said Ridl who is using her passion to help the community and do her part. "There is a tree out there that is suitable for every space."

Ridl received an Arbor Day Foundation Grant, DNRC Tree City of the Year Award Grant, and funding from the Richland County Tree Board to purchase 50 trees this year. 'Royal Red' Norway Maples, 'Autumn Gold' Ginkgo, and Swamp White Oak are just a few of the several species that will be offered according to landscape requirements.

For those interested in receiving a tree for planting, applications can be picked up at Sidney City Hall, 115 2nd St SE. A site evaluation will be reviewed by Richland County Tree Board members and will help individuals determine the best type of tree for planting. The property owner must attend the Re-Tree workshop and then plant and maintain the tree. There is a limit of one tree per property per year.

Residents of Richland County are encouraged to attend the workshop and take an active part in laying the ground work for future generations that will call this area home.

Register Now For Vacation Bible School June 1-5

Submitted by Libby Berndt

Shepherd of the Valley Lutheran Church SunSpark Labs Vacation Bible School is set for June 1-5 from 8 amnoon. Registration is being accepted online at svlcsidney. org. Forms are also available at the church, 211 E. Holly, Sidney or by calling 433-7479.

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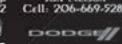




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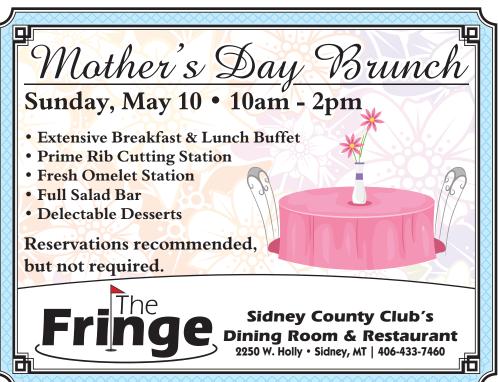






406-742-5180 Open at 4:30pm Turs-Fri 2pm Sat & Sun







Honoring Veterans Ceremony

Submitted By Randy A.
Martin, Public Affairs
Officer VA Montana Health
Care System

Fort Harrison – VA hosts a Veterans Honoring Ceremony May 1st at the parade ground on Fort Harrison from 11:00 a.m. to 11:45 a.m. A medical center open house with exhibits for Veterans immediately follows and ends at 3:00 p.m. The public is invited to attend.

The ceremony honors all Veterans and is the culminating event for the weeklong, US Navy Reserve and VA hosted, annual Tribal Veterans Representative Training Conference. The conference informs leaders of American Indian nations from across the U.S. of Veterans benefits and policy changes.

The program includes

patriotic music, the reading of a poem, and remembrance of departed Veterans. There will be a special tribute to World War II Veterans and the U.S. Navy Reserve because 2015 is the 100th anniversary of the Navy Reserve and 70th anniversary of World War II's end.

May is National Military Appreciation Month and several days are significant to Veterans including the Official End of the Vietnam War (7th), Victory in Europe Day (8th), Military Spouse Appreciation Day (8th), the establishment of the Women's Army Air Corps (14th), and Memorial Day (25th)

VA Montana Health Care System Director, Johnny Ginnity will give keynote remarks and distinguished guests include: Mayor Jim Smith of Helena, the Montana adjutant general, Maj. Gen. Matthew Quinn, and the commander of Navy Supply Global Logistics Support, Rear Adm. James McNeal

Comment Online: Fish & Wildlife Commission Seeks Comment On Goat, Lion Adjustments

Montana Fish, Wildlife & Parks (FWP) is requesting public review and comment on two separate items. Supporting information on these items can be found on our website at fwp.mt.gov/hunting under Opportunity for Public Comment.

The public comment period on the mountain goat proposal will extend through 5 p.m., Monday, May 11. Any final adoption for the goat quota will be at the May 14 Fish & Wildlife Commission meeting.

The public comment period on the mountain lion proposal will extend through 5 p.m., Monday, June 8. Any final adoption for the lion quotas will be at the June 11 Fish & Wildlife Commission meeting.

