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HEALTH AND SAFETY Special Section see pages 5-10A

Sidney Local Sews Over 900 Masks To Protect Essential Workers

By Anna Dragseth

While grocery store workers across the country are stocking shelves and ringing up pantry items for a daily crowd of customers, they have been facing a higher-than-average risk of exposing themselves to the coronavirus.

Andrea Yadon, a Sidney local, recognized the risk that essential workers are facing in the area; she was looking for a way to help essential frontline workers that are facing a short supply of personal protective equipment (PPE).

She obtained a medical facility approved face mask sewing pattern from Billings Clinic, Billings. After she got the pattern, she put her self-taught sewing skills to work and started making face masks to give to area essential workers at no charge. So far, she has sewn well over 900 tight-woven cotton facemasks. She started constructing the homemade masks on March 20 and has been busy cutting out material, ironing, and sewing face masks ever since.

"When I sewed my first mask, I had my husband try it on, and then I tried it on and figured this would work and have been sewing masks every day since then," explained Yadon.

So far, she has provided handmade masks to essential workers at Sidney Health Center, Reynolds Market, Reese & Ray's IGA, Sidney Post Office, Neu's Super-Valu, Powder Keg, Cenex, and many more people from around the area.

"I have been so busy sewing masks, that I really



have not had time to do anything else. My husband has even taken over cooking and cleaning," chuckled Yadon.

Homemade face masks are considered supplements to PPE by the Centers for Disease Control and Protection (CDC). The CDC encourages the use of cloth face covering to help slow the spread of the coronavirus. They recommend wearing cotton handmade face masks in public settings where other social

distancing measures are challenging to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

To assist essential workers in your community

and nation-wide with similar efforts, information on the mask design, including specifications for a particular mask pattern, you go online to www.craftpassion.com/face-mask-sewing-pattern/.

Check out our website roundupweb.com for coverage on:

- The latest Coronavirus updates for MT & ND
- Updates for Outdoor Enthusiasts

Richland Co. Confirms First 3 Cases of COVID-19, Surrounding Counties Holding Steady With Low Numbers

By Stephanie Ler

On April 7, 2020, the Richland County Health Department was notified by the Montana State Public Health Laboratory of a positive case of 2019 novel coronavirus (COVID-19) in an individual residing in Richland County. The individual is a male in his 40s. The case investigation is ongoing. The Richland County case was tested at Sidney Health Center. In accordance with Federal law, the Department will not release any other identifying information about the positive case to protect the individual's personal privacy.

COVID-19 Update: Richland County currently has three positive cases of COVID-19. The case information is as follows:

Case 3: A female in her 30s who is not hospitalized. The case investigation is ongoing.

Case 2: A female in her 50s who is not hospitalized. The case investigation is ongoing.

Case 1: A male in his 40s who is not hospitalized. The case is believed to have been acquired through domestic travel, though the case investigation is ongoing.

The Richland County Health Department is working with the individuals to identify close contacts, and provide recommendations to self-isolate based on guidance from the Centers for Disease Control. The Department will be calling the named contacts as soon as possible with instructions to help protect them and their families.

Only those people who meet the definition of a close contact will receive calls. A contact to a positive case is considered to be a person with whom the case spent at least an hour in close contact, generally defined as 6 feet or less apart. These individuals may or may not be tested, but will be asked to isolate and monitor themselves for the development of symptoms.

It is extremely important for those who may have been

exposed to follow self-isolation and monitoring recommendations given by health officials to prevent further spread of COVID-19 in our community. It is important that people who are not named as close contacts and are not sick do not go to the clinic or hospital seeking coronavirus testing.

It is extremely important for all Richland County residents to follow recommendations from the Health Department and the Governor to stay home as much as possible and avoid contact with others outside of the home, especially if you are not feeling well. This includes non-essential travel outside of Richland County.

At this time, residents should continue to be vigilant in practicing the standard precautions for avoiding the spread of communicable diseases, including COVID-19. These are practicing social distancing, including cancelling or postponing large gatherings, avoiding handshakes, washing hands frequently, do not touch your face, cleaning and sanitizing frequently-touched surfaces, and importantly, staying home when you are sick, and as recommended by health officials. The symptoms of COVID-19 include a fever, cough and/or difficulty breathing. If you are experiencing these or other flu-like symptoms, please stay home. If you are sick enough to require medical care, call your healthcare provider. If you do not have a healthcare provider, you may call the Sidney Health Center Walk-In Clinic at 406-488-3963.

If you have questions about COVID-19 or believe that you have been exposed, you may call the Coronavirus Information Line at 406-433-6947.

Currently Roosevelt County has three confirmed cases, Dawson County has 0 confirmed cases. Montana has a total of 394 confirmed cases statewide. In North Dakota, Williams and McKenzie counties currently each have eight confirmed cases. The state of North Dakota has 331 confirmed cases statewide.

North Dakota Launches Care19 App To Combat COVID-19

Bismarck, ND

– On Tuesday, April 7 Gov. Doug Burgum and the North Dakota Department of Health (NDDoH) in partnership with ProudCrowd, creators of the popular Bison Tracker app,

launched a free mobile app, Care19, to help slow the spread of COVID-19 in North Dakota.

This app will help the NDDoH reduce the spread of COVID-19 by more efficiently and effectively identifying individuals who may have had contact with people who have tested positive. Once the app is downloaded, individuals will be given a random ID number and the app will anonymously cache the individual's locations throughout the day. Individuals are then encouraged to categorize their movement into different groups such as work or grocery. The app will only store the location of any place a person visits for 10 minutes or more, and the ID number of each individual contains no personal information besides location data.

If an individual tests positive for COVID-19, they will be given the opportunity to consent to provide their information to the NDDoH to help in contact tracing and forecasting the pandemic's progression with accurate, real-time data.

"This is an opportunity for North Dakotans to be leaders in the worldwide response to COVID-19," said Burgum. "Our goal is for at least 50,000 North Dakotans to download the app. The more people who participate, the more helpful the data will be. The aggregated information this app is gathering can save lives. Embracing this technology is one more way we can show that we're all in this together."

The NDDoH has worked tirelessly to track COVID-19 cases, and about 250 people have jumped in to help ramp up efforts. Despite all the cooperation, this manual process is very time-consuming and not 100% accurate. Through a public-private partnership, the Care19 app will dramatically improve the state's contact tracing abilities.

If individuals are categorizing movements, the NDDoH will be able to get a more accurate understanding of how COVID-19 is spreading – whether due to traveling, community spread or close contact spread – and where potential clusters are located.

"We are extremely excited that our work on the Bison Tracker could be reshaped to quickly support the fight against COVID-19," said ProudCrowd CEO Tim Brookins. "Big thanks to Governor Burgum and his team, as well as my Microsoft co-workers who helped me bring Care19 to life."

The first rollout of the app is now available at the Apple App store and coming soon for Android users.

