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The Roundup

Wednesday, December 4, 2013

Business Office: Located at 111 West Main Sidney, MT Mailing Address: P.O. Box 1207 Sidney, MT 59270

Volume 39 • Number 42

# Richland County Conservation and Weed District Annual Meeting

(406) 433-3306 or 1-800-749-3306

Fax (406) 433-4114

e-mail address: info@roundupweb.com www.roundupweb.com

Submitted by Julie Goss

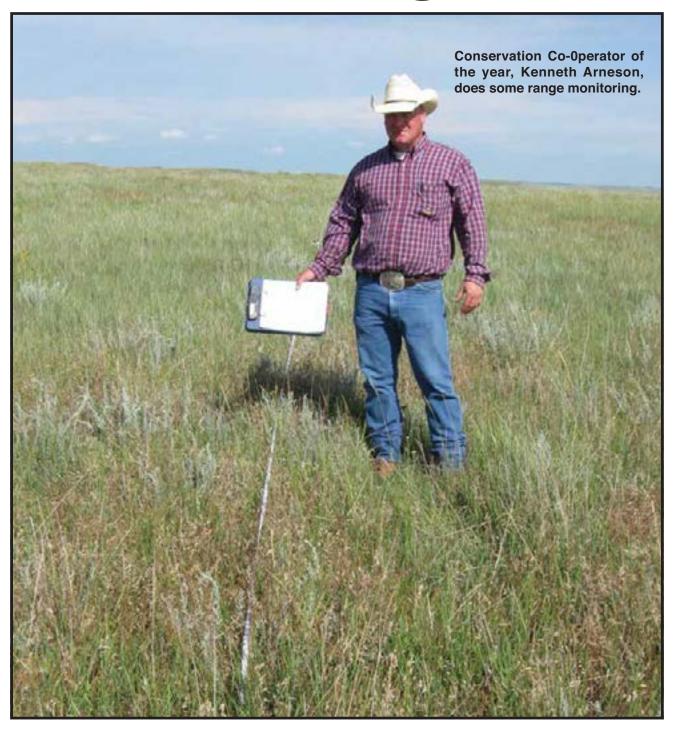
Richland County Conservation and Weed District will hold their annual supper on December 5, 2013. Supper will be served at 6:00 pm at the Richland County Event Center. Highlighting this year's event will be Jon Reiten, MT Bureau of Mines and Geology discussing his findings on Phase 2 of the Lower Yellowstone Ground Water Reservation-Development Potential of Buried Channel Aquifer in Richland County, Montana. Jon has been collecting data on this aquifer since 2005. His talk will focus on the potential of the aquifer for development.

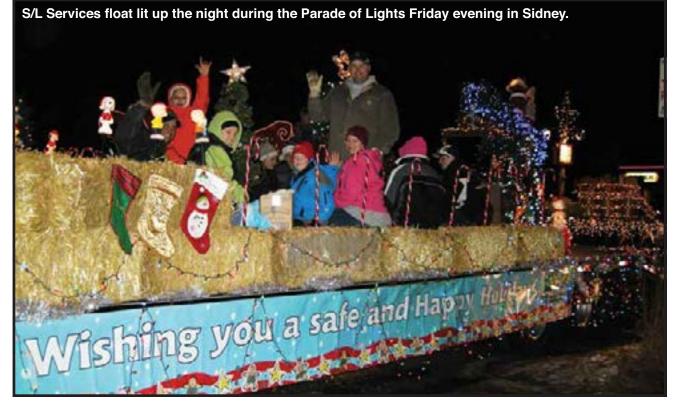
Mandi Nay, Coordinator for Dry-Redwater Rural Water Authority (DRWA) will be updating the audience on the progress of the DRWA in Richland County.

The Conservation District will share some of the success stories of Richland County's cost share program. The cost share program will be continued in 2014. The deadline for 2014 applications is February 28th, 2014. Applications are available at the Conservation District. A new service the conservation district will be offering is the availability of purchasing biological control for some noxious weeds. Students from Lambert High school will share some of their experiences with the Envirothon and Lambert's Launch It Program.

The Conservation District will be presenting their award for Cooperator of the Year for 2013. Kenneth and Pam Arneson were chosen to receive the award this year. Kenneth and Pam have implemented several conservation practices on their ranch. The have planted the cropland back to grass using pollinator friendly mixes, native mixes and tame grass mixes. With the help of the conservation districts they planted trees for a livestock shelterbelt and renovated a windbreak. Kenneth and Pam actively work on controlling the noxious weeds on their acreage. With the development of a spring they were able to install 4700 feet of pipeline and four water tanks. The stockwater pipelines and 9000 feet of new wildlife friendly fence enable them to manage their calving to occur during times when the nutritional forage is available. They are also actively involved in monitoring their rangeland and rotate the feeding areas in the winter months. By working with Texas A&M's NUTBAL program they are able to monitor the nutrient conditions in their cattle's diet to determine if the current diet is sufficient to meet the performance goals they have set. Using the Conservation Districts cost share program they were able to purchase and install tanks for winter watering facilities and livestock shelters. The conservation district is proud to name them the 2103 Co-operators of the year.

Everyone is welcome; cost for the supper is \$10.00. RSVPs are appreciated but not necessary to attend. Contact the Richland County Conservation District at 433-2103x101 for more information.







Not every child loves Santa Claus! This little girl DID NOT want to sit on Santa's lap at Reese & Ray's IGA Friday night.



Ethan Lindberg of Blaine, MN tells Santa what he really wants for Christmas. Reese & Ray's hosted Santa after the Parade of Lights Friday night. With the help of generous donors, each child received a big bag of candy and an orange.





**Auctioneer Dan Goss** works the generous crowd at the Parade of Trees and Auction Friday evening.



Don't get nickle & dimed for your online news.



# Smorgasbord at Beach Lutheran Parish

The Beach Lutheran Parish 4th Annual Lutefisk & Meatball Smorgasbord will be held on Sunday, December 15th at the Lincoln Elementary School in Beach, ND. Serving will be from Noon until 2:00 pm. All free will & silent auction proceeds will benefit the Home on the Range kitchen project.







Chastity Edwards, MD Shari Twigg, MD

Clinic Suite 106 • Phone: (406) 488-2577 214 14th Ave SW • Sidney, MT www.sidneyhealth.org

#### **Obstetrics & Gynecology**

Sidney Health Center is pleased to welcome Chastity Edwards, M.D. to the medical staff. Dr. Edwards is a surgical specialist in obstetrics and gynecology and recently joined Dr. Shari Twigg's practice.

Dr. Edwards, who is a Board Certified Obstetrician Gynecologist, provides essential obstetrical services including basic infertility work up and counseling as well as the management of both low and high risk pregnancies through delivery and follow-up care. Gynecologic services include comprehensive health education, annual exams and screenings, and operative procedures such as hysterectomies, ablations, and hysteroscopy.

Dr. Edwards received her medical degree from Wright State University Boonshoft School of Medicine in Dayton, OH and also completed her obstetrics and gynecology residency there. She has been practicing in Maryland since completing residency in 2007. In fact, Dr. Edwards was awarded the honor as one of Chesapeake Family Magazine's Top 100 Physicians due to her attention to detail and rapport with patients.

To schedule an appointment with Dr. Edwards, please call the office at (406) 488-2577.



# Christmas Kettle Volunteers Needed to "Ring the Bell" for **Donations to the Salvation Army for Richland County**

#### Submitted by Julie **Brodhead**

The following dates are available to sign up and "Ring the Bell" at - Reese & Ray's IGA and Reynolds Market this year for two hour time slots. Please show up a few minutes before your shift; Bob Burnison will meet those on the first shift to get started and pick up from the last shift.

