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Sidney. MT

Mailing Address: P.O. Box 1207 Sidney, MT 59270

Wednesday, October 29, 2014

Volume 40 • Number 37

Connie Wold Memorial Run

Below: Fall Fun Run first place winners were Kanyon Tschetter (5 K), Jory Lund (1 Mile 9-12 year olds), Hayden Hutchinson (1 Mile 5-8 year olds) and Jett Taylor (1/2 Mile 3-4 year olds). Pictured with event organizers Kelli Taylor and Brett Youngquist



A Great Day For A Run

Participants of all ages enjoyed a beautiful day for a "fun run" to honor the late Connie Wold. The 6th annual Connie Wold Memorial Run was held on Saturday with over 100 participants. Incorporated with this years run was a Fall Fun Run for elementary and preschool kids organized by Watford City Elementary Physica'l Education teacher, Kelli Taylor. The fun run was a big success with over 100 participants who received T-shirts and medals for their participation. Youngquist Charitable Foundation donated the t-shirts, medals and trophies, while Tractor Supply Company of Watford City donated the use of canopies and other supplies. Watford City Elementary School donated the snacks and water that the participants enjoyed after the race. (Photos by Kathy Taylor)

Presidio Brass to Perform on Nov. 13 as Part of Big Sky Concert Series

Submitted by Jill Hill

The Northeastern Arts Network presents Presidio Brass on Thursday, November 13th as part of their Big Sky Concert Series. Since forming in 2006, Presidio Brass has rocketed to success as the face of a bold new generation in brass entertainment. By combining a brass quintet, piano and percussion instruments with fresh, original arrangements, their unique sound has become a trademark for the ensemble from San Diego, CA, captivating audiences the world over.

Through their touring show of Hollywood's greatest hits, Sounds of the Cinema, these five young men present film music with a good dose of wit and humor that together have become hallmarks of every Presidio Brass performance. Audiences and music critics agree, Sounds of Cinema is a "Must See!" The show has been enjoyed internationally, with performances throughout North America.

Each member of the ensemble began his music career by joining their school's band program. Inspired by the dedication of their school music teachers, Presidio Brass came together with the primary mission to promote education and music appreciation for youngsters. Members of Presidio Brass have performed with major symphony orchestras, including the Los Angeles Philharmonic, Las Vegas Philharmonic, Pacific Symphony and San Diego Symphony. In addition to performing as a brass quintet, Presidio Brass performs regularly as part of

Millennia Consort, one of the nation's premiere brass, organ and percussion ensembles.

Don't miss this exciting performance to be held at the Mon-Dak Heritage Center at 7:00 p.m. Tickets can be purchased at the door: adults \$15, senior

\$13, and students \$10. For additional concert information contact Candy Markwald 406-488-4155, Jill Hill 406-489-4304, or Karen Boehler 406-433-4375.

This performance is sponsored in part by Microtel Inn and Suites of Sidney. The Big Sky Series is made possible in part by through grant support from Montana's Cultural Trust, Montana Arts Council, National Endowment for theArts, the Montana Performing Arts Consortium and the Western States Arts Federation (WE-STAF).

Halloween Harvest Party Oct. 30

By Libby Berndt

Halloween Harvest Party will be Oct. 30 at the Shops at Fox Run. Trick or treaters visit the businesses for treats from 4-5 p.m. Halloween costume contest for ages through fifth grade and a carved/decorated pumpkin contest with judging at 5:30 p.m. will be at Reynolds Market. Cash prizes will be awarded. Pumpkins need to be dropped off at the store by Oct. 29.

Leo Club Veteran's Day Supper Nov. 11

The Leo Club of Sidney High School is sponsoring a Veteran's Day supper at 6:30 at the Elk's Club on November 11. All veterans, members of the VFW, and Ladies Auxiliary are invited to attend. Reservations are requested by calling the VFW Club at 433-9982 or Louise at 488-9764. The deadline for reservations is November 3.

MDT Proposes Installing a Roundabout to MT 16 South of Sidney - Richland County

MNAXLF

Submitted by Lori Ryan

The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to install a roundabout on MT 16 at its intersection with MT 200 and MT 23 south of Sidney, MT at reference post 50.0. The project limits will be established based on the geometry necessary for the development of the roadway transitions for each approach leg of the roundabout intersection.

Proposed work includes reconstructing the intersection to include a concrete roundabout to improve safety and promote positive traffic flow, curb and gutter, storm drain, intersection lighting, plant mix surfacing and a seal & cover (chip seal) on each of the 4 legs approaching the roundabout, upgraded pavement markings and signage. The roundabout will be designed to adequately accommodate trucks.

New right-of-way and relocation of utilities may be required. If new right-of-way and/or relocation of utilities are necessary, MDT staff will contact all affected landowners prior to doing survey work on their land. Staff will again contact landowners prior to construction regarding property acquisition and temporary construction permits.

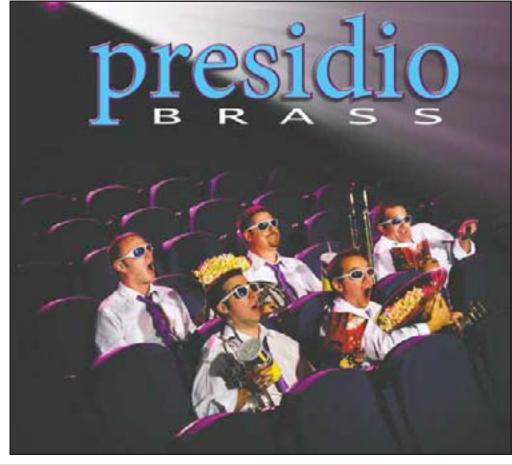
For more information, please contact Glendive District Administrator Shane Mintz at (406) 345-8212 or Project Design Engineer Steve Heidner at (406) 3458247. For the hearing impaired, the TTY number is (406) 4447696 or 1-800-335-7592, or call the Montana Relay at 711. Members of the public may submit 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.

Watford City Trail of Treats

Watford City Trail of Treats will take place Friday, October 31 from Noon til 5:00.
Contact Mary at the Chamber office if your business will be

participating so we can include you in advertising.

Trail of Treats "Off The Beaten Path" will be held at the Fire Hall from 3:00-6:00pm. If your company would like to participate in this event please contact Laura at 701-300-1386.





NMLS ID# 525727

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October 31st

Bodacious Zombies Play 9-12:30pm 1/2 Price Apps from 9-11pm & \$1 Draft Beer!

Costume judging at 10pm, winners announced at midnight!

1st Prize: \$100 2nd Prize: \$50

3rd Prize: Bottle of Alcohol

Door Prizes, Raffles, Beer & FUN!

Must Be Over 21 To Dine At Outsider's 905 3rd Ave SW (South of Watford Motel) • 701-842-2693

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Reasonable Suspicion Training 4 Hours: \$150 Per Person

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4 Hours: \$150 Per Person 10 or MORE people will be \$135 Per Person, **Per Session**

Register at www.drugcheckers.com Registration Fees may be mailed to PO Box 899, Sidney, MT 59270 or paid by credit card

CHECKERS

AREA RECOVERY GROUPS

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

1 - 3 p.m. — Grief Recovery Support Group in First Lutheran Church, Fellowship Room, Watford City.

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

7 p.m. - Fairview Alive and Kicking at Faith Alliance

Church, 704 S. Western Ave.

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

TUESDAYS:

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

WEDNESDAYS:

5:00 p.m. – Sober Life Young People's NAAA 12- step recovery group, 25 yr. old & younger, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.
8 p.m. – Al-Anon, Sanford Room, McKenzie Co. Public

Library, Watford City.

THURSDAYS:

7 p.m. - NA meeting, MonDak Trucking office Bldg., 725 W. Holly, Sidney.

8 p.m.— AA Group, Northern Pump & Compression,

Watford City. Call 770-3603 or 770-2675 for directions

FRIDAYS:

noon – AA, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney. 6:30 - 7:30 p.m.- 5 Stones faith based recovery

meeting, Sidney Nazarene, 606 9th St. SW, Back door

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

7 p.m. – Watford City area Celebrate Recovery, Assembly of God, 2117 S. Main. For help call Robert 417-296-2809 or Stephanie 417-296-2810.

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

SATURDAYS:

7P.M. – AA 24 hour group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride.

9 a.m. & 7 p.m. — AA Group Trinity Lutheran Church Education bldg., 214 S. Lincoln Ave, Sidney.