For more information about the Care19 app, go to the NDDoH website at <https://www.health.nd.gov/Care19>.

Burgum Issues Orders To Help Address Impacts Of COVID-19 Pandemic

Gov. Doug Burgum issued executive orders designed to help address the impacts of the COVID-19 pandemic for school districts, agribusiness, fuel retailers and others in North Dakota.

Burgum issued an order March 20 directing state agencies to identify any state laws, rules or regulations that hinder or delay their ability to render maximum assistance or continue to deliver essential services to citizens during the COVID-19 crisis. State elected officials and other executive branch offices were invited to do the same.

Today the governor signed or amended four executive orders designed to address COVID-19 impacts. These actions include:

- Giving school districts the same flexibility to hold mail ballot-only elections for special elections that was provided for school board elections and the June 2020 election.

- Suspending the requirement that a school district conduct a written performance review for every teacher, principal and assistant/associate superintendent employed for more than three years. Written performance reviews will still have to be conducted for those employed for less than three years. This provides flexibility for evaluations and will help allow teachers and administrators to continue focusing on providing distance learning to make sure every North Dakota student receives a quality education.

- Allowing winter-grade fuel to be sold until May 20 instead of the traditional April 1 cutoff date. The state has an oversupply of winter-grade fuel due to the travel restrictions and economic downturn resulting from the COVID-19 emergency.

- Suspending the pesticide applicator certification for the use of non-restricted disinfectants during this public health emergency.

For more information on the state's COVID-19 response, visit www.health.nd.gov/coronavirus or www.ndresponse.gov.



Letters To The Editor

Dear Editor:

In the 2020 primary season for HD35 there seems to be much misinformation circulating. Joel Krautter has claimed in his various letters, Facebook posts, and mailings that his vote for Medicaid Expansion Renewal didn't provide funding for abortion and that those reporting his voting record are "extremists." Let me address these two accusations.

First, contrary to Rep. Krautter and a few other woefully misinformed (but probably well-intentioned) supporters, Medicaid absolutely does pay for abortions in Montana. Rep. Krautter is quick to tout his Montana Family Foundation score card, but I called the foundation's director personally, Jeff Laszloffy, and explained that Krautter was defending his Medicaid vote by use of their score card. Laszloffy promised me personally he would issue a memo in response to

Krautter and clarify – again – that Medicaid does indeed pay for abortions, and he iterated that he greatly lamented the score cards do not reflect the Medicaid vote but that it was too late to change the scorecards. Laszloffy followed through on his word to me and issued another memo last week, rebuffing Krautter's claim that Medicaid doesn't pay for abortions. That memo is available online.

I might add that in research of Krautter's 2019 campaign donations, he received money from 12 Democrats (at least), 16 health insurance lobbyists and other special interest donors, nine attorneys, and four Helena bureaucrats while only receiving money from one full-time rancher by my count. A whopping 94% of his donors came from outside HD35 last year and he has the audacity to say in his mailings that he represents us. Richland County voted against Medicaid Expansion overwhelmingly in 2018 and in 2019 Krautter helped the Democrats push it through anyway. I suggest he's working for those from whom he's taking money. And worst of all, he took money from Blair Fjeseth, the former communications director for Democrat Linda McCulloch. Fjeseth's organization, Powerhouse Montana, is a partner with Montana Planned Parenthood according to their website.

Krautter claims that those opposing him are "extremists." However, opposing Rep. Krautter is Doctors for a Healthy Montana, run by the director of the Montana Pro-

Life Coalition Annie Bukacek. Also opposing Krautter is the former director of the Montana Family Coalition (now the Montana Family Foundation) Julie Millam. Opposing Joel Krautter is his own senator, Steve Hinebaugh, Glendive. Opposing Joel Krautter are virtually all legislators from neighboring districts. Opposing Joel Krautter is the Montana House Majority Leader Brad Tschida and incoming Montana Speaker of the House Derek Skees. Opposing Joel Krautter is party loyalty scoring organization, Legistats, and Sen. Ed Butcher.

None of these individuals are opposing Krautter because they knew who Brandon Ler was a year ago. They are opposing Krautter because he is the one of the most infamously liberal Republican legislators in Montana. They are opposing him for no reason other than his voting record, which is more Democrat than Republican.

Like the Solutions Caucus (formerly the Log Cabin Republicans) with whom Krautter coalesces instead of Republicans, Krautter uses the term "extremist" to mean "conservative." And when he uses the term "conservative" he means "moderate." But most importantly, when Joel Krautter uses the term "extremist" he's referring to the vast majority of the Republican voters in Richland County who will decide whether or not we send him back to Helena. Most of us share the values he calls extreme.

- Jordan Hall, Sidney, MT

OBITUARIES

Barbara Bast, 86 Billings, MT formerly of Sidney, MT

Barbara Bast, 86, Billings, MT formerly of Sidney, MT passed away Friday, April 10, 2020 at Highgate Senior Living, Billings, MT.

Services will be held at a later date, Fulkerson-Stevenson Funeral Home, Sidney, MT is caring for the family.

Interment of her cremains will be in Sidney, Cemetery, Sidney, MT.

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



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STATISTICS

LAKE WATER LEVEL REPORT

Sakakawea

Current Elevation.....1840.5
Last Week's Elev.....1840.1
One Year Ago.....1845.2
Release For Day (C.F.S.).....24,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
April 6	65	23	0.000
April 7	62	29	0.001
April 8	46	30	0.001
April 9	43	17	0.001
April 10	57	22	0.000
April 11	39	26	0.016
April 12	35	12	0.020
Total 2020 YTD Precipitation			0.821

In Helena To Lead, Not Follow Party Bosses

Dear Editor:

Last week, Brad Tschida, a legislator from Missoula wrote a letter to the editor criticizing me. There is a reason why Tschida is attacking me: I disagree with Tschida on many issues.

While I normally ignore baseless attacks, because of the current COVID-19 situation I am limited in the personal conversations I would be able to have during a regular campaign season and I want you to know the truth.

Tschida voted against a bill to prohibit sanctuary cities for illegal immigrants in Montana; I voted to prohibit sanctuary cities in Montana. Tschida voted for a liberal version of Medicaid expansion; I voted for conservative Medicaid reform. Tschida is anti-business; I am pro-business. Tschida is anti-agriculture; I am pro-agriculture.

Don't take my word for it. You can look it up yourself. March 29, 2019, Tschida voted with every Democrat to kill House Bill 147, a referendum to prohibit sanctuary cities in Montana. March 27, 2019, Tschida voted to advance House Bill 425, the Governor's liberal Medicaid expansion bill, from committee.

According to the Montana Chamber of Commerce, Tschida only voted with Montana business interests 35% of the time, worse than most Democrats. I was named a "Champion of Business." According to the Montana Farm Bureau Federation, Tschida only supported agriculture 73% of the time. I voted with agriculture 100% of the time. This is the guy who is supporting my opponent.