Shifts begin on Monday December 2nd & go through Friday December 20th.

Hours for weekdays are from 4pm to 6pm only. Saturday shifts include 10 am-12pm; 12-2pm; 2-4pm; and 4-6pm. There are usually two bell ringers needed for each slot.

Please call Rita in the RSVP program at 433-2207 to sign up.

How is your donation money used? Every penny donated in this bucket stays in Richland County! It is used in the following ways:

Food, Housing (rental & deposit assistance), Utilities (bill or deposit assistance), Clothing, Emergency Housing, Emergency Vehicle Repairs, Prescription Medication Assistance, and Other Small Medical Emergencies.

The Salvation Army building is located at 504 E Main Street in Sidney, 433-6299. They take donations of clothing and other items - just call.

Other places that take item donations:

Good Cents Store (488-5008) is located on the West end of Main Street, other side of the tracks.

Richland County Food Bank (433-8142) takes both food & money donations, located in the Old Nutter Building at 123 West Main in Sidney (leave a message with a phone number)

\*\* Meals on Wheels is a home delivered meal program that delivers between 500-600 meals per month in Sidney. All meals are delivered by volunteers and are prepared by Sidney Health Center (SHC). There are two routes and food is ready to be picked up from SHC Kitchen at 10:45am. It works best to have a driver and a delivery person on each route to take the meals to the homes and it takes about one hour or less. Volunteers are always needed.

The Commission on Aging office is where persons may inquire about volunteering to deliver meals; call Jodi at 433-3701



at Super Valu in Fairview, MT 303 S. Ellery Ave. | 406-742-5307

Open 6am - 5pm Every Mon, Tue, Thur & Fri 6am - 3pm Sat | 9am - 3pm Sun Serving Mexican & American Food

# Wed, Dec 11 • 9am - 4pm

216 S. Ellery Ave., Fairview I 406-742-5203 I M-F: 9am - 4pm

Goodies & door prizes! Please bring items for the food bank.

Come see Santa Claus



Brent Torgerson,

from 1pm to 3pm! "Big enough to serve you, small enough to know you." Merchants Bank



#### Submitted by Lori Ryan

The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to overlay about 10.3 miles of Highway 201, near Girard, MT in Richland County. The project begins west of County Road 334, at reference post 47.5 and extends east for approximately 10.3 miles ending at the intersection with Highway 16 at reference post 57.8.

Proposed work includes a plant mix overlay, installing

rumble strips, and finishing with a seal & cover (chip seal), upgraded pavement markings, and signage.

The project is tentatively scheduled for construction in 2014, depending on completion of all project development activities and availability of funding.

No new Right-of-Way or utility relocations will be needed.

For more information, please contact Glendive District Administrator Shane Mintz at (406) 3458212 or Project Design Engineer Steve Heidner at (406) 345-8247. For the hearing impaired, the TTY number is (406) 444-7696 or 1-800-335-7592, or call the Montana Relay at 711. Members of the public may submit written comments to the Montana Department of Transportation Glendive office at PO Box 890, Glendive MT 59330-0890, or online at www.mdt. mt.gov/mdt/comment\_form. shtml.



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~ Brittney Rogers, CNA

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Applications are accepted online or may be sent to:

Marilyn Olson, HR Assistant 216 14th Ave SW Sidney, MT 59270 Phone: 406-488-2571 FAX: 406-488-2261 Email: mjolson@sidneyhealth.org





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#### Do you have news or photos from McKenzie County you would like in The Roundup?

**CONTACT:** 

Kathy Taylor in Watford City 701-842-6188

#### **AREA RECOVERY GROUPS**

#### **MONDAYS:**

Noon — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney

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

7 p.m. – AA meeting, Fairview Alliance Church, 704 S. Western Ave. Fairview.

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

#### TUESDAYS:

7 p.m. - NA meeting, Fellowship Baptist Church 2181 W. Holly St. (across from the fairgrounds), Sidney.

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

#### **WEDNESDAYS:**

5:30 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:

8 p.m. - NA meeting, Millers' Corner, 2201 W. Holly St., Sidney. 8 p.m. – AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

#### SATURDAYS:

**10 a.m.** — Gamblers Anonymous at Millers' Corner, Sidney. 9 a.m. & 7 p.m. — AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.

8 p.m. - NA meeting, Fellowship Baptist Church, 2181 W. Holly St. (across from the fairgrounds), Sidney.

#### SUNDAYS:

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

# **STATISTICS**

#### Lake Water Level Report

#### Sakakawea Fort Peck

004.0	2220.0
834.6	2223.7
830.3	2234.0
4,000	5,000
	830.3

#### Watford City Weather Data Source: North Dakota Agricultural Weather Network

Date	High	Low	Precip.
Nov. 25	36	21	0.00
Nov. 26	33	7	0.00
Nov. 27	24	21	0.00
Nov. 28	31	20	0.00
Nov. 29	27	15	0.00
Nov. 30	37	27	0.00
Dec. 1	42	28	Т
YTD Rainfall			21.14

#### Sidney Weather Data

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Nov. 25	31	18	0.00
Nov. 26	25	2	0.00
Nov. 27	33	20	0.00
Nov. 28	32	9	0.00
Nov. 29	39	7	0.00
Nov. 30	37	21	0.00
Dec. 1	40	26	0.09
Average YTD F	20.50		

# Hunter **Education** Classes in 2014

Individuals interested in taking a hunter education class in 2014 should know that most courses are offered early in the calendar year.

To register for a hunter education course, students need to sign up online at the Game and Fish Department's website, gf.nd.gov. Many classes will be added over the next several weeks, and the rest will be added throughout the year as they are finalized

To register, click on the online services tab, and "online course enrollment" under the hunter education heading. Classes are listed by city, and can also be sorted by start date. To register for a class, click on "enroll" next to the specific class, and follow the simple instructions. Personal information is required.

Those who do not have access to the Internet and want to sign up for a class can call the hunter education program in Bismarck at (701) 328-6615.

Individuals interested in receiving a notice by email when each hunter education class is added can click on the "subscribe to news, email and text alerts" link found below the news section on the department's home page. Check the box labeled "hunter education class notification" under the education program updates.

State law requires anyone born after December 31, 1961 to pass a certified hunter education course to hunt in the state. Hunter education is mandatory for youth who are turning 12 years old, and children can take the class at age 11.

Tentative 2014 Season Opening Dates

To help North Dakota hunters prepare for hunting seasons in 2014, the North Dakota Game and Fish Department annually provides its best estimate for opening dates for the

Dates become official when approved by governor's proclamation. Tentative opening dates for 2014 include:

Spring Crow - March 8, Spring Turkey - April 12, Fall Crow - August 9, Deer Bow, Mountain Lion - August 29, Dove - September 1, Sharptail, Hun, Ruffed Grouse, Squirrel - September 13, Youth Deer - September 19, Youth Waterfowl - September 20, Early Resident Waterfowl - September 27, Regular Waterfowl, Youth Pheasant - October 4, Pheasant, Fall Turkey, October 11, Mink, Muskrat, Weasel Trapping - October 25; Deer Gun - November 7, Deer Muzzleloader - November 28.

#### Greytak Calendars for Sale

#### **Submitted by Josie Evenson**

Don Greytak calendars are on sale now. Don Greytak, a pencil artist from Havre, Montana showcases his work in these great calendars. Greytak's portraits illustrate rural life and a down home way of living. The profits from these calendars will benefit the Montana 4-H Foundation. The Montana 4-H Foundation serves as a non-profit corporation that continually supports the state wide 4-H program, which allows youth and leaders to participate in many life changing experiences through the 4-H program. The calendars can be purchased at local financial institutions or the Richland County Extension Office located at 1499 Nth. Central Ave, Sidney MT. If you have any further questions please call the Extension Office

#### **Kiwanis has Coats!**

No child has to be cold this winter. The Sidney Kiwanis Club has coats, hats, mittens and boots for children who need them. Just call or visit the Edward Jones, Nick Lonski, office at 611A S. Central Ave., Sidney, or call them at 406-433-3600.