MNAXLP

National Day Of Prayer May 7th

By Connie Karst, National Day of Prayer Task Coordinator

The 64th Annual Observance of National Day of Prayer will be on Thursday, May 7, 2015, from 12:00-12:30.

This event will be held at the Richland County Courthouse steps, Sidney, Montana. Everyone is welcome.

In case of inclement weather the event will take place in the foyer of the Assembly of God Church, Sidney, Montana.

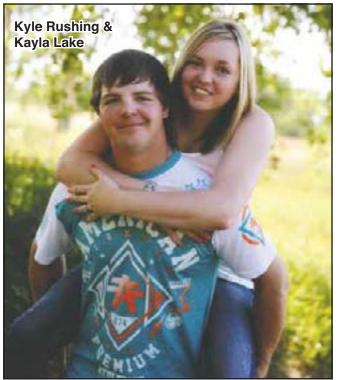
The theme for the year is "Lord, Hear Our Cry", and the scripture is I Kings 8:28.

Victoria Getchell Elected To University Of Jamestown's 2015 • 2016 Student Senate

JAMESTOWN, ND -- Victoria Getchell of Sidney MT was elected to the University of Jamestown's 2015 - 2016 Senate.

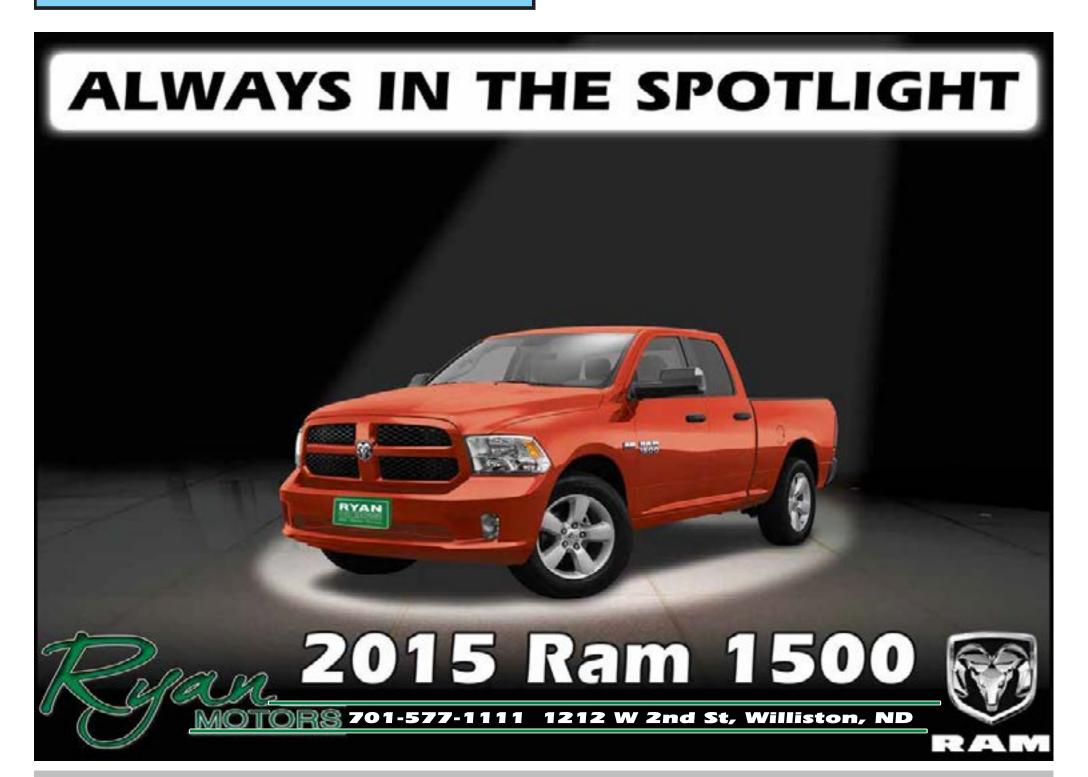
The University of Jamestown Student Senate is composed of six elected members from each of the four classes, a four member Executive Board, a few ex-officio members, and a staff advisor. The senate is the voice of the students.