I didn't get into politics to be a pawn of a party boss from Missoula telling me he knows best how to represent the people of Richland County. I got involved to bring problem-solving leadership to Helena and do that by actually listening to the people I represent. I did that during the 2019 legislature and I'll take that same approach to the 2021 legislature.

On the votes Tschida criticizes me on, such as funding for our rural airports, County Commissioner Shane Gorder and former Senator Walt McNutt traveled to Helena to testify in support of that bill. On Medicaid reform, the Sidney Health Center board of directors passed a resolution asking me to support reauthorization. These are community leaders whose opinions I value.

As your Representative, my promise remains the same as when I was first elected—I will continue to put Richland County first, be a problem-solver and reject the Washington DC style hyper-partisanship and gridlock that achieves nothing for our district. My commitment to stand up for Richland County will not change because of criticism from a party boss in Missoula or elsewhere.

- Joel Krautter

Dear Editor:

Several weeks ago, before the letters to the editor by Representative Joel Krautter, Julie Millam of Helena and Glenda Edgeworth of Stevensville, I had been asked for my opinion about the allegation that Representative Joel Krautter's vote for Medicaid reform supported abortion. My 'off the top of my head' response included these points.

1. Having had several conversations with Mr. Krautter personally I have no reason to question his sincerity when he says he is anti-abortion and very pro-life.

2. I know that he is part of a strong, Bible believing pro-life church.

3. I have always found Mr. Krautter to be a thoughtful, deliberate, decision maker and communicator. I have never had a reason to doubt that he is a common sense, conservative, Republican, problem-solving leader. He successfully advocated for Richland County and Eastern Montana on many issues during the last legislative session.

However, being someone who likes to find out 'the rest of the story', I began my research. I looked up and read the bills, scoured the Montana Family Foundation website, printed off their Legislative scorecard and sent them a list of questions. I looked up other sources of pertinent information as I thought of them. I read Mr. Krautter's op-ed. All my research pointed to the same conclusions as Mr. Krautter's, that his vote on the Medicaid reform bill did not change the law at all on the issue of abortion coverage.

When I spoke to Montana Family Foundation President/CEO Mr. Laszloffy, he stated, "We want the scorecard to be an accurate reflection of where legislators stand on a given issue, and the confusion that exists even today on HB 658's impact on abortion is the reason we chose not to score the bill." Joel Krautter maintains a 100% pro-life rating with their organization.

It also needs to be highlighted that the non-partisan Montana Legislative Services division that provides analysis and research to Montana's legislators, as well as the legal counsel for Montana Catholic Hospitals and other pro-life legislators all disagree with any assertions that Medicaid reform changed the law on abortion coverage or access.

On a side note as I understand it; the Medicaid expansion bill that was on the 2018 ballot was to decide if we wanted to make Medicaid expansion permanent. The 2019 Medicaid reform bill did not make it permanent. The board members of our hospital are also constituents of Representative Krautter. He needs to listen to all of us and I believe he does. He has my vote.

- Most sincerely, Linda Simonsen

Dear Editor:

I am a Democrat and I know a Republican when I see one. Joel is a Republican friend of mine, as are many other Republicans in this community. The smear campaign that the Ler camp is attempting is less than graceful.

- Cara Lokken-Frandsen

Dear Editor:

I have served in the Montana House of Representatives for the past seven years in your neighboring house district. I know both of your Republican candidates for HD #35 very well. The voters of Richland County are fortunate to have such a clear and distinct choice in the upcoming Republican primary.

The dictionary defines misrepresentation as "the action or offense of giving a false or misleading account of the nature of something". For the last two years Richland County has been misrepresented in the Montana House of Representatives. That is unless the citizens of Richland County truly want higher taxes, higher government spending, and more government programs. Now our Senator Hinebaugh certainly didn't vote for these things. It is truly inconceivable why so called Representative Krautter did. These two men are supposed to be representing the same group of people! In 2018 the voters of Richland County voted 66% against Medicaid expansion. Senator Hinebaugh honored the will of the people and voted against Medicaid Expansion and (Mis) Representative Krautter defied the will of the people of Richland County and voted for it in the Legislature. Medicaid Expansion is part of Obamacare and yes, it does direct taxpayer dollars to pay for abortions! Anyone who says Medicaid Expansion doesn't use taxpayer dollars to pay for abortions is misrepresenting it.

Now the dictionary defines Representative as "typical of a class, group, or body of opinion". I have known Brandon Ler for a long time and know that he is an honest, hardworking, family man that knows what it takes to truly represent the people of Richland County. A rock solid Republican, Brandon Ler has the principles, character and knowledge to best serve the citizens of Richland County and not cave in to the special interest groups so prevalent in Helena. Brandon Ler is a man with a backbone who will fight to do what is right for the citizens.

So, Richland County, you have an important decision to make. Vote for Brandon Ler, someone who will truly represent you and serve you well, or vote to continue being misrepresented.

- State Representative, Alan Doane HD#36

Letter To The Editor

In response to Brad Tschida's editorial comments on House Representative Joel Krautter's voting record, I as a Montana taxpayer and voter the past 44 years, did some research. SB 338, collection of bed/hotel taxes, provides funds for the Historic preservation grant program: historic sites, museums, tourist promotion, maintenance of state parks and construction of the Montana Heritage Center.

HB 661, the aviation fuel tax, will increase revenues for MDT's grants to local public use airports (Glendive and Sidney), aviation education and aviation mechanic's education.

HB 694 increased the investment advisors' license from \$200 to \$400 and individual advisor's license from \$50 to \$100. These license fees had not been raised in two decades. By comparison a Montana Barber's license is \$85 with a business inspection fee of \$150. Manicurists and Cosmetologists licenses are \$80.

HB 658, Medicaid Expansion, was supported by the Sidney Health Center and provides uninsured workers with health care. SB 24, an optional vehicle registration, raised fees from \$6 to \$9 per vehicle and is an investment in our outdoor heritage by funding Montana State Parks, fishing access sites and trail grant programs. The fee had not been raised since 2003. Joel Krautter supported this legislation for the betterment of our state and citizens. No complaints from this tax payer.

- Janet Martineau, Sidney MT

Krautter Strong Ally for Ag in Helena

Dear Editor:

During the last legislative session, I had the distinct pleasure to represent Montana's farmers and ranchers and advocate on issues of importance to the agriculture community. Now a proud Sidney resident, I am supporting Joel Krautter's re-election campaign for representative because of the strong work I personally saw him do for agriculture in Helena.

Thankfully the 2019 legislature was one of the most productive for agriculture with the passage of important legislation like HB 50 which Joel sponsored to hold commodity dealers accountable for the contracts they enter with farmers, the Real Meat Act, and multiple pieces of legislation that protected the water rights of Montana's farmers and ranchers. In the midst of a productive session for agriculture, Representative Krautter stood out from other legislators in Helena for his strong advocacy for agriculture and rural Montana.