Donations of clothing or cash are welcome to support this worthwhile project. If you wish to help, please contact any Kiwanian or Edward Jones, Nick Lonski.

# **Watford City Christmas** Concerts

Watford City public schools will hold their Winter/Christmas concerts Monday, December 9 in the Watford City High School gym. The kindergarten program is first at noon, followed by the 1st through 3rd graders at 1:00 p.m. The 4th and 5th grades perform at 2 p.m. with the 5th and 6th grade band entertaining the audience at 5:30 p.m. The high school students finish off the day's festivities beginning at 7:30p.m.

Admission is free and everyone is welcome.



THE ROUNDUP: PO Box 1207, 111 West Main, Sidney, MT 59270 406-433-3306 Fax: 406-433-4114 Email: classads@esidney.com

#### Richland County

Events in Sidney unless otherwise listed. MT Zone.

#### Fri., Dec. 6

6:30 am - 7:30 am - Men's Breakfast Fellowship, Sidney Lutheran Brethren Church, Sunny's Family

4 pm. - 8 pm - St. Matthew's Craft Bazaar, 310 7th St. SE, lunch available.

#### Sat., Dec. 7

8 - 11 am - Children's Christmas shopping, SHS cafeteria, children will be allowed to shop for all members of their family for minimal of \$15. BPA students will assist with the shopping & wrapping gifts.

9:30 am - Peoples' Congregational Annual Bazaar, bake & plant sale 9:30 am, bazaar & auction 10 am, free refreshments, 405 10th Ave. SW, all are welcome.

10 am - 4 pm. - St. Matthew's Craft Bazaar, 310 7th St. SE, lunch available.

1 - 4 pm - MonDak Christmas Fun Day. Come make ornaments. Fun for the whole family and FREE!

#### Sun., Dec. 8

11 am - 2 pm - Lonsdale United Methodist Church will have a ham dinner fundraiser, \$10 each or \$30 per family of three or more.

1 p.m. — Savage Senior Center cards & potluck . 1:30 pm - MonDak Christmas, come for treats, stay for Liberty Christian Bell Choir, & a visit from Santa!

1:30 - 4 pm - Mondak Christmas Soup cookoff, RSVP,

for rules call 406-433-3500. 6 - 7:30 pm - Open skating, Ranger Arena, 801 7th

6:45 p.m. - Sidney Moose Lodge Bingo, early bird 6:45 p.m. & regular session 7 p.m.

#### Mon., Dec. 9

**6:30 p.m.** — Sidney Moose Lodge Pinochle games. 7 pm - 27th Annual Reinaissance Night, Sidney Middle School, come and enjoy the fun, admission is free. Tues., Dec. 10

6 pm - Sons of Norway Christmas party, please bring a snack to share & Christmas ornament to exchange, 714 E. Main.

#### Wed., Dec. 11

11:30 am - 1 pm - Sidney Moose Lodge, Soup, free will offer, serve til gone.

6:30 pm - 8 pm - Awana, preschool - 6th grade, Fellowship Church of Sidney, 2181 W. Holly St. For more info contact Mandy 406-973-4255.

#### Thurs., Dec. 12

2 pm – First graders will perform "Christmas Bear Cheer", West Side School Gym.

#### Fri., Dec. 13 11:30 am - Richland Red Hatter lunch, Millers Corner,

RSVP by Dec. 11, call Sylvia at 798-3882 or Margaret 488-4613.

#### McKenzie County Events in Watford City unless otherwise listed. CT Zone.

#### Wed., Dec. 4

1 p.m. - Bingo, Watford City Senior Center, 205 5th St. NW, for more info call 842-3760. 7 p.m.- Pinochle, Watford City Senior Center, 205 5th

St. NW, for more info call 842-3760.

#### 1 pm – Watford City Chamber, hosting free kid movie.

2 - 4 pm - Santa will be at Six Shooters Show Hall.

Mon., Dec. 9

#### Watford City public schools Winter/Christmas Concerts, Watford City High School Gym

noon - Kindergarten, 1 pm - 1st - 3rd grade, 2 pm - 4th -5th grade, 5:30 pm- 5th & 6th grade band, 7:30pm - High School students.

## OTHER SURROUNDING COUNTIES FORT BUFORD HISTORY BOOK CLUB

Thurs, Dec. 12

7 – 9 pm – Missouri-Yellowstone Confluence Interpretive Center, Williston. Join other history buffs in an interesting discussion of the month's selected book. Free refreshments. Please call in advance. 701-572-9034

#### **CHRISTMAS AT THE CONFLUENCE** Sun, Dec.15

9am - 4pm - Missouri-Yellowstone Conflucence Interpretive Center. Area musicians will be performing Christmas favorites for the audience to enjoy. A Christmas craft will be available for the youngsters to make and take. Refreshments served. 701-572-9034

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



# **Event Schedule**

# Participating Businesses

All the Rage • Pro-Re-Nata Interiors • All Seasons Sport About American State Bank & Trust • Books on Broadway • Castle Framing • Cedar Chest • Cooks on Main • Creation Carpets • Daily Addiction Coffee House • Ekblads • Go Go Donuts • Hair Safari • Heddrich's Hulsing & Associates • Jackie's Therapeutic Massage & Day Spa JCPenney • Joan's Hallmark • Larry Lynne Aniques • Leon's Jewelry Memory Mercantile • Maurices • Nemont • Ritter Brothers • R. Rooster BBQ • Salvation Army Family Store • Williston Herald • Vanity

# Participating Businesses Will Have Extended Hours For Your Shopping Needs!



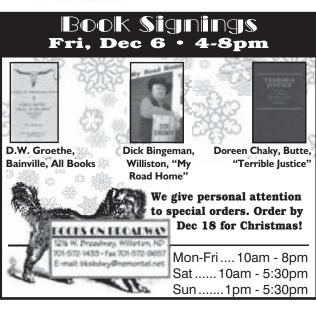


307 Main St • Williston

701-572-2600 • 7am - 7pm

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## Weekend Get-Away

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The Pioneer Museum of McKenzie County Invites You To

## A Taste of History

Thursday, December 12th Tasting: Noon - 4pm · Gift Shop 10am - 7pm

Bring your recipes to share & enter in the Watford City Centennial Cookbook. *Taste the* pride of Dakota products & goodies from the Centennial cookbook! Shop the museum gift shop for great Christmas gifts & stocking stuffers-many new items! Give a bit of North Dakota!



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& DIET CENTER

## **27th Annual** Renaissance Night Dec. 9

The 27th annual Renaissance Night takes place at 7 p.m. Monday, December 9 at the Sidney Middle School. Senior Communication Arts students will be performing scenes from Shakespeare's Macbeth, Taming of the Shrew and Hamlet. Come and enjoy the fun. Admission is free.

# A Cozy Culbertson Christmas

**By Jaimee Green** 

With the holiday season here, there is perhaps no better way to celebrate the season than among friends and your community. In Culbertson, the evening of Dec. 17 marks the night for community events that include fanfare, food and entertainment.

This year the Culbertson School elementary will be performing Christmas Songs for the community at 7:00 p.m. inside the high school gymnasium. They also anticipate a performance from the junior high school student's choir.

"My favorite aspect of the program is just knowing the students have become comfortable enough with what they have learned to be able to play for an audience," said Lana Heckle, Culbertson School Music Teacher.