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

The 2014 Richland County Debate Forum Generates Anticipation for Upcoming Elections Candidate Debate Forum has good community turn-out

By Meagan Dotson

The 2014 candidate debate forum was held Thursday October 23 at 6pm at the Richland County Extension Office. State candidates are incumbent Katherine M. Bidegaray and Janet Christoffersen running for District Court Judge and Rob Knotts (Democrat) and Scott Staffanson (Republican) running for State Representative District 35. Richland County candidates include Gail Staffanson (Republican) running unopposed for County Superintendent of Schools, Gregory P. Mohr running unopposed for Justice of Peace, John K. Dynneson (Republican) and Joe Renders (Democrat) running for Richland County Sherriff, Loren Young (Republican) running unopposed for County Commissioner, Margaret Gist (Republican) running unopposed for County Coroner, Mike Weber (Democrat) running unopposed for County Attorney, Stephanie Verhasselt (Republican) running unopposed for Clerk and Recorder and Sandra L. Christensen running unopposed for County Treasurer/Assessor.

The hour and a half long debate welcomed written questions from the attending community providing an opportunity for voters to get to know the candidates and have specific concerns addressed. A common theme throughout the debate was how the oilfield and the population increase directly and indirectly affected different aspects of the county including an increased need for officers, an increased workload in the judicial system, funding for the county, infrastructure and education.

Some of the topics covered were law enforcement being understaffed to which both Dynneson and Renders agreed there is a need for temporary housing to draw officers and their families to the area; a continued need for cost-effective officer training was also discussed.

Doug Quilling, 69, Crane, MT

Celebration of life for Doug Quilling, 69, of Crane, MT will be at 2:00 p.m., Thursday, October 30, 2014 at the Quilling home south of Crane. Cremation has taken place under the direction of Fulkerson Funeral Home of Sidney. Memorials may be made to Richland County Hunter Safety Program, Hospice, and the Sidney Hospital Cancer Treatment Center. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com

Doug passed away the night before opening day of deer season, Friday evening, October 24, 2014, at his home surrounded by his family.

Ole Olson, 90,

Sidney, MTGraveside services for Ole Olson, 90, of Sidney, MT will be at 2:00 p.m., Thursday, October 30, 2014 at Bethel Melland Cemetery, Cartwright, ND. Interment will be in the Bethel Melland Cemetery, Cartwright, ND under the direction of Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be sent to the family at www.fulkersons.com.

Ole died on Sunday afternoon, October 26, 2014, at the Eagle Cliff Health facility in Billings, MT.

Myrtle Sorenson, 93, Sidney, MT

Funeral services for Myrtle Sorenson, 93, of Sidney, MT will be 10:00 a.m., Thursday, October 30, 2014 at Trinity Lutheran Church with Rev. Mark Nicolaus, PhD. Interment will be in the Brorson cemetery, Brorson Community. Remembrances, condolences and pictures may be shared with the family at www.

Myrtle died on Saturday afternoon, October 25, 2014, at the Sidney Health Center Extended Care Facility, Sidney, MT.

Letter to the Editor By Ryan Zinke

Montana's next Congressman will soon be chosen and it is vital that our next representative will fight to do what is best for our state and for our nation. The challenges we face- our \$18 trillion national debt, rising healthcare costs, and threats to our national security are real- and to continue to ignore them puts our country and our way of life at risk.

At the heart of solving these issues is ensuring we have a prosperous economy and good paying jobs so Montanans can succeed and we can keep the promises we have made to our seniors, veterans, and those in need. It takes a strong economy to afford a capable military, sound environmental policies, quality education, and maintenance of our public infrastructure and institutions.

Throughout this campaign I have had the privilege to speak with many of you about the issues facing our state. Thank you for taking the time to speak with me about them. Now more than ever, we need leadership in Washington, and good leadership begins with identifying the issues and working to find solutions.

In particular, I want to thank the people of Sidney and the surrounding area. After meeting with city officials and business owners from the agriculture and natural resource communities, I understand the unique challenges and opportunities we have there. I appreciate the warm welcome I received and I look forward to working together on building a prosperous community.

We can face our challenges head on and pass a legacy of prosperity to the next generation. I have found the people of Montana believe it, and so do I. Thank you for your support and I humbly ask for your vote in the upcoming election.

- Ryan Zinke

Corn Advisory Committee to Hold Corn Check-Off Meeting

The newly formed Corn Advisory Committee will hold their first meeting on Wednesday, November 12, 2014 from 8:30 a.m. until 12:00 p.m. at the Billings Hotel and Convention Center in the Parlor Room 1010. The advisory committee, comprised of six members se-

lected by the director of Montana's Department of Agriculture, was formed at the request of state corn growers to assist the industry. Corn production value topped \$38 million in 2013 according to USDA National Agriculture Statics Service. *Corn Advisory Committee Members: Don Steinbeisser – Sidney, Don Fast - Glasgow, Jason Brewer - Forsyth, Kim Nile - Terry, Glenn Rohde – Glasgow. The committee will be electing a chair and vice chair in

addition to reviewing production numbers and ratifying corn rules. The meeting is open to the public and there will be a public comment period.

The Montana Department of Agriculture's mission is to protect producers and consumers, and to enhance and develop agriculture and allied industries.

For more information on the Montana Department of Agriculture, visit agr.mt.gov. **MNAXLP**

Gregory Mohr discusses his 28 years serving as a judge.

An increased caseload in the courts due to the influx of people in the area was an issue addressed by both Mohr and Christoffersen (Bidegaray was unable to attend and had a written statement read on her be-

Weber discussed the need for him to, reluctantly, take on more of an administrative role and act less as a practicing attorney in order to

ensure work is addressed in a timely manner.

More than one inquiry was made about plans to receive state funding and both Knotts and Scott Staffanson agreed that funding infrastructure is a priority and that appeals would continue to be made.

The divvying up of school funds was addressed by Gail Staffanson and she explained that the needs of each school varied and so varied how they determined to spend allocated funds. For instance Lambert used funding to build housing for their teachers while Sidney doesn't have readily available access to land to do the same. The Common Core Curriculum was also brought up and Gail Staffanson clarified that this curriculum was only being used in math and reading in local schools and test scores in Montana are some of the best in the nation.

Voting will be held Tuesday, November 4 from 7am to 8pm. Voter registration closed October 6, however late registration is available by going to the Clerk and Recorder's Office on the third floor of the Richland County Courthouse at 201 West Main Street in Sidney. All candidates encouraged residents to turn out on Election Day and be involved in the direction of the community.



Richland County

Events in Sidney unless otherwise listed. MT Zone.

Thurs., Oct. 30

4 p.m. - 5 p.m. - Fox Trot of Treats at the Shops At Fox Run. Reynolds Market costume contest kids preschool thru 5th grade. Judging at 5:30 p.m. Cash prizes. Free hotdog meal for participants.

5 p.m. - 7 p.m. - Fall Festival, Fairview High School's old gym. There will be games, prizes, and contests.

7 p.m. - 10 p.m. - Halloween costume dance at St. Matthew's Parish Center gym. Grades 6th - 8th welcome. This dance will be a lock-in for safety. Admission \$4 w/ costume \$6 w/o costume. Concessions will be available.

Fri., Oct. 31

11:30 a.m. - Richland Red Hatters meet for lunch at the Senior Center, 813 3rd ST. NE, Sidney. RSVP by Oct. 29 to Sylvia at 406-798-3882 or Margaret at 406-488-4613.

11:30 a.m. — Sidney Senior Citizen Center will be hosting a meal. For more info call 406-433-8077. 2:30 p.m. - 5 p.m. - Trail of Treats. Pick up list of participating businesses at Reese & Ray's IGA. Final stop

at Faith Alliance Church. The church will be handing out hot dog sack lunches and hot chocolate. 6:30 p.m. - 5 stone drug and alcohol recovery meeting, Sidney Church of Nazarene, 606 9th ST. SW, back door is

open. Thurs., Nov 6th

6:00 p.m. - Sidney Sons of Norway 45th anniversary dinner and entertainment at the Moose Lodge. Presale tickets are \$15 available till Oct. 29th., \$20 thereafter. Call Charlotte 488-6522 or Kim 488-6611 for tickets.