Joel's commitment to agriculture and rural Montana was noticed by the Montana Stockgrowers, who have endorsed his re-election campaign and the Montana Farm Bureau Federation, who gave Joel their "Rookie of the Year" award for going above and beyond during his first term.

While agriculture continues to be the state's largest economic driver, it's also one of the least represented in Helena. Outlandish, HSUS and PETA-backed legislation will continue to find its way into Montana and while Richland County's ranchers have calves hitting the ground in the middle of a snowstorm 450 miles away, we need to ensure they're well represented in Helena. I have that confidence in Joel and know he will continue to be a leader for the agriculture community.

Joel was a problem-solver in Helena and always kept Richland County needs first. I am proud to support Joel's re-election campaign and hope you will too.

- Olivianne Stavick, Sidney, MT

Sidney Boys And Girls Club Marks One Year In New Building

By Paul Tedrow

The Boys & Girls Clubs of the MonDak's building passes the one year mark and steps in to assist area youth through the Covid-19 pandemic.

Sidney's Boys & Girls Clubs of the MonDak has been contributing to the community for 16 years. It was just one year ago when the new building at 201 3rd Ave. SE opened its doors to area youth, nobody envisioned an impending pandemic, altering its role in the community.

On a normal summer, the Boys & Girls Clubs of the MonDak steps in to provide children breakfast and lunch Monday-Friday. This year, due to the COVID-19 pandemic and the closure of schools, the need developed early; so these days the club's new building is just one of three area sites for local children of all ages to pickup a free breakfast and lunch. The three meal sites are the Boys & Girls Club Building, Sidney Middle School, and Sidney High School weekdays from 11:30 a.m.-1 p.m.

"As a summer food program affiliate, we always serve free meals (breakfast and lunch) to kids in the summer but the USDA did a waiver to allow us to serve kids when school isn't in session now too, so we partnered with the school district and we're feeding upwards of 250 kids a day at three different sites. It started right after spring break and it's continuing to grow. Our staff is all masked and gloved up. We actually

deliver the meals now to the vehicles. Meals are delivered on a tray, kind of like the old car-hop where we just bring the food to the car and serve them that way," said club chair Elaine Stedman.

On Fridays the club is also providing a backpack with weekend meals, available at each of three sites until supplies run out. These packs contain two entrees, two cereals, two shelf-stable milks, two juices, and two

fruit cups. Fresh fruit/veggies or cheese sticks are also added—food items that have been graciously donated by groups in the community.

"Besides the free meals for children, we're also doing a lot of virtual programming with the kids, we handout weekly packets of activities and then we're doing a live engagement with our social media outlets to give the kids fun activities to do at home." For the meanwhile, the club

is still planning a summer program as if it could still proceed, albeit with some modifications. "I'm cautiously optimistic that we'll be able to run some type of summer program but it's certainly going to depend on what the restrictions are at that time. We're certainly going to have to socially distance our kids," says Stedman.

"Thanks to all of the people and volunteers who have stepped up to help with this project by volunteering their

time, donating supplies like bags and food, or contributing in other ways. We are grateful for the help of our community and also so pleased that we can serve the youth and families of our area by partnering with the school and others to assist during this difficult time. A special shout out to Pam Radke and her kitchen crew at the high school for all of their hard work in preparing the meals every day," said Boys & Girls Clubs of the MonDak chair Elaine Stedman.



The Boys & Girls Clubs of the MonDak's building passes the one-year mark and steps in to assist area youth through the COVID-19 pandemic. (Photo by Paul Tedrow)

Spring "E-Rase Your E-Waste" Cancelled; Fall Event Still A Go

Submitted by Beth Redlin

In the face of the ongoing COVID-19 pandemic, organizers have cancelled this year's 2020 Spring "E-raise your E-waste" e-cycling event, originally scheduled for May 1-2 in Sidney and Fairview.

"We just weren't sure that we could maintain proper social distancing and other safety procedures to protect both our community participants and volunteers, as well as our e-cycler's employees," local Coordinator Heather Luinstra said this week. "However, we hope to hold our fall event as usual on the weekend after Labor Day, so hang on to your e-waste. We'll provide you another opportunity to recycle your damaged and outdated electronics in September, assuming the pandemic has subsided by then."

Luinstra noted that support for the e-cycling event remains strong. Now in its 16th year, the local "E-raise your E-waste" program has collected more than a half million pounds of outdated electronics from this area.

Additional information on dates and times for the fall event will be announced later this summer, she said.



Ben York Scholarship Awarded By The Masons

Lower Yellowstone Lodge #90 of Masons has awarded the \$1,000 Ben York Memorial Scholarship to Joshua Herron, Fairview. The scholarship is awarded to a student who plans to study the construction trades. Ben York was a skilled plumber, heating and air-conditioning contractor who contributed greatly to the Masons and his community. Josh will graduate from Fairview High School this spring and plans to attend Arizona Western College or MSU Billings to study Construction Technology. (Submitted by Bob Goss)



Joshua Herron

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Caregiving And COVID-19: Tips For People With Vulnerable Family Members

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(BPT) - COVID-19 has dramatically shifted daily life for many people around the world. Nobody is immune, according to the Centers for Disease Control and Prevention, and older adults and individuals with chronic health conditions are at higher risk of getting very sick from the Coronavirus.

To protect vulnerable individuals, many nursing homes or assisted living facilities are banning outside visitors temporarily in hopes of limiting residents' exposure to someone who may be infected with the virus. Additionally, many individuals who need care and are currently living in their own homes are feeling isolated and anxious about how to stay healthy and safe.

Caregiving is now taking center stage. With already more than 40 million unpaid family caregivers helping loved ones in the U.S., experts expect the virus to increase the number of people providing short-term or long-term care to

an older or aging loved one. AARP offers guidance to family caregivers with vulnerable family members, especially those who might be new to caregiving because of Coronavirus and its impacts on older populations.

Make it a team effort

While there may be one primary family caregiver, identify other family members, friends and neighbors who can check in or help with shopping and important errands. It's important that the person you're caring for doesn't leave their home and stays out of public places.

Create a list with contact information of friends, family and services in your community that can help you perform key caregiving tasks. For example, find out if services such as Meals on Wheels can help deliver meals, or if there are other local services to help with food or medication delivery.

Inventory essential items

It's important to figure out what you have so you can determine what you

need. Inventory how much food, medication and basic supplies the person you're caring for has currently. Then make a list of what you need and how often you need to replenish it.

Many older individuals often keep minimal extras on hand because they are on a strict budget and are used to regular grocery or medication refills. If possible, help them have a two-week supply of food, water, house cleaning supplies, and medical equipment.