The University of Jamestown was established in 1883 and is ranked as a top tier regional school in US News and World Report and a top Midwestern school in The Princeton Review. The school features development of the whole person through its distinctive Journey to Success experience.



Engagement Announcement

Kevin and Tammy Lake, Sidney, announce the engagement of their daughter Kayla Lake, to Kyle Rushing, son of Kyle and Michelle Rushing, Glendive, MT. A wedding is planned for June 27, 2015, in Sidney.



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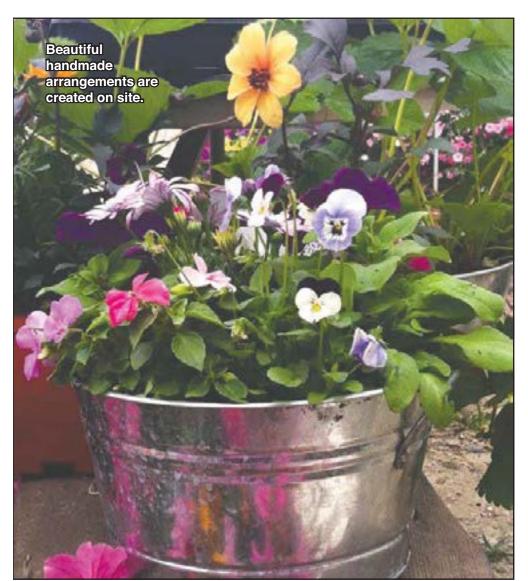
HEALTH

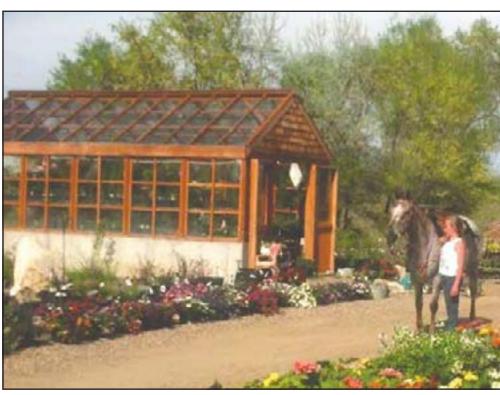
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Plant Paradise Opens May 1st





This is Plant Paradise's sixth year providing the area with everything they need for happy planting.

By Meagan Dotson

Plant Paradise greenhouse is eager to open for their sixth season on Friday, May 1st, with ten inch hanging baskets on sale for \$12.99 for May Day. Customers should have orders placed in advance if they would like their May Day Baskets delivered on April 30th. Plant Paradise offers a wide variety of perennial and annual grasses and flowers, organic, vegetable and fruit varieties, and an excellent selection of trees and shrubs.

Preparation for the growing season begins months in advance and once the freeze warnings are over, the greenhouse is up and running providing new varieties of plants as well as traditional favorites. Linda Casey, owner of Plant Paradise, and her daughter Jessica Burns are available to answer gardening questions and help customers find just what they are looking for. Hav-

Continued on next page.







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Plant Paradise has an extensive selection of trees and shrubs. (Photos courtesy of Jessica Burns)



ing worked at local greenhouses for several years, Casey has knowledge and experience and can offer helpful planting, growing, and maintenance

"Customers are welcome to bring their planters and we will plant their arrangements for them," Casey said.

Even with an impressive selection of plants, if customers are looking for something specific it is best to pre-order to ensure they get what they want and can contact Plant Paradise at 406-798-3378. Their days and hours are Monday through Saturday from 9:00 am until 6:00 pm and Sundays from 1:00 pm until 6:00 pm. Beginning the Fourth of July the greenhouse will be open by appointment only. Plant Paradise is located at 34514 Highway 200, Sidney, MT and Casey welcomes new and familiar customers alike to stop out and see her for all of their gardening needs.