First Community Bank will also host their annual open house from 4 p.m. to 6 pm. where they will give away door prizes and complimentary coffee and sweets. "This is truly a customer appreciation event that gives us an opportunity to say thank you to those people who keep their business local," said Wayne Henderickson, Branch Manager. There, patrons can mingle and visit while enjoying the company of friends and acquaintances.

The Lions Club will host their stew feed at the Town Hall beginning at 4 p.m.

Members will spend the day chopping and peeling enough vegetables and meat to fill the 45 gallon iron kettle the meal will simmer in throughout the day.

"Our organization is geared toward community service. This event is our way of thanking the community for their continued support of our youth activities and it helps encourage people to come out and be a part of their community," said Ed Darr, a Lions Club member.

Throughout the year the organization actively participates in drug and alcohol education awareness and activities, purchases medals for school track meets, helps sponsor the boys and girls state games and leadership conferences, and gives away one annual scholarship. In past years they have also provided the candy handed out by Santa.

Check us out weekly with...



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Or take advantage of all our publications every day at...



#### **Peoples' Congregational Church Annual Bazaar** Saturday, December 7th Bake Sale & Plant Sale: 9:30am | Bazaar & Auction: 10:00am

There Will Be Free Refreshments!

Please join us for a morning of fun! 405 10<sup>th</sup> Ave SW • 406-433-3707 • All are welcome!

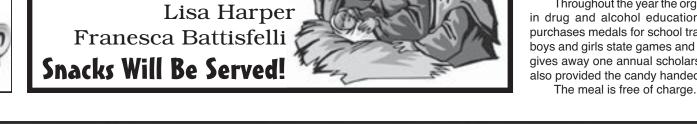
### **Christmas Celebration**

Dec. 6th at 6pm | Big Sky Church - Froid, MT

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Featuring Speakers & Singers:

Max Lucado • Rick Warren • Sheila Walsh



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# DPHHS Offers Holiday Food Safety Tips

#### Submitted by Jon Ebelt

Food is an important part of many holiday celebrations. The Montana Department of Public Health and Human Services (DPHHS) offers these reminders to help ensure the holiday season is free of illness from food.

Holiday food safety has six basic components:

- 1. Wash hands
- 2. III people should not handle food
- 3. Cook food thoroughly
- 4. Keep hot food hot and cold food cold
- 5. Clean countertops and food utensils
- 6. Separate raw animal foods from other foods

"Following these basic tips will go a long way in making sure your family and friends are served safe food during holiday season," said DPHHS Director Richard Opper. "However, if you cannot recall these items, the important thing to remember is: When in doubt, throw it out!"

The following list provides information on common topics related to day-to-day and holiday food safety:

Washing hands

Washing hands is essential in preventing many types of illnesses, since hands often become contaminated with harmful bacteria and viruses. Just because hands do not appear dirty does not mean they might not be contaminated.

This means hands should be washed before handling food, and especially when switching between handling raw animal foods and foods that are ready-to-eat, such as salads, vegetables, fruits and breads.

Illnes

People that have, or recently had, illness symptoms should not handle food. This is especially true if the person has, or recently had: vomiting, diarrhea, infected cuts, fever, jaundice or fever with sore throat.

Safe cooking

To be safe, thoroughly cook foods. Thorough cooking means heating the internal temperature of the food to least 165°F (Fahrenheit). To measure the internal temperature, use a metal-stem thermometer and insert it into the thickest portion of the meat or poultry. Metal-stem thermometers are available at most grocery stores.

Public health authorities recommend that turkey stuffing not be cooked inside the turkey. Cooking stuffing inside the bird increases cooking time, increases the risk that the stuffing and turkey will not be thoroughly cooked and dries out the meat on the exterior of the bird. Be safe; cook the stuffing separately from the bird.

Proper thawing

Thaw frozen turkeys, poultry, fish and meats in the refrigerator to prevent growth of harmful bacteria. Alternatives to thawing in the refrigerator are to thaw food under cold, running water or as part of the cooking process.

Public health authorities do not recommend thawing food at room temperature.

Thawing at room temperature presents the opportunity for harmful bacteria to multiply in numbers that may cause illness, if any part of the food increases to a temperature of 41°F or greater for a significant period of time. However, thawing at room temperature may be safely done, if the exterior of the food stays at or below 41°F.

Handling leftovers

Place leftover foods in the refrigerator within one hour of serving, if you plan on keeping the food. If there are leftovers, cool them from hot to cold within 6 hours or less. Hot means 135°F or greater; cold means 41°F or less.

The hot-holding food temperature should not be confused with the cooking temperature. Some harmful bacteria, such Salmonella often found in poultry, are not killed at the hot-holding food temperature. This is why thorough cooking is important to avoid a possible illness from food.

Vacuum packaging leftover cooked meats and cooked poultry is not encouraged, due to the increased risk of botulism poisoning.

Consume or discard refrigerated leftovers within one week. Frozen foods should be consumed or discarded within six months.

Proper food holding temperatures

Hot foods should be kept hot at 135°F or greater, until served. Cold foods should be at or below 41°F.

Homemade pumpkin pies should remain refrigerated until served.

Careful cleaning

Countertops, knives and other food utensils should be cleaned after contacting raw animal foods.

Cleaning these surfaces reduces the chances of cross-contamination between raw poultry, raw meats or raw fish and foods that are ready to eat, such as salads, vegetables, fruits and similar foods. Use a bleach/water mixture for cleaning at a concentration of one cap of unscented bleach per gallon of water.

A better alternative to prevent cross-contamination is to process raw animal foods on a cutting board used exclusively for one purpose. For example, a cutting board used to slice raw vegetables should be used only for that purpose. If this is not possible, thoroughly clean the surface between uses.

Food storage

In refrigerators, keep raw, animal foods below or away from other foods that are ready-to-eat. Separating raw food from ready-to-eat foods will reduce the chance of cross-contamination, which can transfer harmful microorganisms from one food to another.

Transporting food

When transporting foods that normally require refrigeration, keep in cooler or insulated bag to ensure the food stays at or below 41°F.

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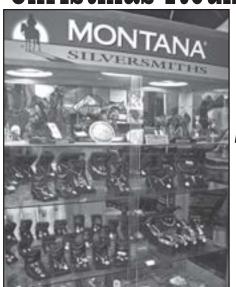
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# Energy Roundup

### ONEOK Partners Announces Plans To Invest \$650 million To \$780 Million For Williston Basin Growth Projects

Submitted by Tie Shank ONEOK Partners is the largest independent operator of natural gathering gas and processing facilities in the Williston Basin, with a natural gas gathering system of more than 6,000 miles and more than 3 million

acres where production

dedicated to its

On November 19th, ONEOK 2013 Partners, announced its plans

systems.

to invest an additional \$650 million to \$780 million by the second quarter of 2016 to:

1. Build a new 200-million cubic feet day (MMcf/d) natural gas processing facility - the Lonesome Creek plant - and related infrastructure in

McKenzie County, N.D. 2. Complete a second expansion of Bakken NGL Pipeline, which will increase the pipeline's capacity to 160,000 barrels per

**Partners** ONEOK president, Terry K Spencer, stated "Production in the Williston Basin continues to increase with no signs of leveling off or slowing. The new Lonesome Creek plant and related infrastructure will be well-positioned capitalize on existing **ONEOK Partners assets** and provide producers in the area with essential natural gas processing capacity. investments These are another example of ONEOK Partners' ongoing commitment to address natural gas gathering and processing constraints in the region and help reduce natural gas flaring in North Dakota."