Get medications in order

If you don't already have one, create a list of medications, medical contacts, and important information like allergies for easy access. If there are upcoming non-emergency, routine medical appointments, reschedule those or, if possible, switch to a virtual visit to receive telemedicine.

Ask your pharmacist or health care provider if you're able to have an extra 30-day supply of essential medications on hand. Don't

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Hospital Ward, Sidney Hospital, Sidney, Montana, 1915.

Esther Thorson, Christine Carberry (Christine Finkelson Carberry, later Carrico).

Photo courtesy of Montana Historical Society Research Center Photograph Archives, Helena, Montana. PAC 76-21.7 (Unidentified photographer)

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forget to stock up on over-the-counter medications like cough suppressants and fever-reducing drugs like acetaminophen.

Stay connected

With current social distancing recommendations, strict isolation will impact many older individuals. To keep connections strong, set up communication using a variety of technology such as FaceTime or Skype, smart speakers, or simply phone and text. Use these to stay connected with your caregiving team as well as your older or aging family members.

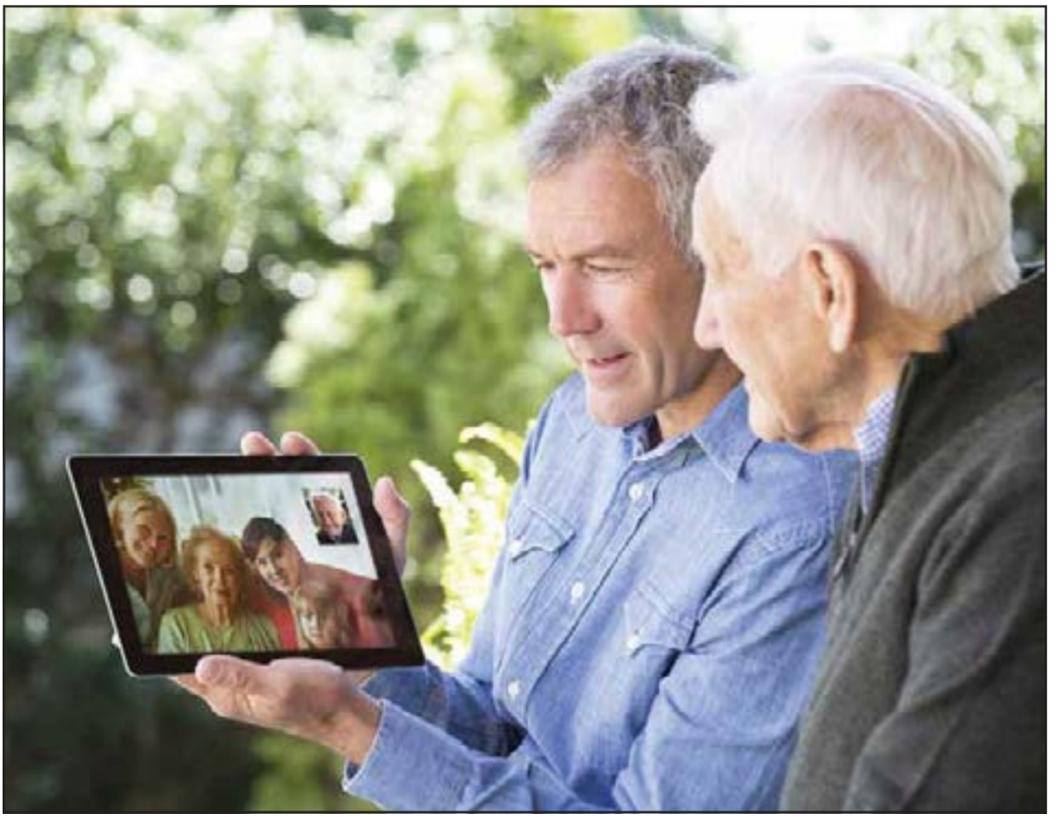
If your loved one lives in a long-term care facility, see if they have accommodations for online visits and how they plan to communicate with families. If they can't support visits via technology, send in cards, letters, magazines, puzzles or other items you know your loved one would be grateful to receive. Talk with your facility management about the safest way to deliver items.

Maintain personal safety and self-care

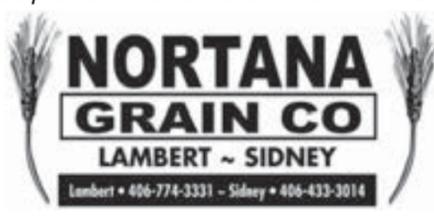
In order to help slow the spread of Coronavirus, limit physical contact with others, stay in as much as you can and continue to follow guidelines from the CDC. While you are likely very focused on the person you're caring for, it is essential to also care for yourself.

For high-risk individuals, such as those with dementia and underlying health conditions, consider having the primary caregiver self-isolate with the care recipient. Then, have a back-up plan if the primary caregiver becomes ill. It's best to be proactive and not have to use plan B, rather than being caught off guard without options.

For more information about caregiving and important considerations in light of COVID-19, visit aarp.org/caregiving and aarp.org/coronavirus.



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Nurses Have Many Faces And Ranges Of Experience



Health Fair last summer (L-R) Melanie Rangen, Lisa Iverson, Tracey Overton, Janey Salter, Rosie Daly, Anna Dragseth and Lynn Welker. (Submitted photo)

By Lynn Welker
McKenzie County Healthcare Systems

Stemming from my youth and now my role in handling public relations, marketing, and fundraising for McKenzie County Healthcare Systems (MCHS), I continue to be impressed and amazed with nurses. I've decided that those who are nurses are likely called to the profession as most that I've visited with say they've never considered another career. They embody qualities that are the fabric of humanity - like empathy, kindness, and decency - that stretch beyond the boundaries of the facilities in which they practice. I was raised by a nurse and watched my mom, Susan Welker, spend close to 40 years caring for patients and families. Nurses have a skill set that far spans the clinic, office, and hospital setting. They are nurses beyond their 8 and 12 hour shifts. Whether they are on vacation with friends and family or on a plane to another destination or at a local sporting event, when there is a need and duty calls, it's not unusual to watch a nurse snap into action.

There are many faces and ranges of experience in the nursing field. From Certified Nursing Assistants to Registered Nurses to Nurse Practitioners, they are working in hospitals, long term care facilities, home health services, corporate offices, the military, and in the field. I asked Rosie Daly, Clinical Nurse Manager, Visiting Nurse, and Care Coordinator for MCHS, what advice she would provide to an individual interested in a career in nursing. "They should start as a CNA to gain experience in the field. From there, one can determine their interest level and pursue school if they think it's a career they'd find meaningful." She has been in the medical field since joining the Navy in 1997 where after boot camp she completed Naval Hospital Corpsman School in 1998. Originally from North Dakota, Rosie was stationed at Pearl Harbor, then Quantico, VA. She was also part of the Fourth Medical Battalion overseas during the war in 2003.