10:00 a.m. - 2:00 p.m. Shepherd of the Valley, 211 East Holly, Sidney, Fall Bazaar & Bake Sale. Soup, sandwiches, pie & coffee. Baked goods and gift baskets. Tues., Nov. 11

6:30 p.m. - Leo Club Verteran's Day supper at the Elk's Club. All veterans welcome. For reservations call VFW at 433-9982 or 488-9764 by November 3rd.

7:00 p.m. - Sons of Norway monthy meeting at 714 East Main St. All are welcome.

MCKENZIE COUNTY Events in Watford City unless otherwise listed. CT Zone.

Thurs., Oct. 30

12 p.m. - 2 p.m. - McKenzie Co. Food Pantry, lower level of the First Lutheran Church, 212 2nd Ave. NW, Watford City, Cash Wise food giveaway, for more info or to set up an appt. call 701-444-3451 or www.mcfoodpantry.com.

Fri., Oct. 31

12-5 p.m. - Trail of Treats on Main Street, Watford City. 3-6 p.m. Trail of Treats "Off The Beaten Path", Fire Hall, Watford City.

Mon., Nov. 3rd

11:30 a.m. - Chamber Network Luncheon at Fox Hills Golf Course. Guest speaker Stacy Arnegard with McKenzie Co. Social Services along with city and county law enforcement to discuss sex offenders and what employers need to know. RSVP if planning to attend.

OTHER COUNTIES

Events unless otherwise listed, CT Zone

Williams County

Fri., Oct. 31

2:30-5:30 p.m. (ct) - 18th annual Trail of Treats, for ages 12 & under with their parents. The fun will start at Cooks on Main, Williston, you will receive a list of participating business at this location.

5:30-8 p.m. (ct) - All city Halloween party at the Raymond Family Community Center, Williston, sponsored by Williston Parks, and the Williston Police Association. This event is for children in preschool through 6th grade.

MNAXLP

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

Hair Extenions • Hats Ponytail Headbands

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Makeup • Body Paint Moustaches • Eyelashes

& More!





McDonalds in Sidney has been a very busy place the last two weeks. New owners Robert Kenney, his wife Karina and son Robert Jr. opened the restaurant Monday morning, October 13 and welcomed customers anxious for breakfast and a McCafe.

"Sales were quadruple what we expected," Robert Sr. said enthusiastically. "We are very thankful the community has welcomed us and shown their support by coming to the restaurant."

Owning a McDonalds restaurant is something Robert Sr. has always wanted. He started at a McDonalds in California when he was just 16 years old. "When the owner-operator hired me, I thought it was the most exciting thing in the world," he said. He also learned about McDonalds

standards back then and has worked hard at maintaining those standards ever since. "I cleaned the lobby and thought I had done a great job. The manager said it might be clean enough for most people, but not for McDonalds. They taught me the standards."

Karina and Robert Jr. also have extensive experience with McDonalds and Robert Sr. is obviously proud to have them by his side. "She is a blessing," he said of his wife. "And my son is here with me from open to close. He could be anywhere else but he is devoted to family."

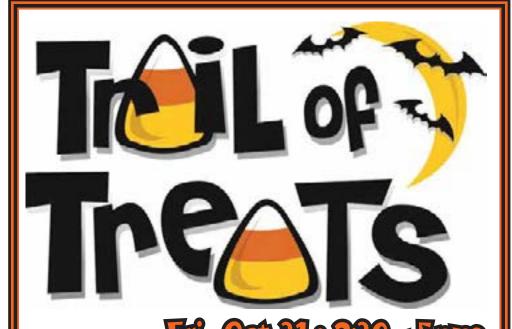
Kenneys are very family oriented and extend that to their employees. "I believe that if you take care of people, people will take care of you. They (the employees) are the reason we're going to be

successful," Robert Sr. said.

The response from the community has been overwhelming and Kenneys are very appreciative. However, with a new staff, the restaurant is not quite up to the performance level they would like. "We want to thank people for their patience and understanding as we continue to improve our service to you," Karina and Robert Sr. said.

"We're very thankful. We love this community," he added. The Kenneys' philosophy of giving back to the community matches that of McDonalds. "We want to be a good neighbor. We want to treat our customers the way they should be treated and go beyond their expectations."

McDonalds is located at 1550 S. Central Ave., Sidney.



Pick up the list of participating businesses at Reese & Ray's IGA at 2:30PM with the final stop at the Faith Alliance Church at 5PM. The Faith Alliance Church will be having the "Trunk of Treats," and handing out hot dog sack lunches & hot chocolate! They will also will have bathroom facilities available

Please remember to stay safe this Halloween and keep warm!

Reese & Ray's IGA • Holiday Inn Express • Foundation for Community Care Sidney Public Library • Yellowstone Bank* • Mid-Rivers Communications Sidney Herald • Farm Credit Services • BOSS Office Supplies • The Roundup Stockman Bank* • Johnson's Hardware & Furniture • Meadowlark* • Security Abstract Cellular Plus • John Stockhill Jewelers • Sunny's Family Restaurant Big Sky Embroidery • Ribbon & Rail • Fink Family Chiropractic (Located in the Village

Square Mall) • Power 95 (Located in the Village Square Mall) • Party Central Jz's Fashion & Coffee Boutique • KFC • NAPA • Hedahl's • Seitz Insurance MonDak Heritage Center • Farmers Insurance - Tiffany Steffan • White Drug Faith Alliance Church

*Faith Alliance Church will have sack lunches & hot chocolate available

We're UP for a CHALLENGE



Pictured Back: Physical Therapists - Nicole Keysor, Viola Anderson & Kirby Halvorson (Manager) and Sheila Cottrell, COTA; Front: Amanda Piatte, Physical Therapist, Brittney Rogers, Rehab Aid, and Lisa Christensen, Speech Therapist. Not Pictured: Jace Everett, Physical Therapist and Vince McGlothlin, Occupational Therapist.

October is

National Physical Therapy Month

The Rehab Department is hosting an Open House... Meet the staff, tour the department, ask questions, register for door prizes and part-take in the fun! We'll be serving Root Beer Floats!

Bring in a Donation for the **Food Bank and Pick a Staff** Member to do 10 Push-Ups!

Rehabilitation Department Open House

Thursday, October 30 • 2-4 PM Sidney Health Center Rehab Dept.



Exceptional Care for Life



The Rehab Department is located west of the main entrance of the hospital on 14th Ave SW. 216 14th Ave SW • Sidney, MT • Phone: (406) 488-2100

North Dakota House District 39



I wear many hats, but as your representative in Bismarck, I will work for you, for local control, for local business, for private industry & for safe & strong communitites.

Eastern party politics shouldn't be determining the future of western North Dakota. It's time for a representative willing to work with local leaders to get things done. I would appreciate your vote on November 4th

PAID FOR BY GREG TANK DISTRICT 39 COMMITTEE

















Sidney Football Senior Night

Senior night was held at the football game last Friday against Miles City. (Photos by Kathy Johnson)



Ethan Graves with his parents Ty and Erin Graves.



Gresh Jones with his parents Darold and Kari Jones.



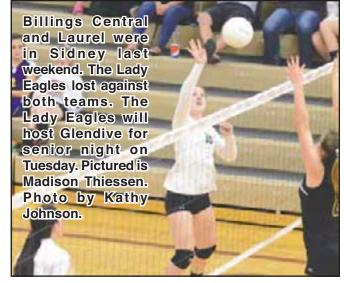
John Haraldson with his parents Rick and Darci



Logan Thiel with his parents Dexter and Sherry Thiel.



The Eagles lost to Miles City last weekend 20-7. Pictured are (L-R) Kyle Mueller #46 and Bridger Coffman #28. Photo by Kathy Johnson.





2308 West Front St. Williston, ND | 701-572-2590



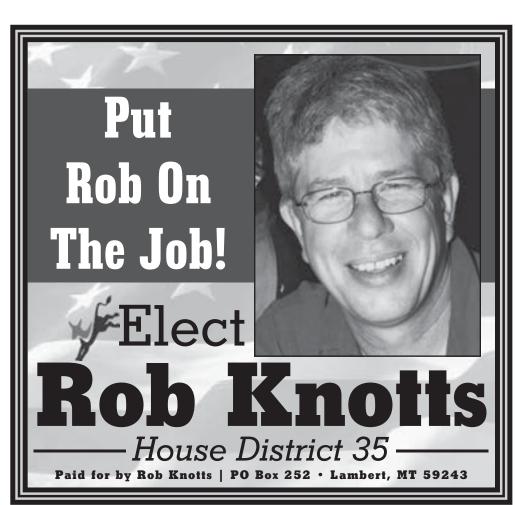


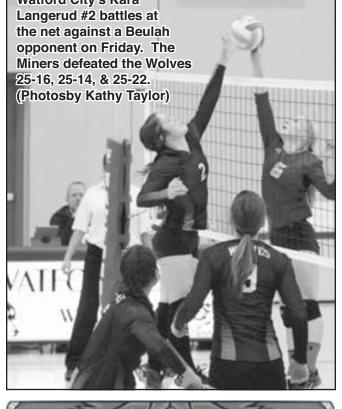




Miners defeated the Wolves 34-8. The Wolves ended their regular season 6-3, advancing them to the AA playoffs. The Wolves will travel to Fargo Shanley on Nov. 1st. for the first play off

game.