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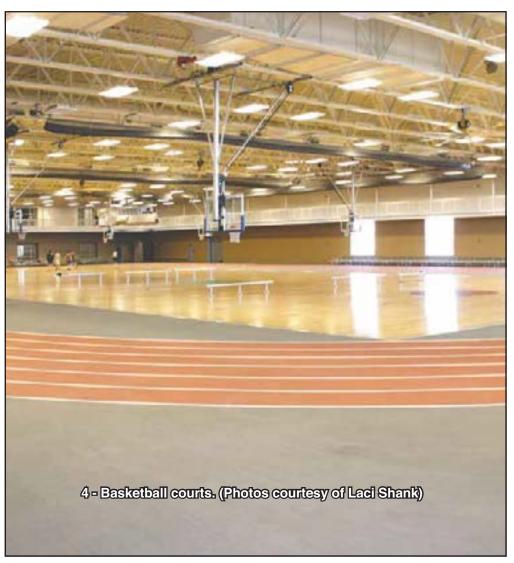


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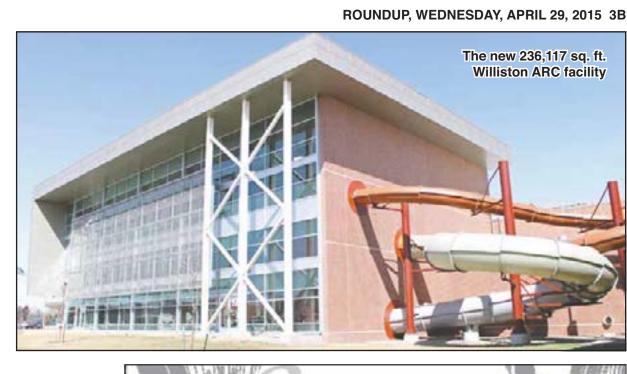


By Tie Shank

WILLISTON: In March 2014, the Williston Area Recreation Center (ARC) opened its new 236,117 sq. ft. facility at 822 18th St. East in Williston. The first year alone over 431,000 people took advantage of this remarkable new facility and everything it has

The ARC has tennis courts, a turf field, batting/ pitching cages, basketball courts, track, an indoor playground, child sitting, teen lounge, birthday party rooms, a boardroom, meeting rooms, a senior activity room, a teaching/catering kitchen, a waterpark, the wave, a surfing simulator, an instructional pool, a 50m Olympic sized pool, a golf simulator, racquetball courts, a walking track, circuit weights, cardio, free weights, a spinning room, group fitness, specialized training and personal training.

Continued on next page.







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4B ROUNDUP, WEDNESDAY, APRIL 29, 2015

Continued from previous page.

"The ARC is also expanding in programs for youth and adult enjoyment," says Kelsie Brostuen, Marketing Coordinator for the ARC. "To list a few, we have added TRX in the Park, Fun Inclusive Teen Training, travel soccer, super hero camp, water volleyball, grass volleyball, wiffle ball, an indoor golf league, curling, and much more."

The ARC also offers 40+ fitness classes each week!

The ARC is open from 6am-10pm Monday – Saturday and 1pm-9pm on Sundays. Guests can purchase a daily pass or purchase a 6 month or 1 year membership. ARC offers discounted memberships for families.

Brostuen states, "We have greatly enjoyed watching people of all ages enjoy the brand new facility. Our mission statement is coming true more

and more every day, "Superior parks, facilities, and programs for all to enjoy an active life."

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Gardening At 6000 Feet



By Lois Stephens

I am not an avid gardener by anyone's standards. However, I do enjoy working the soil, planting vegetable seeds and watching the plants grow and mature, producing something edible in the process. To me, a garden is all about what I can produce in the way of extra food; it is not about having a profusion of flowers. I appreciate seeing the gorgeous blooms that others produce through hard work, but I won't waste limited garden space on something I can't eat. Therefore, I let others have the flowers and I will enjoy them as I walk by. They won't be growing in my yard, because whatever available ground I have I will use for vegetables or fruit.