The Lonesome Creek plant is expected to cost approximately \$320 million to \$390 million. When complete, the new plant will be the partnership's largest day (bpd) from 135,000 natural gas processing

plant in North Dakota. In addition to the Lonesome Creek plant, ONEOK Partners also expects to invest approximately \$230

million to \$290 million for related expansions and upgrades to its existing natural gas gathering compression and

infrastructure. The Lonesome Creek plant related and infrastructure are expected be to completed by the end of 2015 and will be supported by acreage dedications from producers.

ONEOK

plans to invest an additional \$100 million to install additional pump stations on the Bakken NGL Pipeline to increase its capacity to 135,000 bpd from its current capacity of 60,000 bpd. This expansion is expected Partners to be completed in the

third quarter of 2014. The second expansion of the Bakken NGL Pipeline will cost approximately \$100 million and will increase its capacity to 160,000 bpd. This second expansion is expected to be completed during the first half of 2016.







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# Holiday Happenings n Williston

#### By Tieheena Shank

Many businesses throughout Williston are joining forces to collect items for families in need:

American State Bank is sponsoring the Forgotten Stocking. This event will allow interested individuals to purchase gifts for teenagers. American State Bank is located at 223 Main St.

First International Bank & Trust is sponsoring a Pajama Tree. Stop by their downtown location on 4th St. E and help a child stay warm on these cold winter nights.

Make sure a child has a present by contributing to the Salvation Army's Angel Tree. Stop by the Williston Walmart or the Salvation Army Church and pick a tag off the Angel Tree. Tags will list a child's sex, age and gift ideas.

If you're interested in music you'll love this musical presentation. From now

through December 8th you can enjoy "Under the Bridge." This musical is based on the book "The Family Under the Bridge" by Natalie Savage Carlson. It'll be held at the Old Armory at 320 1st Ave E. in Williston.

The annual Spring Lake Park Christmas Drive is taking place every evening through December 31st. Cost is \$5 per car and hours will be 5:30pm - 10:00pm. Take the family for a drive and enjoy this beautiful Christmas light

Williston Downtowners Association will be holding their 3rd Annual Holiday Stroll Friday, December 6th from 4:00pm - 8:00pm.

The largest bell ringing event is back for its 4th year on Friday, December 6th. Thousands of realtors across the country join together on this day, Realtor Ring Day, to ring bells at Salvation Army Red

You can support the local Rotary Club while shopping from home on Sunday, December 8th from 1:00pm - 4:00pm during their live auction on KUMV TV. The auction will be held to raise money for the Rotary Club. Over 120 items are expected to be auctioned.

This will be a QVC type program and all proceeds will go to the Rotary Club. Local businesses are encouraged and welcomed to participate in networking on Thursday, December 12th during Business After Hours Networking at the Western Cooperative Credit Union. Register on line at www.willistonchamber.com

Friday, December 13th is State Farm Good Neighbor Day. State Farm Agents across Minnesota and North Dakota join together to ring bells at Salvation Army Red

# **Christmas** at the **Confluence Dec. 15**

Come and celebrate Christmas at the Confluence Sunday, December 15 from 9 a.m. - 4 p.m. CST. Area musicians will be performing Christmas favorites for the audience to enjoy. A Christmas craft will be available for the youngsters to make and take.

All events are free and open to the public. Refreshments will be served.

For more information call 701-572-9034.

The Missouri Yellowstone Confluence Interpretive Center is located 22 miles southwest of Williston, ND.

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Sunny's Family Restaurant

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The Lucky Buckle

The Roundup/Ag Roundup

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**Lighting up the Holidays** 

To kick off the Christmas season, Watford City's Main Street was lit up by entrants in the light parade and a Live Nativity Scene. (Photos by Kathy Taylor)



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# **Smoking** Increases Stroke Risk Up To 4

By Dr. Steven Helgerson, DPHHS State Medical Officer

There are many reasons not to smoke, or quit if you do. One of the biggest reasons is that it decreases the risk of stroke. Smoking cigarettes significantly increases the likelihood of stroke.

Stroke is a life-changing health event, a leading cause of death and a primary cause of serious, long-term disability in adults. Two of three stroke survivors will have some disability, and many will require care by others for the rest of their lives.

The two kinds of stroke are defined by the way blood flow to an area of the brain is disrupted. Ischmeic stroke is caused by a blood clot that plugs a blood vessel. Smoking roughly doubles the chances of ischemic stroke. Smoking quadruples the chances of hemorrhagic stroke, caused by rupture or leaking in a blood vessel. Women who smoke have an even greater risk of hemorrhagic stroke than do men who smoke.

The chemicals and poisons in cigarette smoke have many harmful effects on blood and blood vessels. Smoking contributes to build-up of fatty substances in the carotid artery, the main artery in the neck that delivers blood to the brain. Commercial tobacco smoke also:

- 1. Raises blood pressure, a major risk factor for stroke.
- 2. Damages the lining of blood vessels and weakens artery walls.
  - 3. Makes the blood thicker and more likely to clot.
- 4. Constricts blood vessels throughout the body, slowing blood flow.
- 5. Reduces the level of good cholesterol (high density lipoprotein).
  - 6. Speeds up hardening of the arteries.

The more a person smokes, the greater their risk of stroke. Secondhand smoke increases the risk of stroke for nonsmokers, too. Importantly, exposure to cigarette smoke multiplies the dangers from other risk factors, which include family history, diabetes, high blood pressure and high cholesterol. Women who smoke and use oral contraceptives greatly increase their risk of stroke.

The health benefits of quitting smoking begin immediately. The Montana Tobacco Quit Line provides coaching and other support to help Montana residents stop using commercial tobacco. Help is free at 1-800-QUIT-NOW or 1-800-784-8669.

Remember, stroke is an emergency. Immediate treatment is critical. Call 9-1-1 immediately. Learn more at www.strokeassociation.org or call 1-888-4-STROKE.

Dr. Steven Helgerson is the State Medical Director for the Montana Department of Public Health and Human Services.

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#### Girls U12 Hockey

Watford City's Franie McDowell gets help clearing the puck after a Sidney shot on goal. The Rangers shut out the Oilers 9-0 in the Girls 12U game on Sunday in Watford City. (Photo by Kathy Taylor)



#### **Squirt Hockey**

Watford City Goalie, Kyle Carlson makes a great save against Dickinson during the Squirt game on Sunday in Watford City. Dickinson defeated Watford City 8-1. (Photo by Kathy Taylor)



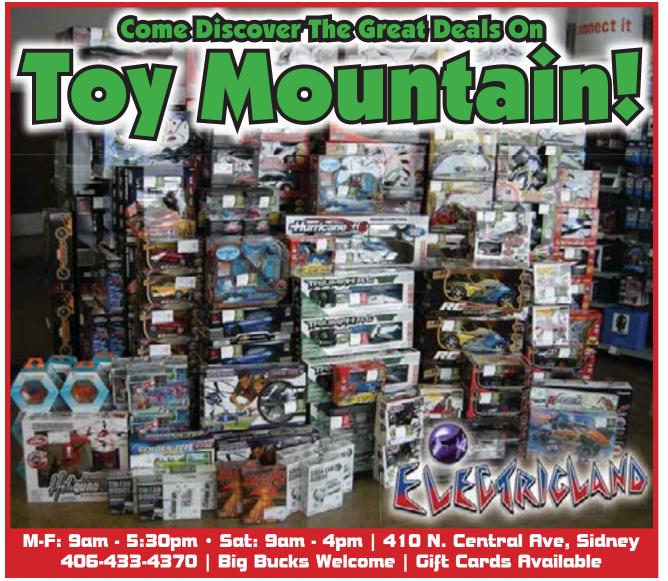


The Dodge Ball Tournament in Watford City



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was a big hit as participants enjoyed some fun competition while raising money for Dollars For Scholars. (Photo by Kathy Taylor)