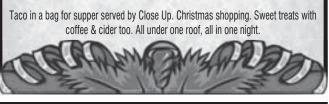






Pampered Chef • Hang It On The Line Mary & Martha • Scentsy • Tastefully Simple Arbonne • Mary Kay • Tupperware • Norwex Thirty-One • Jamberry • Organo Gold Damsel In Defense • Gracie Lou Boutique The Traveling Vineyard • Sweet Southern Creations **Jewelry in Candles • Discovery Toys** Purple Squirrel • In a Pikle • Silpada • KO Leather Lela • Usborne Books • Watford City Centennial Dove Chocolate Discoveries • Bent Arrow Furnishings by Erin

coffee & cider too. All under one roof, all in one night.











Fairview Football Roster:

Monte Cayko: 7, Donald Fugate: 69, Jared Gustafson: 18, Alex Taylor: 19, Nate Turner: 31, Michael Calvert: 25, Ben Hardy: 11, Josh Hurley: 32, Jonathon Lebsock: 33, Dustin Rice: 79,

Mitchell Shaide: 2, Brett Andreasen: 6, Braden Burman: 22, Taryn Candee: 12, Pat Hardy: 9, Parker Jensen: 40, Tanner Reynolds: 5, Sean Conlin: 8, Jason Klein: 1, Sterling Sannon: 55, Dalton Watson: 85, Rex Renolds: 37 & Edwardo Luna: 66



























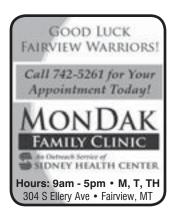














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Brian Ler Treasurer 1102 Sunflower Lane Sidney MT 59270

Roundap WEB. CO



Friday, October 31st

J&L Karaoke • 8 pm

Costume Judging At Midnight Free Non-Alcoholic Drinks To Designated Drivers!

VFW Sidney

Mon-Sat 10 am - 2 am 124 2nd Ave NE • 433-9982



85th Annual Meeting of **Farmers Union Oil Company**

Notice is hereby given that this year's meeting will be held Thursday, November 6th, 2014 at the Outlaws Ballroom (120 N. Main St. • Watford City) beginning at 6 pm. Supper will follow the meeting. McKenzie County Farmer's Union Convention will follow supper.

- Annual audit report will be presented by Amanda Martin, North Dakota Farmers Union
- Elections of one (1) director
- Any other business to properly come before the meeting will be transacted.
- Door Prizes!

BY ORDER OF THE BOARD OF DIRECTORS **Dustin Ceynar, Secretary**

Farmers Union Oil Co. 501 6th Ave SE • Watford City | Open 6am • 10pm Daily • 701-444-3639

1ST ROUND FOOTBALL PLAYOFFS SAT, NOV 1



Farmers Elevator and Ag Center

406-773-5758 Elevator 406-773-5853 Ag Center

LAMBERT HISTORICAL SOCIETY & FOX LAKE SENIOR CITIZENS CENTER

Lambert, MT 406-774-3439

Football

Back Row: Coach Joe Day Rider, Trent Lien, John Helmuth, Brock Frisbie, Kyle Watson, Kelvin Hill, Coach Shawn Lien

Middle Row: Jacob Rosaaen, Ryder Olson, Kimball Brost, Hazen Fink, Skilor May

Front Row: Casey Watson, Mark Evenson, Kenny Johnson, Tanner Schipman, Seth Brown



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District 1C Volleyball Tourney

Wed - Fri, Oct 29-31: Sidney High School

Wednesday, October 29 Schedule

3 pm......Froid/Lake vs MonDak 4:30 pm...... Culbertson vs Bainville .Savage vs R&L 6 pm..... 7:30 pm.....Fairview vs winner of Froid/Lake/MonDak game

FAIRVIEW VOLLEYBALL:

Back (L-R): Coach Jessie Hardy, Jaena Cotter, Alexis Gustafson, Faith Vitt, Amie Taylor,

Martha Hurley, Caitlin Yadon, Kassidy Schriver, Kelly Danielson, Bailey Schriver and Coach Amber Ryckman. Middle (L-R) Jae Kloker, Meredith Johnson, Bailee Vitt, Addison Kortes,

Amber Berry, Laurel Erickson, Alex Wicks, Manager Sierra Rowlett. Front (L-R): Jenna Bieber,

Torrie Hurley, Emma Skov.



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Coach LaRae Romo. Somer Reidle, Joely Picard, Mackenzie Butikofer, Samantha Holte, Carly Bowker, Asst. Coach April Wills.

Middle Row (L-R): Sajuanita Lozoya, Elizabeth Rabbe, Lexi Anaya, Taylor Mayer, Elise Romo, Mikayla Lambert. Front Row (L-R): Alisia Lozano, Jaden Smith, Macala Adkins, Abby Reidle

R&L VOLLEYBALL

Cierra Bireley, Anna Johnson, Halle Fatzinger, Sydney Brost, Nina

Jovanovic, Rain Rehbein, Megan Volbrecht, Ellie Volbrecht, Emma Gutemar Rilegard, Taylor Fink, Autumn Rehbein, Shaye Johnston, Kinga Kaminska, Rachel Prevost, Brittany Whiteman, Emily Carda, Kaylee Rains Front Row (L-R): Coach Sarah Knox, Paige Smith, Coach Tilda Whiteman

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7:30 pm......Fairview vs winner of Froid/Lake/MonDak game





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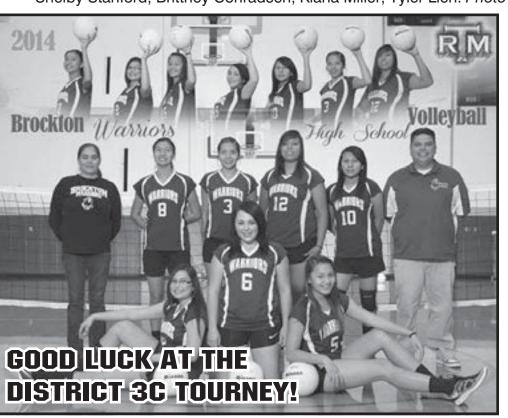
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Back (L-R): Head Coach Jean Hagler, Emily Reynolds, Ashlind Conradsen, Brynn Salsbury, Morgan Tysver, Cara Clemmer, Asst. Coach Ashley Shaw. Front (L-R): Lexi Joslin, Soda Rice, Shelby Stanford, Brittney Conradsen, Kiana Miller, Tyler Lien. Photo by Picture Perfect



BROCKTON VOLLEYBALL

L-R: Toni Johnson (Assistant Coach), Alleen Russell, April Brown, Ellyn Plain Bull, Faith Longtree. Jacob Turcotte (Head Coach) Bottom Row: Kiah Grey Bear, Amanda Turcotte, Jasmine

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Loren Young Margaret Gist

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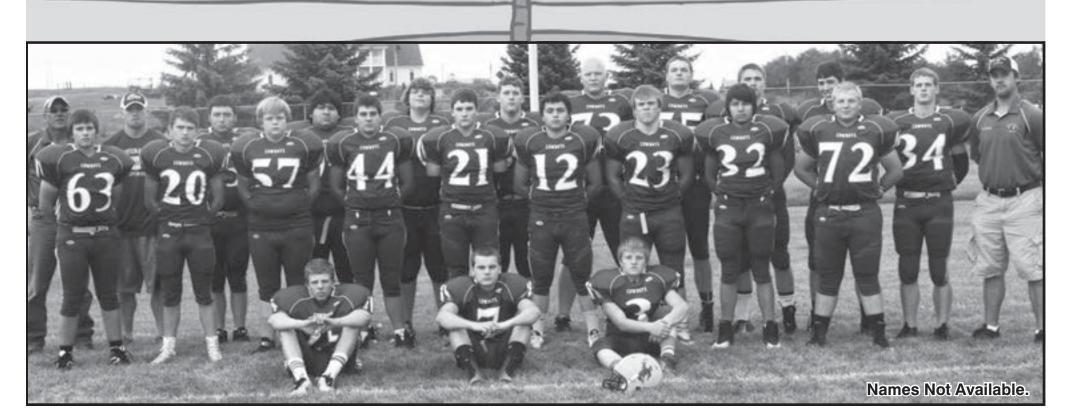
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Wed., Oct. 29

District 1C Tourney in Sidney: Froid/ Lake vs MonDak, 3 p.m.; Culbertson vs Bainville, 4:30 p.m.; Savage vs R&L, 6 p.m.