Her pursuit of a degree in nursing was not one that was easy but in Rosie's words—"if you want to achieve something bad enough, you will find a way to succeed". Rosie's husband, Billy, continues to serve active duty in the military. Together, they have three children and much of their married life has been spent apart through deployments as they have and do so honorably serve our country. With three kids under the age of 5, Rosie embarked on her nursing degree graduating in May 2010 from Capital Community College,

Hartford, CT. For two years, she participated in nursing clinicals on weekends. She is thankful to her military family in Connecticut, where she completed her nursing degree, for helping her with the kids so she could also pursue educational aspirations.

When asked about her background in nursing, Rosie explains that her experience spans "a little bit of everything". This includes having served as a staff nurse on a surgical floor, clinic nursing, clinic coordinator, home health nursing, ER, med/surg, and ICU. In conversing with her, though, it's clear that she's passionate about home health care and serving in the ER. Of her work in home health, she says, "Home health made me a better nurse. When patients are in med/surg, they are only there for a few days. In home health, you get the big picture. You can meet the patient's family, understand how they take care of themselves at home, and recognize what their diet is like. Because of this experience, I learned tools to help patients take better care of themselves." On the more difficult side of nursing, Rosie has also helped patients with end of life care where she's worked with the patient and their family. Of this experience, she remarked "it was eye-opening".

In addition to her daily functions at MCHS, Rosie assists in the ER when needed. "I love working in the ER in Watford City. I have seen more trauma in this ER than I have in other places I've worked. Working in the ER differs from other areas in nursing where you are never sure what the next case you see will be, and I enjoy acting quickly to make a difference."

Nurses handle stress on and off the job differently. When practicing, my mom liked to take a walk, read a book, or sew. Rosie likes going to the lake, reading a book, or hanging out with a close group of friends. Both Susan and Rosie both shared with me that in so many places you are surrounded by other great nurses who can be sounding boards for stress on the job. This is a career that carries with it exciting times and sad ones.

MCHS offers an amazing work experience program for high school students. It's an opportunity to participate in the healthcare setting alongside professionals who can mentor and guide young people that are interested. Currently, MCHS has a Continued Workforce Education position open. If you know a student interested in nursing, this could be an excellent place for them to start. Please encourage them to apply.

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Tufte Issues Order To Provide Essential Workforce Exemptions For Household Contacts; Urges Employers To Follow Safety Practices

North Dakota State Health Officer Mylynn Tufte issued an order expanding on North Dakota Gov. Doug Burgum's executive order 2020-21 requiring individuals who are family or household contacts to quarantine for 14 days. To align with new CDC guidance, Tufte's order allows for essential workforce exemptions for individuals who are household contacts of people testing positive for COVID-19.

Individuals who are exempt include essential critical infrastructure workers as

defined by the United States Department of Homeland Security.

"Employers should continue to act aggressively to prevent the spread of COVID-19 in the workplace," said Tufte. "This includes allowing employees named as close contacts to self-quarantine for 14 days. When there are critical workforce shortages, the CDC guidelines that were released this week highlight important steps employers should take."

Essential workers who

have been exposed but are not currently showing any symptoms of COVID-19 should adhere to the following practices prior to and during their work shift:

- Pre-Screen: Employers should measure the employee's temperature and assess symptoms prior to them starting work. Ideally, temperature checks should happen before the individual enters the facility.
- Regular Monitoring: As long as the employee doesn't have a temperature or symptoms, they should

continue to self-monitor under the supervision of their employer's occupational health program.

- Wear a Mask: The employee should always wear a face mask while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees' supplied cloth face coverings.
- Social Distance: The employee should maintain 6 feet and practice social distancing as work duties permit.
- Disinfect and Clean

work spaces: Routinely clean and disinfect all areas such as offices, bathrooms, common areas and shared electronic equipment.

If an employee becomes sick during the day, they should be sent home immediately and surfaces in their workplace should be cleaned and disinfected.

The North Dakota Department of Health still strongly recommends that whenever possible, all close contacts of individuals infected with COVID-19 should stay home for 14 days past

the last day they were in contact with the person who tested positive.

For the most updated and timely information and updates related to COVID-19, including test result counts, visit the ND-DoH website at www.health.nd.gov/coronavirus, follow them on Facebook, Twitter and Instagram and visit the CDC website at www.cdc.gov/coronavirus.

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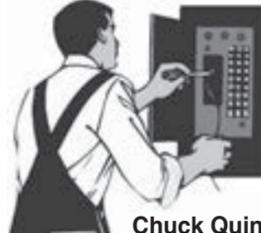
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Medical Response Efforts Continue as COVID-19 is Confirmed in Richland County

Right: Richland County's Health Officer and Sidney Health Center medical provider Jacquelyn Free, FNP shared the importance of practicing social distancing. "I would like to remind students that this is not spring break or summer vacation. This is not the time to be hanging out at the park playing bball or cruising together in your cars. Be responsible and show your friends that social distancing is imperative NOT just a suggestion. This is to protect not just yourself but others. Remember you could be asymptomatic (without symptoms) but still spread the virus to someone." Jacquelyn Free, FNP, Richland County's Health Officer.



Left: Emergency Department staff says thank you to local sewers for quickly making reusable isolation gowns for staff to use during the shortage of Personal Protective Equipment. Pictured is (L-R) Lacey Meissel, Dr. McCartney, Yvette Lien and Renee Williams.

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By Rita Steinbeisser, Marketing and Communications Director for Sidney Health Center

Since the onset of COVID-19 in the United States, Sidney Health Center has been preparing and implementing procedures to protect healthcare workers, patients, residents and people living in Richland County from the threat of the pandemic coronavirus.

"We have been working closely with local and state officials to get ready for the first confirmed case of COVID-19 in our community," stated Jen Doty, Sidney Health Center CEO. "One of our biggest concerns is overwhelming our healthcare facility with a surge of COVID-19 patients and

protecting the health of our workforce."

Since mid-March, Sidney Health Center has tested one to six community members on a daily basis. The decision to test is based on a healthcare provider's evaluation and judgement to determine if the patient has signs and symptoms compatible with COVID-19. Tests can only be done with a physician, nurse practitioner or physician assistant order. Not everyone experiencing symptoms needs to be tested. Sidney Health Center continues to follow CDC guidelines and prioritize testing accordingly.

At the start of the national emergency declaration by the Trump administration, Sidney Health Center had

125 collection kits on-site. These kits are used to test for influenza and COVID-19. Since then, the Montana State Laboratory reduced the sample-size needed to test for COVID-19. As a result, Sidney Health Center's Laboratory split the kits to double their supply of collection kits. The lab has also ordered individual testing supplies to create its own collection test kits. Although the number of kits is limited, Sidney Health Center continues to order supplies for testing purposes and plans to continue testing as the need arises.