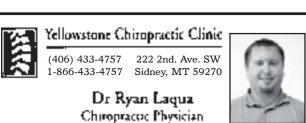






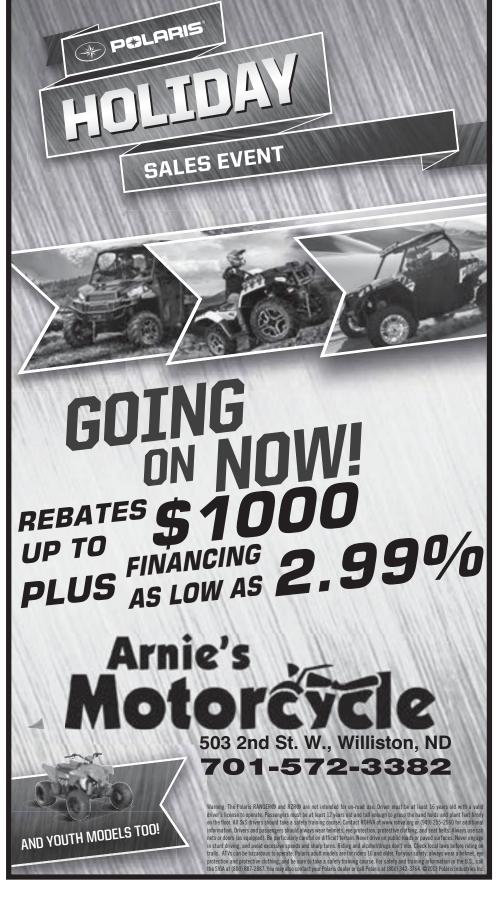
# Lighting up the Holidays

To kick off the Christmas season, Watford City's Main Street was lit up by entrants in the light parade and a Live Nativity Scene. (Photo by Kathy Taylor)



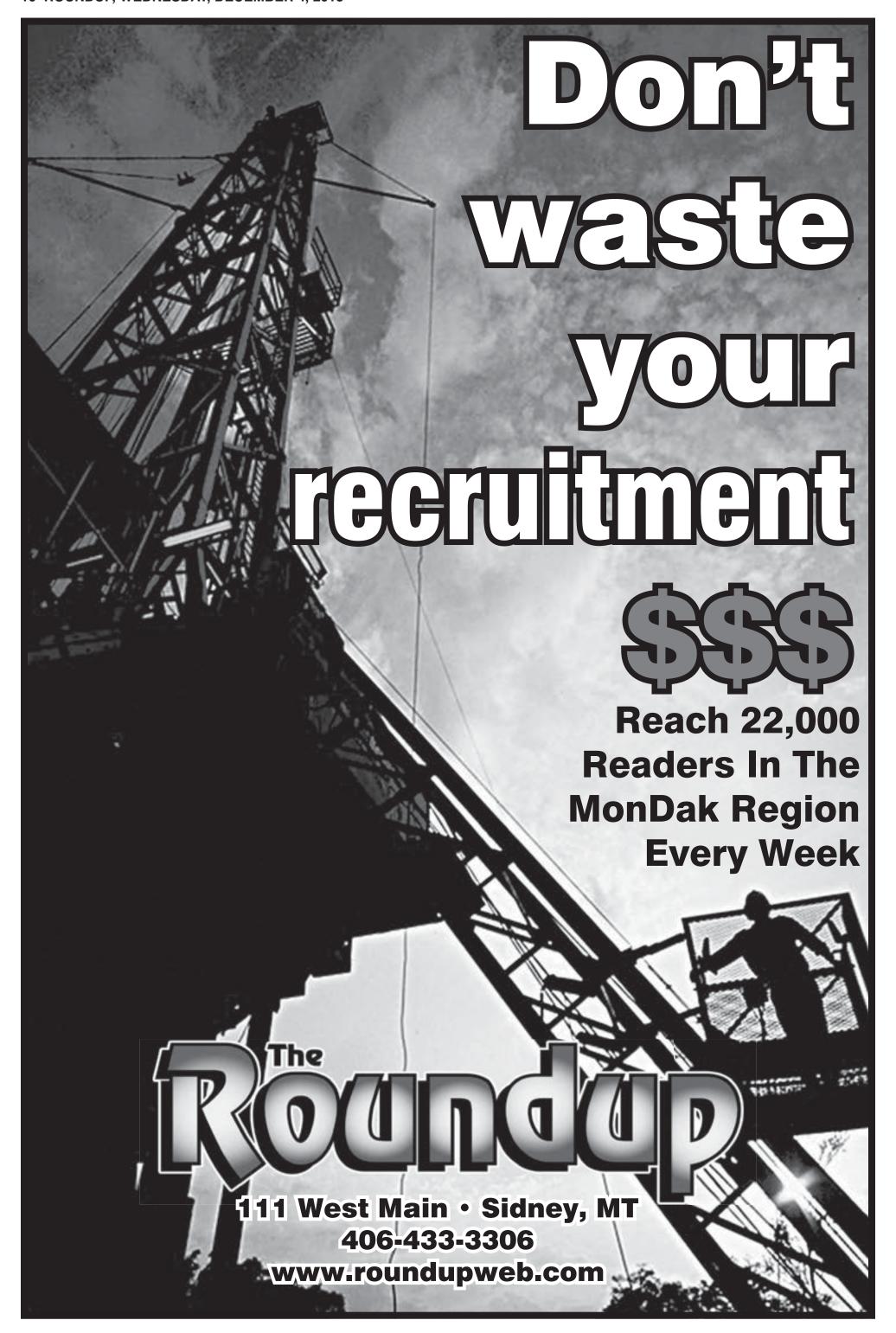
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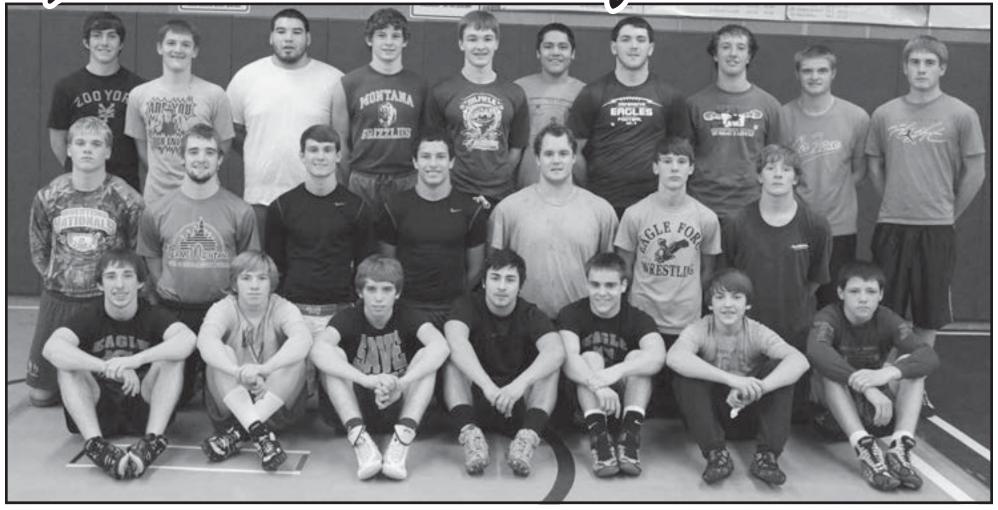


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Good Luck Sidney Wrestlers



#### Sidney High School Wrestling Squad 2013-2014

Front Row: Layne Schafer, Philip Vasko, Wyatt Van Buren, Mario Rangel, Ethan Graves, Casey Christian, Brady Gorder. Middle Row: Cody Johnson, Jordan Stevens, Gresh Jones, Braydn Rooks, Austin Kendell, Trace Jones, Seven Adams. Back Row: Jakub Moore, Hunter Nice, Cristian Gomez, Chris Gartner, Cody Christian, Aaron Galvin, Dace Fisher, Garrett Darby, Christian Eggar, Kayden Young. Not Pictured: Hunter Severson, Ryan Chatteron, Doug Rooney, Parker Dean, Josh Alexander, Gabe Walch, Matt Herbst, Tyler Hayden, Chris Herron, Carson LeFor.