Thurs., Oct. 30 District 1C Tourney in Sidney: Fairview vs Froid/Lake/MonDak, 7:30

District 15 Tourney in New Town: Williston Trinity Christian vs New Town, 6 p.m.; Parshall vs White Shield, 7:30 p.m.

Watford City V/JV at Belfield, 7/6 pm

Tues., Nov. 4

District 15 Tourney in New Town: Trenton vs winner of Williston Trinity Christian/New Town game, 6 p.m.; Watford City vs winner of Parshall/White Shield game, 7:30 p.m.

Football

Sat., Nov. 1 1st round of playoffs: Savage vs Bridger at Savage, 1 p.m.

Fairview vs White Sulphur Springs in Fairview, 1 p.m. Culbertson vs Ennis at Ennis, 1 p.m. R&L vs Custer at Custer, 1 p.m. Watford City at Fargo vs Shanley, 12

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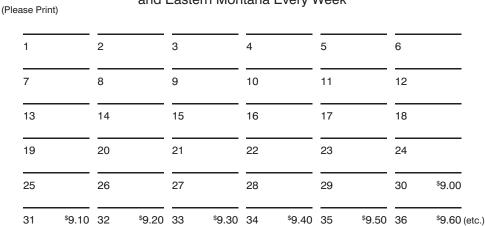


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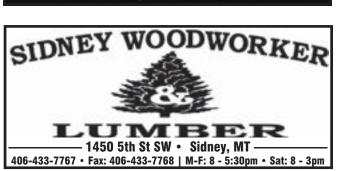


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Sojourn/Earth/Sidney, Closing Reception Nov. 1

Submitted by Kim Simmonds

The MonDak Heritage Center welcomes back Lora Groves, a San Francisco Bay Area artist with a special clsoing reception on Saturday, November 1, 2014 at 2pm. Sojourn/Earth/Sidney, the show's title, refers to ways this work has traveled, continues to travel.

Groves, born in the Midwest, raised in Hawaii, schooled "Everywhere, Daily". worked with horses, and spent many hours on trails in the back country on the island of Oahu, before moving to California, adding up to a serious passion for both the outdoors and for silent communication. "In my mind we are all spongy creatures that soak up experience. -And silent communication doesn't mean things don't have rhythm. Artists are just some of the ones whose job is to make stuff in order to share that experience, and to figure out when that rhythm changes how to respond."

While in college, Groves



decided she needed a change from sports medicine and physical therapy to "I don't know what I can do, but has to be something to do with artwork..." This change took place while tramping around Europe with a friend at the age of 21. She wandered from Photography and Design, to sculpture, to painting. Drawing was really hard, Groves stated, so she spent years and years working on it. It is still the daily practice that informs the paintings. The human form was her main subject at first, which makes sense since she'd been studying anatomy

and kinesiology.

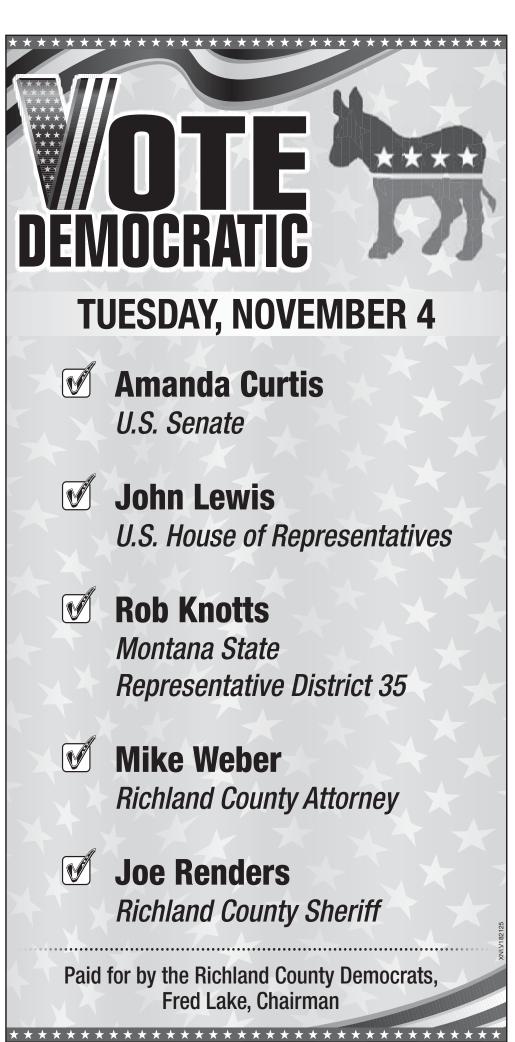
This show is the most recent ongoing result of a large circle of friendship and caring for earth, for neighbors, and for saying what has been collected by experience over time.

Lora will be joining the MonDak Heritage Center 120 3rd Ave SE, Sidney MT on November 1st for the closing of Sojourn/Earth/Sidney from 2 - 4pm. Please plan to attend the last day of this wonderful show, visit with Lora and her husband Ken. You can visit Lora's website at www. loragroves.com for a more information.



Blue Rock Donates To Foundation for Community Care

Blue Rock Products, on behalf of Pepsi Cola, presented a check for \$5000 to The Foundation For Community Care in Sidney last week. The money was earned by Blue Rock as a finalist in the Donald M. Kendall Bottler of the Year competition. Pictured L to R, are Randy Olson, vice president of administration, Blue Rock; Staci Miller, Foundation For Community Care Executive director; Eric Beenken, general manager, Blue Rock.



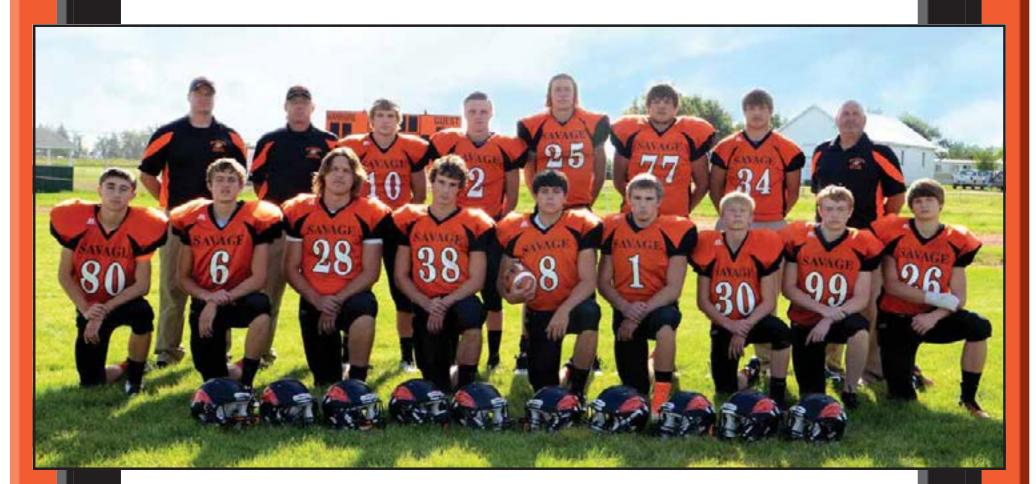




GOOD LUCK SAME WARRINGS

AT FIRST ROUND PLAYOFFS

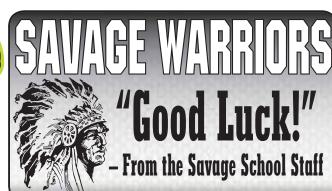
Bridger at Savage Sat, Nov 1st at 1pm

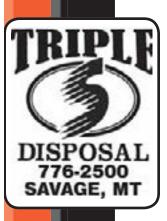


FOOTBALL

Back (L-R): Asst. Coach Eric Rensvold, Asst. Coach Troy Prevost, Trent Prevost, Braden Feisthamel, Ryder Rice, Chase Hagler, Tanner Hagler, Head Coach Jim Miller. **Front Row (L-R):** Bailey Micheletto, Bryar Lange, Riley Hagler, Trey Bloesser, Paxton Miller, Brock Miller, Owen Nelson, Jeff Scholla, Clay Sheehan. *Photo by Picture Perfect*

