Wherever I live, I pay attention to what I think will grow well in my hardiness zone as I hate wasting time and energy on something that will need absolutely ideal weather in order to produce results in a growing season. I am thinking cantaloupe here. I had a fantastic melon crop one year, when we had hot dry weather all summer long. The cantaloupes loved it, and I reaped a bountiful harvest. However, cantaloupes often get off to a slow start and then never produce like I want them to. Generally I am lucky to have three cantaloupes mature to edible status. To me, that equates to a waste of my garden space, so I decided several years ago to let others produce the cantaloupes. I quit trying to coax melons to produce in the type of soil I had and contented myself with producing vegetables and fruit that would grow and produce enough to make the effort of

gardening worthwhile.

Each year varies, and each type of vegetable responds accordingly. One year I may have a few measly tomatoes that sit shivering in the cold murmuring something about needing antifreeze, and another year I have so many I have more than I know what to do with. In those years the neighbors usually have

a bumper crop as well, so I can't even give the produce away. No matter what part of the country a person lives in, weather plays a huge factor in what type of harvest a person will reap.

The cycle of planting and harvesting worked well in eastern Montana as I learned in general what worked, I had the knowledge and experience of my sister to rely on when it came time to plant, and through trial and error I discovered what varieties of vegetables liked my type of soil and would produce consistent results through the years.

Now that I have moved to Virginia City, elevation approximately 6000 feet, I will start over again as far as knowing what to plant and when to plant it. I know we have a shorter and cooler growing season than do the gardeners in eastern Montana, so I have perused seed catalogues with an eye to number of growing days required for each variety. I also know that here, as anywhere, it depends on summer temperatures and moisture amounts as to what decides to produce well and what will just sit in the ground and complain about life in general all summer long.

I have tried to pick the brains of local gardeners, but even these natives have given me conflicting advice. One person assures me that cucumbers will grow well at this altitude, while another person earnestly explains that this is not the area to try to grow cucumbers. Someone told me peas won't grow here. Peas? A cool season crop that matures by mid July in eastern Montana? They won't grow here? I find this hard to believe. Peas do very well planted early in eastern Montana, they survive freak snowstorms and frosts. and do well in cool weather. If I still lived in that part of the state, my peas, potatoes, onions and radishes would all have been in the ground by

Some misguided soul even told me that zucchini won't grow here. Come

on, folks! Zucchini grow like weeds; they have a short growing season to maturity, and they produce early and continue to produce until a frost kills them off. You can bet I will plant zucchini seeds by the end of May and I am willing to bet (and I am NOT a gambler), that I will have more zucchini than I can possibly eat.

All this conflicting advice has me scratching my head in puzzlement, but it also spurred me to pay close attention to which variety of vegetable has the shortest growing time to maturity. I selected those varieties this year to try in my garden.

This means that in many cases I have selected varieties that I have never tried before, so that means I am flying by the seat of my pants this year. I sent off my order in mid-April, three months later than I generally order seeds. I have resigned myself that this year may prove disastrous, but then again, I may actually have some fresh garden goodies to enjoy by the middle of summer. I can only hope.

I also ordered two apple trees, both of which supposedly grow well in zones three to six. I am not100% sure of my zone, but by perusing the maps and planting charts. I guesstimate we live in zone 4. So hopefully the two apple varieties I have selected will take root and thrive, supplying me with good eating in my older age.

With the seeds and the trees ordered, I now will prepare my soil, wait for my order to arrive, plant the seeds at the end of May, and see what grows and what does not. It should prove interesting. I will learn from experience, try other varieties if the ones I have chosen do not work, and once I discover what will grow well for me I will go back to my old habits of using the basic same varieties year after year to ensure that I produce a garden that provides us with tasty fresh veggies for our summertime eating.