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### Revolving Loan Fund's Tenth Award

#### Submitted by Leslie Messer

Richland Economic Development Corp is pleased to announce that the Revolving Loan Fund (RLF) committee has awarded its tenth loan for the expansion of an existing business in Sidney. Marci and Michael Albin, a brother - sister team, were approved for a loan to launch "The Lucky Buckle" in its new location at the Shops at Fox Run.

The Albins completed an application in partnership with their lead lender, Nancy Verschoot, Richland Federal Credit Union, (RFCU), and presented their project to the RLF committee for review. The funding request was for the purchase of inventory and fixtures.

The Lucky Buckle is a small clothing and gift shop with a little bit of western flare.

It provides products such as: juniors, women's, and men's clothing items, fashion accessories such as jewelry, purses, belts, women's shoes, and baby gift items. They also offer home accessories such as candle holders, frames, wine glasses, wall décor, floral, and furniture. The Albins have also added a small coffee bar for convenience, and to enrich the shopping experience.

The RLF committee is pleased to assist Marci and Michael in their new business venture. The intent of the RLF is to offer an additional tool to support new business and business expansion projects. RFCU Nancy Verschoot, states: "We're glad to have the opportunity to assist with this project. The Lucky Buckle will do very well at the new location. We wish them the

very best."

Richland Economic Development Corp encourages existing businesses and new business start up projects to consider the RLF as a resource. The RLF loan pool of \$1,000,000 is not free money, but an investment made by the Richland County Commissioners, to assist in the development of business in our economy. The application and review process is achievable, and done in conjunction with the area financial institutions in Richland County.

If you or someone you know is thinking of expanding or launching a new business in Richland County, contact any of the local financial institutions or Richland Economic Development Corp today for an application!

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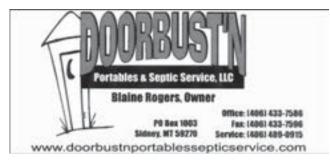
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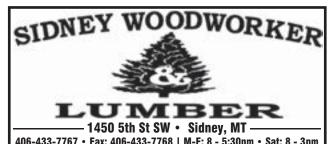
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#### **Turkey Trot**

Close to 50 participants of all ages turned out for the Turkey Trot in Watford City on Thanksgiving morning. It was a great day for some morning exercise and a chance to burning off some pre-Thanksgiving calories. (Kathy Taylor)

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# Sports Booster

#### Wrestling

Thursday, Dec. 5
Watford City at New Salem-Almont,

Friday, Dec. 6
Sidney at Sidney Invitational, 9:30 am

Saturday, Dec. 7 Watford City at Velva, TBA Sidney at Sidney Invitational, 9:30 am

Tuesday, Dec. 10 Williston at Watford City, 6:30 pm Sidney at Baker JV, 6 pm

#### Hockey

Fri - Sun, Dec. 6-8
Watford City Jr. Gold at Fargo Tour-

Sidney Girls U19 at Bozeman Tourney, TBA Sidney Jr. Gold at Fargo Tourney,

TBA

Friday, Dec. 6
Williston at Watford City Girls 12U, 5:30 pm

Williston at Watford City Bantam,

Watford City Girls 19U at West Fargo, 8 pm

Saturday, Dec. 7 Watford City Girls 19U at Wahpeton,

Minot at Watford City Bantam, 3 pm Freeze, 6:15 pm

Sidney PeeWee at Williston/NL, 11 am

Sunday, Dec. 8 Watford City Girls 19U at MayPort, 12 pm

Watford City PeeWee at Sidney, 1 pm Watford City Squirts at Sidney, 11 am Crosby at Sidney Bantam, 2:30 pm

Dickinson a Sidney Girls U19,

#### Speech & Drama

Saturday, Dec. 7 Sidney at Hardin, TBA Culbertson at Plentywood, TBA

#### **Gymnastics**

Sat & Sun, Dec. 7 & 8
Sidney at Dickinson, TBA

#### Basketball

Thursday, Dec. 5
Heart River at Watford City Boys, 7:30 pm

Fri & Sat, Dec. 6 & 7 **Culbertson Boys & Girls at Glasgow NE Tourney, TBA** 

<u>Saturday, Dec. 7</u> Watford City Boys at Bishop Ryan High School, 6 pm
Trinity/Trenton at Savage Girls, 6 pm
Trinity/Trenton at Savage Boys,

7:30 pm Froid Girls at Circle, 3:30 pm Froid Boys at Circle, 6:30 pm MonDak Girls at Bainville, 6 pm MonDak Boys at Bainville, 7:30 pm

Tuesday, Dec. 10 Williston at Sidney Boys, 4:00/5:30/7:00 pm Sidney Girls at Williston, 3:00/4:45/6:30 pm Culbertson at Brockton Girls, 6 pm Culbertson at Brockton Boys, R&L at Savage Girls, 6 pm

R&L at Savage Boys, 7:30 pm

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# **Nominations Sought** For Housing Award

Submitted by Sarah Mudder

The North Dakota Housing Finance Agency (NDHFA) is seeking nominations for its 2013 Champion of Affordable Housing Leadership and Housing Production Awards.

"The Champion Awards recognize and celebrate exceptional contributions to the state's affordable housing industry," said Jolene Kline, NDHFA acting executive di-

The Leadership Award honors an individual or entity who has demonstrated outstanding effort in advocating

for or providing affordable housing or related services. The impact of those results, and the obstacles overcome to provide the housing or services is considered.

The Housing Production Award recognizes the development, preservation of, or conversion to affordable housing, innovative construction or financing techniques, responses to the unique needs of special populations, or the ability to provide information to the public about affordable housing options. Housing Production Award Nominees must be occupied, placed in service

or active during the one-year period prior to Nov. 1, 2013.

Nominations for both categories are open to individuals, organizations, affordable housing programs or developments within the state of North Dakota.

Forms and the selection criteria are available online at www.ndhfa.org. Nominations must be received by Jan. 10, 2014. For more information on the awards, contact Sarah Mudder at (701) 328-8080, (800) 292-8621 or info@ndh-

#### Christmas Assistance

The "miracle" of Christmas is repeated over and over again through the joy of caring and sharing. The traditional red kettle is an integral part of the Christmas scene, with millions of dollars donated each year to aid needy families, seniors, and the homeless.

Donations provide and financial assistance provide Christmas dinners, clothing, and toys for families in need including families of prisoners.

Volunteers distribute

gifts to shut-ins in hospitals and nursing homes, and shelters are open for sit-down dinners. The Salvation Army endeavors to bring spiritual light and love to those it serves at Christmas so that the real meaning of the season is not forgotten.

Many families receive aid over a period of months after the Christmas season as well, people struggling with difficult family, emotional, or employment problems.

Because we want to respond to the varying needs of the communities in which we serve, all of our holiday assistance programs are administered locally. If you require assistance, you will need to contact your local Corps Community Center by using the location search on this page. Please note: Most locations begin registration as early as October, so it's recommended you contact your local Salvation Army as soon as possible to inquire about registration dates.