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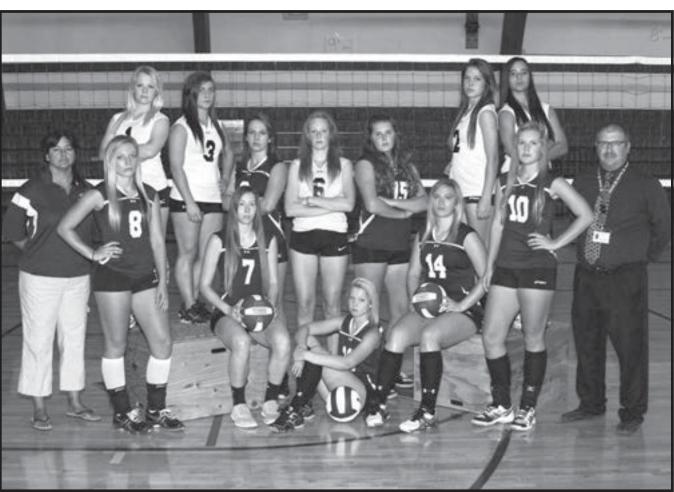
Sat, Nov 1st • 12pm Watford City vs Fargo Shanley at Fargo



Front Row (L-R): Logan Fettig, Jonathan Dunn, Jaryn Homiston, Brenden Leaming, Justin Schwartzenberger, Michael Neprash, Dalton Wright, Clay Jorgenson, Eric Leiseth, Bo Cook, David Kline. 2nd Row (L-R): Eric Hellandsaas, Heath Chaffin, Cody Johnson, James Wahus, Beau Heiser, Daniel Marmon, Keegan Thompson, Derrike Hayden, Brandon Sandvik, Jacob Belland, Aaron Bigelow, Kyle Cook, Zach Wahus. 3rd Row (L-R): Kye Bolken, Blake Bigelow, Rait Elliot, Anthony Cheney, Bridger Morken, Adrian Castanada, Brady Leiseth, Kason Hartel, Jarek Hogue, Jackson Voll, Tyler Krabenhoft, Antonio Garcia. 4th row (L-R): Austin Johnson, Carter Knutson, Hunter Neether, Carter Zenz, Tristan Hunt, Brett Skarda, Jackson Faller, Connor Dennis, Mikey Gorelik, Tyler Krabenhoft. Back Row: Assistant Coaches Jerome Hoffman, Logan Suter, Eric Krogen, Mitch Greenwood, Head Coach Justin Johnsrud, Asst. Coaches Marshall Krebs, Pat Fitzgerald.

Mon, Tues & Thurs, Nov. 3rd, 4th & 6th At New Town, ND

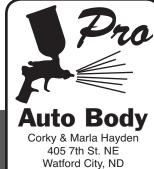
Tuesday • 7:30 pm • Watford City vs Winner of Parshall/White Shield Game



Back row (L-R): Addison Sundeen, Bailee Garmann, Katie Mogen, Emily Segneri, Mackenzie Sparby, Kara Langerud, Tarynn Jacobson. **Front row (L-R):** Asst. Coach Terrille Jacobson, Lea Arndt, Rikki Lindley, Brea Jore, Alli Mogen, Krystal Wold, Head Coach Brad Foss.



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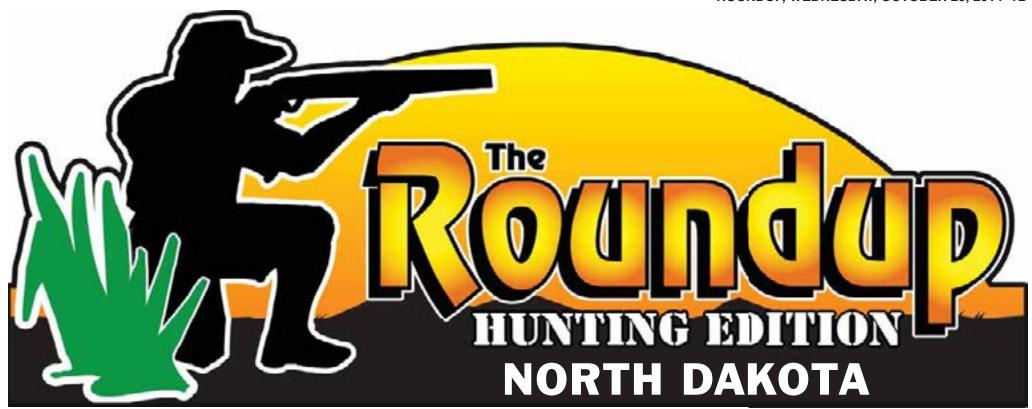
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Gear Up for the Hunt at Saddle Up on Main

By Jody Wells

In January of this year Saddle Up, Watford City's premiere western wear and tack store opened the doors to a 2600 sq. ft. building located at 109 6th Ave. SE in Watford City's new South Park development. By this summer, after some renovations, owners Mark & Dori Sparby reopened the original Saddle Up store on Main St. featuring FR apparel and an all-new hunting section.

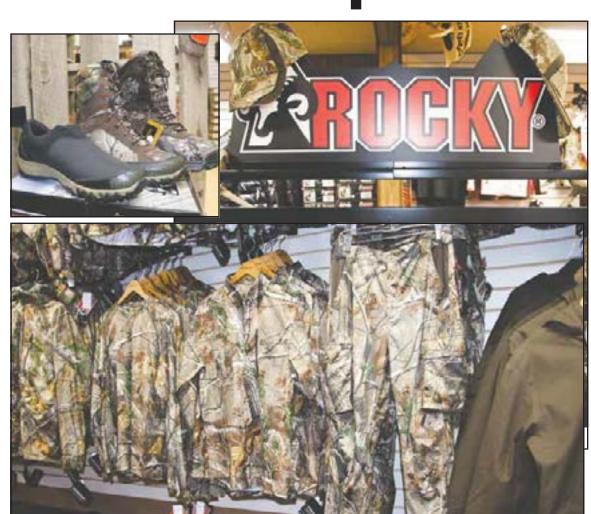
Saddle up on Main carries hunting apparel lines from Wrangler and Rocky to fit needs of local hunters. Saddle Up also keeps with their tradition of offering the largest hunting boot selection in western North Dakota and eastern Montana hands down. They have the complete line of Rocky outdoor and rubber boots as well as camouflage hunting and hiking boots. Another major brand the store features in both outdoor shows and camouflage cowboy boots is Ariat. Saddle Up on Main's extensive boot selection also includes outdoor rubber, hiking and camo boots for women and kids from totter to teen.

Saddle Up has the Wrangler Pro-Gear® hunting apparel line of pants, shirts and parkas for men and key styles available for women & boys. The hunting pant selection includes the Upland Jean, camo jeans and Realtree® AP™

Black Thermal Lined Camo Jean. The ProGear shirts include the Wrangler ProGear® Realtree Xtra™ Twill Shooter Shirt that features the room2move® fit and shoulder padding. They also carry the Realtree Xtra™ Fleece Lined Camo Jacket with a hood to lock in the warmth on those cold mornings in the tree stand or blind.

The store's Rocky hunting apparel includes the SilentHunter, Rocky Athletic Mobility, Arid Light, Waterfowler and ScentIQ collections. For men, they offer the SilentHunter long sleeve shirts, rain jacket, fleece jackets and pants as well as the SilentHunter boots. The SilentHunter line also includes the ScentIQ technology that helps to block the release of the human scent that can spook the prey. Saddle Up also carries most of the Rocky Waterfowler collection including cargo pants, fleeces, shirts and coats. Rounding out the Rocky hunting gear is a large selection of cloves, hats and cold weather head protection.

Without a doubt, Saddle Up on Main St. has the right, top of the line hunting clothes and boots for the avid hunter and his entire family. Stop by to see it for yourself at 125 N Main St. They have the smallest door, but the biggest store of hunting gear in Watford City.