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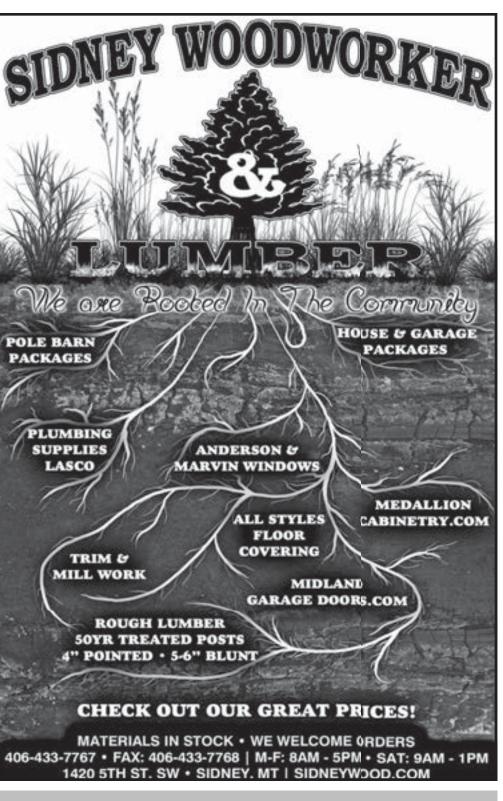


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Yellowstone Valley Greenhouse Prepares To Open For The Season

By Meagan Dotson Natalie Erikstrup and her dedicated staff at the Yellowstone Valley Greenhouse are gearing up for season and invite everyone to stop in for their tried-and-true favorites

and to see what's new. The greenhouse will be opening for the season the last week of April through June offering an extensive variety of perennial flowers and grasses, annual flowers and grasses, and

All the plants are Montana grown in one of the five greenhouses with planting beginning in February. Nothing at the Yellowstone Valley Greenhouse is pre-made.

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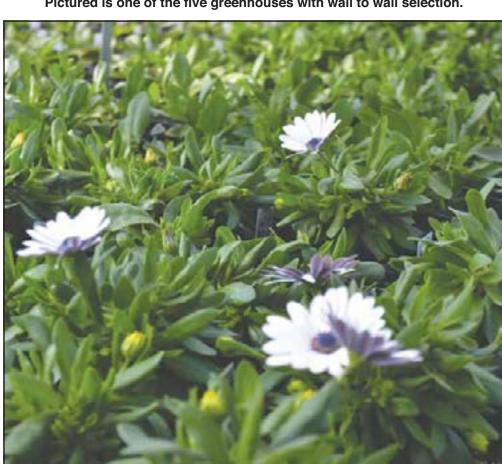


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Pictured is one of the five greenhouses with wall to wall selection.



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"Every plant is groomed and ready to go. Remember to feed your flowers at least once a week when you water them," commented Erikstrup of maintenance throughout the season.

The Greenhouse tries

new items and varieties every year based on interest and demand. This year there is a wide variety of geraniums, petunias in a spectacular array of new and classic colors, new annuals including beautiful annual grasses that are easy to care for and add stunning accents, and a lot of shade perennials.

Everything in the greenhouse is watered by hand and cared for by the people who are available to answer gardening questions and assist customers in finding just what

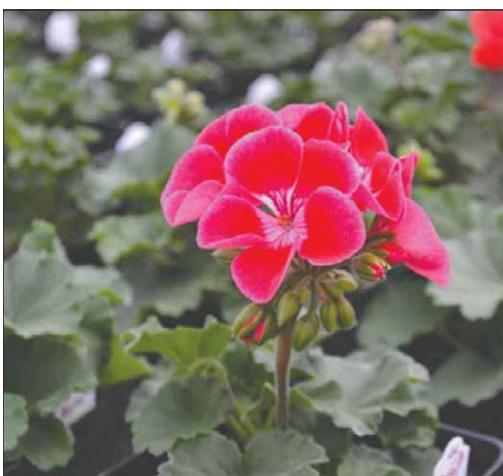
they are looking for.