# **Christmas Cash Giveaway**



Register at the businesses below to win \$1,000 worth of Chamber Bucks! Drawing will be held on Dec. 20, 2013

**Action Auto ALCO** Best Western Inn & Suites BOSS Office Products Inc. CHS Farmer's Elevator Doorbustin' Portables & Septic Service **Eagle Country Ford** ElectricLand Farm & Home Fink Family Chiropractic Footers Frontier Heating High Caliber Sports Holiday Inn Express John Stockhill Jewelers Johnson Hardware & **Furniture** 

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Above are the businesses where you can register to win \$1,000 in chamber bucks. There will be 3 drawings, (1) for \$500 and (2) for \$250, each during the Christmas shopping season. You can only register at the businesses above. The drawings will be on December 20th, 2013. If you have any questions please contact the Chamber: 433-1916. Sponsored by the Sidney Area Chamber of Commerce & Agriculture

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#### HELP WANTED

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#### **FOR RENT**

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28 x 54' Mobile home with attached garage & deck on .82 acre lot in Richey, MT. \$150,000. Call 406-773-5856 or 406-939-1947.

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1812 Horse Creek Road Cartwright, ND 58838 or email penningr@rtc.coop

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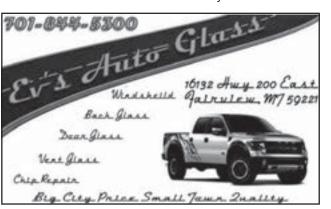
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#### **AIRCRAFT**

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#### **AIRCRAFT FOR SALE:**

1961 Cessna 172B Skyhawk: 2630 TTAF, 490 TS-MOH, paint 10-jet glo, interior 10, excellent glass, KMA20, ICA200, KX145, 4 place intercom, AT150, KN60. This is the nicest 1961 we've ever seen! **\$44,000**.

1968 Piper PA-28 Cherokee 140: 3800 TTAF, 525 SMOH, KR85, AT150, 2 place intercom. Nice paint and interior w/fresh annual. **\$35,000** 

#### 1972 Beechcraft B55 Baron 3330 TTAF:

1860TSMOH L&R, 10 SPOH L&R, B-5 auto pilot, GMA340, GNA430, KX155, KN64, KT76, KR85, GTX327, vertical compass, Rosen's, tanis nice paint and interior. \$50,000

**1981 Hughes 269C TTAF 3132:** TSMOH 845, 3 new M/R blades, Component times on request, big fuel and much more Call Barry at Sidney Air Service at 406-480-2024.

#### 1976 B-55 Baron:

Times: TTAF-8760, TSMOH LE-1100, TSMOH RE-950, both props TSPOH-1280

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Avionics: Garmin GMA 340 Audio panel, Garmin GNS 430 GPS, King KX-165 Nav/comm, King KT-76A transponder, Century IV Autopilot, Century NSD 360A HIS, 4 place intercom

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406-480-2024.

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#### Sidney School

Thurs., Dec. 5: Chicken stir fry, baked rice, pineapple tidbits. Fri., Dec. 6: Hot ham & cheese, cheesy potatoes, diced carrots, peaches, gel-

Mon., Dec. 9: Corn dogs, french fries, mixed fruit, cookie Tues., Dec. 10: Super nachos, gems, banana.

Wed., Dec. 11: Chicken nuggets, potatoes & gravy, peaches, hot roll.

#### Fairview School

Thurs., Dec. 5: Chicken burger, potato, green beans, fruit. Fri.,Dec. 6: NO SCHOOL Mon., Dec. 9: Spaghetti, caesar salad, fruit, garlic toast. **Tues., Dec. 10:** Soft shell taco, rice, raw vegetables,

Wed., Dec. 11: Macaroni-cheese hamburger hotdish, carrots, fruit.

#### **East Fairview School**

Thurs., Dec 5: Hamburger gravy, mashed potatoes, steamed broccoli, applesauce.

Fri., Dec. 6: Fish patty, bun, brown rice, green beans, orange slices.

Mon., Dec. 9: Ham, sweet potatoes, green beans, mandarin oranges.

Tues., Dec. 10: Tacos, spanish rice, corn, strawberry pineapple, banana salad. Wed., Dec. 11: Baked chicken, potato wedges, carrots/ cucs, fresh fruit.

#### **Richey School**

Thurs., Dec. 5: Pepperoni pizza, green beans, fruit.

Fri., Dec. 6: BBQ pork sandwich, coleslaw, fruit, rice krispy bars.

Mon., Dec. 9: Polish & hot dogs, sweet potato gems,

Tues., Dec. 10: Spaghetti, garlic bread, green beans, fruit. Wed., Dec. 11: Baked BBQ chicken, fried rice, fruit.

#### **Savage School**

Thurs., Dec. 5: Baked potato bar, steamed broccoli, fruit cocktail.

Fri., Dec. 6: Pulled pork, curly fries, jello, cucumber sticks, apple/oranges.

Mon., Dec. 9: Baked chicken, mashed potatoes/gravy, peaches.

Tues., Dec. 10: Spaghetti, cottage cheese, bread sticks, carrot/mixed veggies. fruit salad.

Wed., Dec. 11: Sub sandwiches, chicken noodle soup/veg soup, pineapple.

#### Froid School

inurs., Dec. 5: French dip sandwiches w/au jus, salad bar, green beans, apple slices, sweet potato fries.

Fri.. Dec. 6: French toast w/blueberris, scrambled eggs, sausage patties, peaches.

Mon., Dec. 9: Pigs in a blanket, macaroni & cheese, peas, salad bar, strawberry cups, m & m cookies.

Tues., Dec. 10: Nacho supreme, fruit salad, taco bar, watermelon.

Wed., Dec. 11: chicken drummies, smiley fries, broccoli normandy, salad bar, jello w/fruit.

#### Rau School

Thurs., Dec. 5: Hot dogs, scalloped potatoes, carrots, peaches.

Fri., Dec. 6: Soup, bread, fruit, dessert.

Mon., Dec. 9: Corn dogs, fries, veggies/ranch, apricots. Tues., Dec. 10: Beef stroga-

noff, green beans, pears, rolls. Wed., Dec. 11: Cook's choice.





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# World AIDS Day 2013

By Lesley Thiessen, RN

Every year on December 1, people around the world recognize World AIDS Day. This annual event is an opportunity to raise awareness, commemorate those who have passed on, celebrate victories in increased access to treatment and prevention services, and stamp out the negative stigma associated with HIV.

This year, World AIDS Day is being celebrated with events throughout Montana, the nation and the world. This year's theme is "Getting to Zero: Zero new HIV infections. Zero discrimination. Zero AIDS related deaths."

While the World AIDS Day theme is global in nature, it must also be addressed at the local level. Leadership in the fight against AIDS starts with families, schools, the workplace, places of worship, health care settings and elective offices. Together, our collective voices can help.

HIV is the virus that causes AIDS. In Montana, over 400 people are living with HIV or AIDS and 16-31 new cases are diagnosed each year. HIV may not grab the headlines like it did at the height of the epidemic in the 1980s, but it does threaten lives and loved ones right here in Montana.

What steps can you take? First, learn your HIV status. An estimated 1.2 million Americans are living with HIV. Unfortunately, 1 in 5 doesn't know it. A new website, www.GetChecked-Mt.com, lists testing locations around the state so it is easy to find the nearest place to get tested for HIV and other sexually transmitted infections. The CDC now recommends HIV testing as part of routine medical examinations for anyone 13 64 years of age.

Be sure to talk to your doctor about ways to reduce your risk of contracting HIV. Get educated on how the disease is transmitted and how it can be prevented. Finally, join the global fight to stop AIDS. Visit Global AIDS Alliance at www.globalaidsalliance.org to learn how you can get involved in efforts to prevent the spread of HIV.

Know your status. Get tested. Contact Richland County Family Planning at the Richland County Health Department at 433-2207. Together we can get to ZERO.