2010-2014 Deer Population Information

By ND FWP

Every five years, North Dakota Game and Fish Department biologists establish a benchmark for deer licenses in the state – a number that will guide management decisions for several years.

The five-year goal is an effort that involves biological information from deer surveys and hunter-harvest figures, plus observations and input from game wardens, hunters, landowners and others who have a stake in North Dakota deer management. For this 2010 five-year plan, Game and Fish presented draft goals at the spring advisory meetings, and made numerous changes based on public input received.

The new five-year goal is for a statewide deer population that would provide 124,800 deer gun licenses. Within this total, outlined in the information that follows, are license objectives for each of the 38 hunting units.

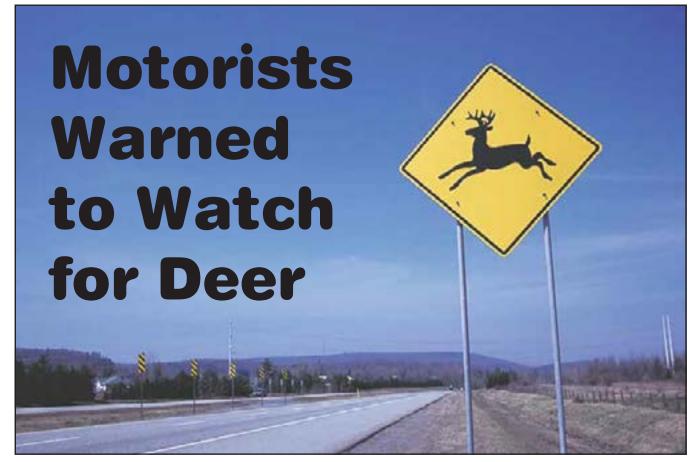
It is important to understand that unit and statewide goals will not necessarily match the number of licenses Game and Fish will issue each year. The goal is an ideal number given consistent winter weather and habitat conditions. As the variables change, however, the number of licenses will likely go up or down every year, based on whether harvest needs to increase or decrease to move toward the goal the following year.

For instance, the 2010 deer gun license allocation was about 116,000, with a major reduction in antlerless licenses from the previous year in most units, which will promote deer population growth in those units, at least until the number of licenses can increase to match unit goals. If the population gets too high, Game and Fish may have to greatly increase the number of licenses in order to move deer numbers back down toward the goal.

The new five-year goal is about a 25 percent increase over the goal established in 2005 of 100,000 licenses. Since that plan was developed, through input from hunters, landowners and others, Game and Fish wildlife managers determined that a somewhat higher deer population could still strike a balance between hunter interest, landowner tolerance and public acceptance.

Game and Fish welcomes input on this five-year plan, as preparations for the next plan in 2015 are already beginning. To pass along your comments, send us an e-mail at ndgf@nd.gov; call us at (701) 328-6300; or write North Dakota Game and Fish Department, 100 N. Bismarck Expressway, Bismarck, ND 58501.





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Verify Deer License

The North Dakota Game and Fish Department urges deer hunters to find their license and check it for accuracy.

Every year the Game and Fish Department's licensing section receives last-minute inquiries from hunters who can't find their license. When that happens, it's difficult to try to get a replacement license in time for the season opener.

Another reason to check the license now is to make sure the unit and species is what was intended.

Deer hunters in need of a replacement license can print out a duplicate (replacement) license application from the Game and Fish website, gf.nd.gov, or can call 701-328-6300 to have an application mailed or faxed.

The form must be completely filled out and notarized, and sent back in to the department with a fee.

Hunting from Duck Boats Requires Safety

Waterfowlers hunting from boats are encouraged to wear properly-fitted life jackets while on the water.

North Dakota Game and Fish Department boat and water safety coordinator Nancy Boldt said there are hunting jackets available with life jackets already built in.

"There are no excuses, they are light and comfortable to wear," Boldt said.

Eight people have drowned in state waters since 1998 while hunting from a boat, and none were wearing life jackets. Boldt wants to make sure a duck hunter doesn't become another statistic.

"Capsizing and falling overboard from small boats are the most common types of fatal boating accidents for hunters," Boldt added. "With all the gear in the boat, including dogs, it can quickly become unbalanced."

In addition, wearing a life jacket will not only keep the overboard hunter afloat, but also slow the loss of critical body heat caused by exposure to cold water. Motorists are reminded to watch for deer along roadways, especially this time of year, because juvenile animals are dispersing from their home ranges.

October through early December is the peak period for deer-vehicle accidents. Motorists are advised to slow down and exercise caution after dark to reduce the likelihood of encounters with deer along roadways. Most deer-vehicle accidents occur primarily at dawn and dusk when deer are most often moving around.

Motorists should be aware of warning signs signaling deer are in the area. When you see one deer cross the road, look for a second or third deer to follow. Also, pay attention on roadways posted with Deer Crossing Area caution signs.

Deer-vehicle accidents are at times unavoidable. If an accident does happen, motorists are reminded that a law passed by the 2013 state legislature eliminates the need for the driver involved in an accident to notify law enforcement authorities, if only the vehicle is damaged. Deer-vehicle accidents that involve injury or other property damage still must be reported.

In addition, a permit is still required to take parts or the whole carcass of a road-killed deer. Permits are free and available from game wardens and local law enforcement offices.

A few precautions can minimize chances of injury or property damage in a deer-vehicle crash.

Always wear your seat belt.

Don't swerve or take the ditch to avoid hitting a deer. Try to brake as much as possible and stay on the roadway. Don't lose control of your vehicle or slam into something else to miss the deer. You risk less injury by hitting the deer.

If you spot deer ahead, slow down immediately and honk your horn.

Order 2015 OUTDOORS Calendars

The North Dakota Game and Fish Department is taking orders for its North Dakota OUTDOORS calendar, the source for all hunting season and application dates for 2015. Along with outstanding color photographs of North Dakota wildlife and scenery, it also includes sunrise-sunset times and moon phases.

To order, send \$3 for each, plus \$1 postage, to: Calendar, North Dakota Game and Fish Department, 100 N. Bismarck Expressway, Bismarck, ND 58501-5095. Be sure to include a three-line return address with your order, or the post office may not deliver our return mailing.

The calendar is the North Dakota OUTDOORS magazine's December issue, so current subscribers will automatically receive it in the mail.

Contest to Determine PLOTS Cover

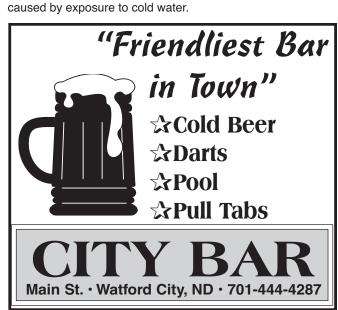
The deadline is months away, but now is the time to frame the perfect photograph for a contest that will determine the cover of the 2015 Private Land Open To Sportsmen guide.

From end-of-day hunting shots, to scenic action or landscape shots, the North Dakota Game and Fish Department wants to feature hunter photos on the 2015 PLOTS cover and elsewhere that showcase North Dakota's strong hunting beritage

The department's free PLOTS guide, which highlights walk-in hunting areas across the state, was first published in the late 1990s.

The only real contest guideline is that photos must include a PLOTS sign, front-facing or silhouette.

The contest deadline is April 30, 2015. Log on to the Game and Fish Department's website, gf.nd.gov, to learn more about contest prizes, rules and entry information.





Influenza Update – 2014

By Jerome A Kessler, MD

Now that Ebola is on everybody's mind, influenza seems like a boring topic. When I was at a "Harvard Hospital Medicine" review course a few weeks ago, the speaker commented that it is too bad that one person in this country has died from Ebola, but it is important that we deal with the continuing threat we face every year from influenza. About 50,000 people in the US (and ½ million worldwide) die from influenza every year. Influenza is not "just the flu." It is a big deal, I tell my patients, and it is something that is largely preventable. Influenza and Pneumonia are, in fact, officially listed as the 5th leading cause of death in our country.

The CDC recommends that everyone aged 6 months and older have a yearly flu vaccine. One change for this year is the recommendation to use the intranasal vaccine for healthy children aged 2 to 8 years of age. It works better for this age group, but the shot still works for these children – and in some cases the intranasal vaccine is not recommended. Consult your child's health care provider for details.