Once a sample is collected, the test kit is sent to the Montana State Laboratory. Sidney Health Center is getting the test results

within 24 hours from when the sample is received at the state lab, which is averaging about a 36-hour turnaround overall.

Coordination of teamwork is evident during this time of uncertainty as management across the hospital, clinic and long-term care continues to implement creative ways to manage this worldwide pandemic that has introduced itself in Richland County. The organization continues to work closely with state and local officials including the Richland County Health Department to mitigate the spread of COVID-19 in our community.

The national shortage of Personal Protective Equipment (PPE) continues to be of great concern for all healthcare facilities. Sidney Health Center monitors its inventory of PPE on a daily basis and works closely with the state to continue getting supplies. Furthermore, Sidney Health Center is accepting donations of N95 masks, fabric masks, 3D masks, and isolation gowns. Questions regarding PPE donations should be directed through Sidney Health Center's Marketing Department at 406.488.2595 or the Foundation for Community Care at 406.488.2273.

"The response from area organizations and individuals who have donated their time, talents and supplies to help stock our PPE with N95 masks, fabric masks and reusable isolation gowns has been incredible," reiterated Doty. "These generous acts of kindness including prayers and support are much appreciated by our frontline staff who put the health and well-being of our patients and residents at the heart of their work."

For those who need to seek medical attention for COVID-19, Sidney Health Center is requesting that you call first. Please call 406-488-3963 to talk to a staff member before presenting at the clinic, hospital or emergency room. Individuals will be instructed what to do depending on their symptoms. This will allow staff time to protect themselves before providing the necessary medical care.

For more information about precautions, measures and updates, visit Sidney Health Center's website at sidneyhealth.org or follow our Facebook page.

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Internet-Based Program Used To Reduce Depression And Anxiety Symptoms To Be Offered To Hundreds Of Montanans Free

By Anne Cantrell, MSU News Service

Bozeman — A program delivered entirely online that aims to reduce depression and anxiety symptoms will be offered for free to hundreds of adult Montanans.

The Montana Department of Public Health and Human Services is making the program — an internet-based interactive platform known as Thrive — available to many more Montana residents over the age of 18. Previously, up to 1,000 adult Montanans were invited to enroll in the Thrive program for free during the research phase. Now, hundreds of additional free accounts are available for adult Montanans without having to enter as a study participant. The program is administered by Montana State University and its Center for Mental Health Research and Recovery.

“We know that this is a tough time for people’s anxiety and depression,” said Karl Rosston, Montana Department of Public Health and Human Services suicide prevention coordinator. “Our state has expanded a number of tools that people can access from home, such as telehealth, the Warmline and Thrive by Waypoint Health. In addition, DPHHS has also expanded the capacity of the Montana Suicide Prevention Lifeline at 1-800-273-TALK. The Montana Crisis Text Line, which can be accessed by texting “MT” to 741741, is available, as well.”

“We’re grateful for this support, and we anticipate it will make a real difference in the lives of many people across the state who might not otherwise have any kind of care or support,” said Mark Schure, College of Education, Health and Human Development’s Department of Health and Human Development assistant professor who is researching the effectiveness of the Thrive program for adult Montanans in partnership with the Center for Mental Health Research and Recovery. “Our research is showing that the people who are using the program seem to be having substantial benefits as far as reducing depression and anxiety symptoms compared to those who are not using the program.”

Each person who enrolls in the Thrive program will be able to use it for free for one year, Schure said, but he

estimated that most would complete the content in four to eight weeks. Many of those people will use the program for 30 minutes to an hour at a time, he added.

Waypoint Health Innovations, a Seattle-based technology company, developed and owns the Thrive program, which primarily uses video to deliver confidential, evidence-based curriculum, based on cognitive behavior therapy, to anyone with broadband internet access, Schure said, adding that Thrive’s algorithms allow it to tailor to the needs of the person using it. The program’s responses are based on participants’ answers to a series of questions aimed at determining how much they are being impacted by depression and which aspects of the program would benefit them most. The program is further personalized in response to evaluations as participants continue using the program.

Because Waypoint’s Thrive program is delivered via the Internet, it can reach individuals in nearly all areas of the state, including rural communities where it may be difficult to access mental health services. Another benefit is that financial costs of internet-based programs like Thrive are considerably less than traditional face-to-face care, Schure said.

Cognitive behavior therapy — a form of psychotherapy that aims to boost happiness by focusing on behaviors and thoughts — has been shown to effectively reduce depression symptoms, which is a risk factor for suicidal thinking and suicidal behaviors, Schure said.

A study published last fall in the Journal of Medical Internet Research shows that Waypoint’s Thrive program was effective in reducing the severity of depression and anxiety symptoms and improving functioning and resilience among a mostly rural community population of U.S. adults.

“We’re hopeful that these results indicate the usefulness of these types of internet-based programs to effectively teach individuals positive skills to manage their depression and anxiety, which could be especially valuable in rural areas where mental health care services can be hard to access,” Schure said in a November news release about the results.

The Thrive for Montana research project has been supported by a \$221,000 grant from the state of Montana after the 2017 Legislature passed, and Gov. Steve Bullock signed, a bill to provide \$1 million for suicide prevention in Montana. It also later received an additional \$90,000 in continuing funds from the state. Schure’s work on Thrive has also been funded by Montana INBRE.

The Thrive for Montana research project is collaboration between MSU and Waypoint Health Innovations. The MSU-led research project is not affiliated with the nonprofit, Bozeman-based, social service corporation named “Thrive.”

Adult Montanans who are interested in signing up for the program may visit thriveformontana.com/. More information about Thrive by Waypoint Health Innovations is also available at montana.edu/cmhr/ccbt.html.



PHOTO BY BECRITCHIE ON UNSPLASH

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Lung Health Has Never Been More Important Richland County public health officials urge people who smoke and vape to quit today

Submitted by Jacklyn Damm

Richland County, MT — In this time of uncertainty amidst the COVID-19 pandemic, one thing is certain, lung health has never been more important. Now is the time to quit smoking and vaping and Montana has free resources to help.

COVID-19 is a new disease that attacks the lungs. People of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. Some of the higher risk populations are people with chronic lung disease or moderate to severe asthma, people who have serious heart conditions, and people who are immunocompromised.

Matthew Myers, president, Campaign for Tobacco-Free Kids said, “We all know the impact of smoking on the lungs. There is conclusive evidence that smoking increases the risk for respiratory infections, weakens the immune system and is a major cause of a number of chronic health conditions,

including chronic obstructive pulmonary disease (COPD), heart disease and diabetes. More recently, the science community has a growing body of evidence showing that vaping can also harm lung health.”

“If you smoke or use e-cigarettes/vaping devices, now is the time to quit. The sooner you quit, the sooner your body starts to heal itself,” says Richland County Tobacco Prevention Specialist, Jacklyn Damm. Two weeks to three months after quitting smoking, your heart attack risk begins to drop and your lung function begins to improve. As early as one month after quitting, coughing and shortness of breath decrease. Quitting is one of the best things you can do for your own health and the health of those around you.