"I have a good crew; they work hard all season and they do a wonderful job," Erikstrup

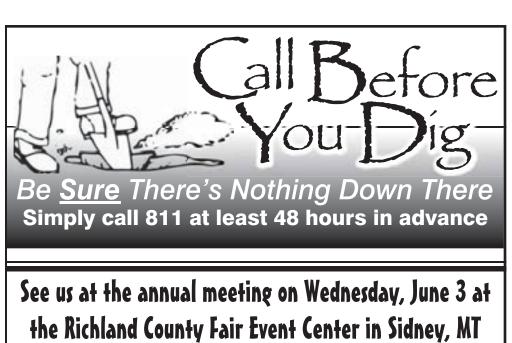
The Yellowstone Valley Greenhouse will be open Monday through Saturday from 9:00 am until 6:00 pm and on Sundays from 10:00 am until 4:00 pm. They are located east on County Road 127 off of MT Highway 16. To contact them please call 406-482-8051.

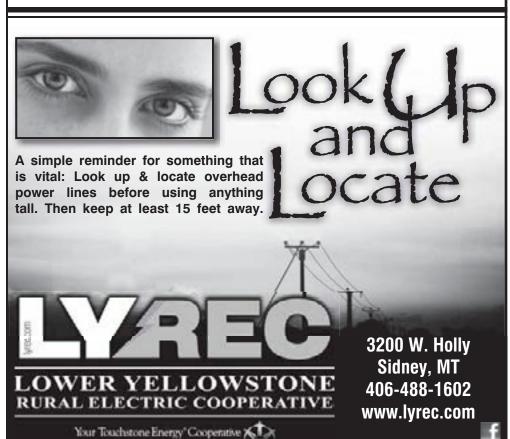


The Ghost Plant is a new variety offered this year.



Shown is the Sarita "Neon Sizzle", one of a variety of brilliantly colored geraniums.







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Save The Date For The 2015 Re-Tree Richland County Workshop May 16



Sidney Montana was once a forested community with homes and streets canopied by over 4,000 trees in the late 1970s, most of which were beautiful American Elm (Ulmus americana) trees flanking our public right of ways.

The results from the 2013 Tree Inventory including all of Sidney's public right of ways reported the following 2,125 total trees: 66% is comprised of only 2 genera, Ulmus and Fraxinus, nearly 22% is Ulmus americana (American Elm trees), roughly 30% is that of Fraxinus species (Ash trees), and 1,556 potential planting spots (primarily locations where trees once stood).

Why such a huge loss in only 35 years? This unfortunate reality Sidney is facing

was caused by the lack of arboriculture knowledge and species diversity. However, this monoculture nightmare is slowly coming to an end with the help of some tree enthusiasts and the newly formed Richland County Tree Board.

The need to rejuvenate our urban forest is not just here in Sidney, which is why the 2015 Re-Tree program will not only include Sidney's community but all of Richland County. The 2015 Re-Tree Richland County Workshop will be held May 16th at the Sidney Country Club from 10 am till noon.

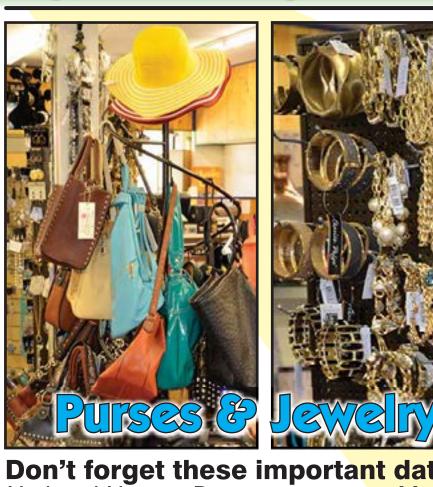
Re-Tree Richland County workshop will include: Proper tree planting demonstration, tree identification techniques, pruning demonstrations, tree care and maintenance techniques and guidelines, educational handouts, an insight on pests and diseases that are currently invading our canopy, a representative from Montana and Dakota Utility (MDU), Emerald Ash Borer (EAB) presentation, and CEU's for certified applicators.

A species diverse canopy composed of no more than 10% of one species is crucial in obtaining a sustainable urban forest for there will be less of an impact if ever devastation such as DED or the threat of (EAB) strikes our region.

To register for the workshop, contact Sidney City Hall or email sidneycityparks@midrivers.com. Applications for a free tree were available on April 1st.



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