Not sure how to quit? The Montana Tobacco Quit Line can help. It is a free service for all Montanans with free personalized coaching and eight weeks of free Nicotine Replacement Therapy. There are three special pro-

grams within the Montana Tobacco Quit Line. First is the American Indian Commercial Tobacco Quit Line that connects callers with American Indian coaches. Call 1-855-372-0037 to connect with a Native coach. The Quit Now Montana Pregnancy Program connects pregnant women with a dedicated female coach as well as offers cash incentives with each completed coaching call. The newest program, My Life, My Quit, is for Montana youth looking to quit any form of tobacco including vaping. Visit mylifemyquit.com to enroll or text “start my quit” to 1-855-891-9989.

“Quitting tobacco can be the most important thing you do for your health,” adds Jacklyn Damm. The Montana Tobacco Quit Line, along with FDA-approved cessation medications available through enrollment, is a proven effective way to help you quit tobacco use successfully. Tobacco users who use the Montana Tobacco Quit Line are 7 - 10 times more likely to quit than if they

were to try alone.

Call 1-800-QUIT-NOW or visit quitnowmontana.com today.



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Fumbling in the Dark

By Lois Stephens
 Owls have amazing eyesight and night vision. They lurk in trees at night, look below them, see a dark rodent running across equally dark ground, swoop down, and unerringly make a catch. Wow, talk about the ability to see in the dark.
 I wish I had it so good. My eyes have never provided me with crystal clear sight. My daylight vision leaves a lot to be desired, never mind navigating at night. I can't blame this on older age, because even as a child, I never saw particularly well whatever the time of day. Darkness and shadows really presented problems. I had difficulty distinguishing objects in the dark, and I tended to crash into whatever happened to be in my path rather than successfully maneuver around these obstacles. Judging distances after sunset also could not be called one of my strong points.
 Now that I am a woman of a certain age, the situation has gotten completely out of hand. In spite of bifocals and handy dandy little prisms in my glasses that are supposed to properly align my eyes, so the left one doesn't roll up while

the right one rolls down (yes folks, my eyes resemble those of Bozo the Clown, you know, where his eyes roll around in their sockets at random, and he looks totally, well, clownish). I still can't read fine print without a magnifying glass. Thanks to the prisms, a straight line doesn't look straight when I stare at it dead on, I can't hang a hat without missing the peg unless I stand directly in front of the cursed hanger, I look down when I walk because otherwise I trip over pebbles, twigs, and other innocuous looking objects in my path. I figure a bear will eat me before I realize he was standing in the path in front of me, looking for a scrawny little old lady to munch on. Most distressingly, I really can't see at all in the dark.
 I really notice this poor vision when driving after sunset, a daunting proposition that I avoid at every possible opportunity. I can't see anything but blackness all around me, and judging distances becomes impossible. After I drive awhile after dark, I sometimes think I see movement along the side of the road. These ghostly shadows I see flickering along the side of the road could be lurking deer just waiting to commit suicide and ruin my truck in the process, or perhaps what I think I see in reality doesn't even exist, or maybe these objects are fence posts, or perhaps axe murderers, waiting for me to stop my vehicle and investigate. I have no idea. I just know I can't see well enough to feel comfortable driving in the dark.

welcome distortions and unnerving movement.
 Snow and blowing snow compound the problem, convincing me that I really do not have to leave home after dark for any reason whatsoever. Actually, I won't drive in snow or blowing snow during daylight hours if I can possibly avoid it, and I generally make sure I can avoid it. Driving in snow and blowing snow at any time of the day or night makes my eyes cross and I cannot focus properly, just one more reason why I decide to stay home and toss another log in the wood stove. I'd rather watch the snow than try to navigate a vehicle through it.
 Walking my dog after dark has also become somewhat of a daunting proposition. Stones, twigs, and numerous other objects all lie in wait for me, licking their chops in anticipation of sending me into a spill or stumble of some sort or another. My dog can disappear into the blackness of night within two steps, and it is only by the sound of her dainty footsteps or her excitement at discovering a rabbit in the vicinity that I can figure out her location.
 Even in the house, under artificial nighttime light, when I drop something on the floor, I have to find it by feel rather than by spotting it with my peepers. My eyes just don't work the way they used to or the way they are supposed to.
 I've accepted the fact that I will never be Eagle Eye Fleagle; I never was, and I never will be. I know it will take me more time to accomplish a task after dark, I know I make appropriate arrangements so I don't need to slide behind a wheel after sunset, and I stick to known walking routes after dark. I know my eyesight will not improve in this lifetime. As my eye doctor so kindly reminded me a few years ago when I complained bitterly about my inability

to read fine print, I'm not getting any younger, and eyesight does diminish with age. So, I guess I can shut up about it and just make the adjustments I need to make in order to continue to function after the sun goes down.

Home Energy Bills And COVID-19

Submitted by Rachel Haberman
 If you are worried about how you are going to pay your home energy bill as a result of issues related to COVID-19, please contact Energy Share of Montana.
 Energy Share is a statewide nonprofit organization whose purpose is to help Montanans facing loss of heat or lights in their home, and who have no resources to pay the bill themselves. Energy Share is fuel blind so helps people no matter what their heat source is.
 If you or someone you know needs help:

- Contact Action for Eastern Montana, Glendive, MT, 1-800-227-0703 or www.aemt.org. They handle applications for Energy Share and for the federally funded Low Income Energy Assistance Program (LIEAP). This is the most direct route for people seeking assistance;
 - Visit www.energysharemt.com/how-to-apply; or
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- Energy Share appreciates the consideration of utilities, electric cooperatives and propane vendors for suspending disconnects and making special arrangements with their customers in need. If you run into trouble paying your bill, the first thing to do is contact your energy provider. Stay in communication with them as you work towards paying your bill or applying for assistance to do so.
 Energy Share is funded in the private sector with donations from individuals, small businesses, utility companies, electric cooperatives, propane vendors, and some large electric users. If you have the resources to do so, please consider helping your neighbor keep their home energy bill in good status by donating to Energy Share. One hundred percent of your donation will be used to help someone in need. Go to www.energysharemt.com/donate-now or mail a check to Energy Share, 3117 Cooney DR, Suite 102, Helena, MT, 59602. Thank you!

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- To prepare for your telemedicine appointment you will need to:
- 1) Call the Rural Health Clinic at (701) 842-3771 to assist you with the setup
 - 2) Have access to a video capable smart phone, tablet, or computer with attached camera and speaker

If you have any questions regarding COVID-19 or would like to be screened please contact our health partners at ANOVA at (701) 842-6400. Questions after hours or on the weekend? Call the MCHS COVID-19 Hotline at (701) 842-3000, #9

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