Vaccination is especially important for people aged 65 years or older because they are at increased risk for complications from flu. Regardless of your age or state of health, though, you should get a yearly flu shot. Of course we don't want you to get sick, but if you do get the flu, you could pass this deadly disease to your aging mother or asthmatic neighbor – which is a big reason why everyone should get vaccinated.

For people aged 65 years or older, there are now two flu injections to choose from: a "regular dose" flu shot and a new "high dose" flu shot. This shot ("Fluzone High Dose") contains four times the amount of antigen contained in regular flu injections, and confers better immunity than the standard dose vaccine. In the absence of widespread availability of this more expensive agent, the CDC has not made strong recommendations for this vaccine over the standard dose

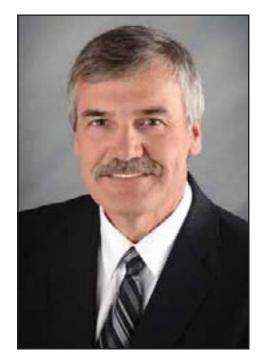
There is also a new quadrivalent influenza vaccine, which contains antigenic components of two "A" strains and

two "B" strains. Epidemics of influenza B occur every 2 to 4 years in all age groups, and is a common cause of influenza problems in children. The most important thing is not which flu shot you get - but that you get one! And this is the ideal time to get your yearly influenza vaccine. Many people tell me that the flu is "no big deal," and they "only get the flu" when they get the flu

shot. These are just a few of the many misconceptions that surround this disease. Influenza, for example, is far different from the "common cold." Colds come on gradually, are usually mild, cause a scratchy throat, may be associated with a runny nose, and resolve in 3-4 days without any treatment. Influenza, on the other hand, usually has an abrupt onset, sore throat, cough, wheezing, has a high fever, severe headache, and is accompanied by diffuse aches and pains. Vomiting and diarrhea is not a part of true

The flu shot is 70-90% effective in building up your body's antibody level to prevent influenza infection. It is your body's ability to mount an immune response that can cause mild pain at the injection site and a low-grade fever. You can also get a runny nose and mild "flu like" illness. That is a lot better than having a 106 degree fever and influenza-related pneumonia! And concerns about Guillain Barré syndrome from flu vaccines are grossly distorted. Flu vaccine related Guillain Barré syndrome (ascending paralysis, generally reversible) affects about 1 out of a million vaccine recipients, compared to 17 out of a million influenza-infected patients.

If you forget to get the flu shot, or if you think you have the flu despite being vaccinated, then you should

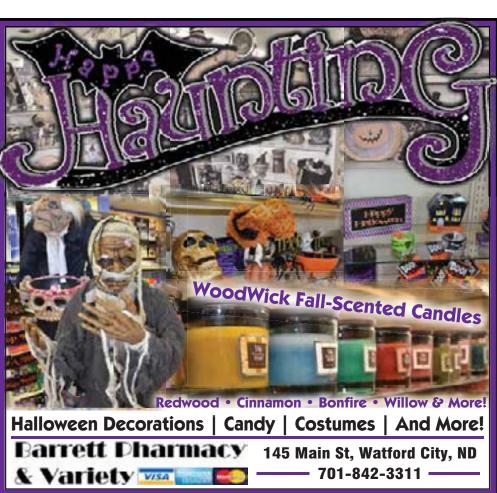


Jerome A Kessler, MD

notify your health care provider. A reasonably accurate diagnosis can usually be made over the telephone. Most of the time the best thing to do is to stay at home, get plenty of rest, drink lots of fluids, and avoid spreading the infection to others in your school or workplace. Sometimes your health care provider may order a rapid influenza test. Although the reliability of these tests is not perfect, they can help tell us what is going through the community. There are antiviral drugs (Tamiflu and Relenza) that can lessen the severity and duration of an influenza infection. These medications are most effective if started within 48 hours of the onset of symptoms. If you are "really sick" with influenza related disease (pneumonia, dehydration, delirium, etc.) you should be hospitalized for intravenous fluids, antibiotics, and breathing treatments.

This has been a brief summary of "recent updates" for the 2014-2015 influenza season. Contact your health care provider for more information. The disease has been around for a long time. It may not be as exciting as Ebola, MERS, SARS, and some of the other things we have been hearing about lately – but it is still a killer. And it is something we can prevent! So head down to your local clinic, health department, workplace, or pharmacy to get your yearly flueshot







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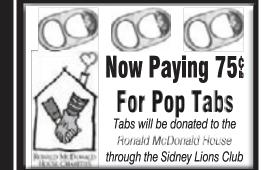
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Pictured Back: Physical Therapists - Nicole Keysor, Viola Anderson, Kirby Halvorson (Manager) and Sheila Cottrell, COTA; Front: Amanda Piatte, Physical

Therapist, Brittney Rogers, Rehab Aid, and Lisa Christensen, Speech Therapist. Not Pictured: Jace Everett, Physical Therapist and Vince McGlothlin, Occupational Therapist.

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Invites you to join us at our

Thursday, November 6th, 2014 at 6pm at the Sidney Elks Lodge

Please RSVP by October 31st.

As a member of an Eastern Montana economic development organization, your attendance and participation will be greatly appreciated. We hope you will join us as we highlight our projects and activities, and that you enjoy the evening with us. A brief business meeting will be part of our agenda.

This event is open to the public.

From the Board of Richland Economic Development Corp.

Many thanks to our investment partners working together for Richland County's Future

Richland Economic Development Corp. Membership as of September 30th, 2014

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Torgerson, Ken & Pat Tri-County Implement Triple S Disposal Uintah Engineering & Land Surveying Union Gateway, Inc Wells Fargo Bank Winner's Pub Yellowstone Chiropractic Clinic Yellowstone Marketplace

By Amanda Piatte, PT, DPT

That is a great question. We all have excuses for everything, especially to get up and do something: "My knee hurts", "I had a rough day", I'm just not feeling up to it today", "I'm lazy", "I do it every -other time, so I'll do it next time".

It's not too late to make a difference. Putting it into another perspective, it's similar to saving money. Yes we all know we should have invested better in the past, not spent money on certain things and saved better. It's not too late to start changing your spending habits. You know you would have more money and a better life if you made better choices earlier with your money, but you have to start somewhere or you won't have anything and find yourself in a lot of trouble. Your health is much the same. You have to start somewhere, why not start right today, right now.

Do you feel a little thirsty? Do you need that piece of paper? Have you been sitting down for longer than 30 min? Now is the time to get up and go get it yourself, start simple. Studies have suggested that prolonged sitting can be unhealthy. Movement can help prevent obesity, which may be linked to at least 18% of US adult deaths. Just walking a little bit each day can help reduce the risk of heart attack and stroke. To maintain a healthy balance system, movement is vital. This is especially true to the aging adult as falls often lead to significant, costly injuries.

Active vs Passive Care

Benefits of Physical Therapy- These movement specialists are experts in improving mobility and motion, especially since pain-free (or minimal pain) is crucial to your quality of life, your ability to earn a living, your ability to enjoy the simple pleasures in life, and much more. Physical therapists help avoid surgery and prescription drugs, some of those with the not so fun. "minor" side-effects. More research has suggested that treatment by a physical therapist is often an equally effective and cheaper alternative to surgery and prescription drugs for many conditions which include but not limited to back pain, meniscus tears, knee osteoarthritis, and degenerative disk disease-which is a normal process of aging.

Did you know?

Laws vary state to state and insurance plans differ, however anyone in the U.S. can arrange a screening by a physical therapist without a physician's referral. Many people have begun to seek yearly physical therapy check-ups and boosters to minimize risks of injury or falls and to improve their quality of daily life.

Decisions you make now can affect you the rest of your life. Your quality of life depends on you and the decisions you make now. Grab a buddy to hold each other accountable and make a change today! Start small and build your way to success.

Halloween **Costume Dance** Oct. 30

Thursday, October 30th, the Halloween Costume Dance, sponsored by St. Matthew's Church will be at 7p.m. - 10p.m. at the St. Mattherws Parish Center Gym. Grades 6th - 8th are welcome. Admission price with a costume is \$4.00 and admission price without a costume is \$6.00. Concessions will be available to purchase snacks and drinks. Those in costume may sign up once for a chance to win 1 of the 10 door prizes to be given away the night of the dance.

Music DJ will be by Midnight Express. This dance is a lock-in for safety. Students will only be allowed to leave early if picked up by a parent.



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PUSH-UPS for FLOATS: Thursday, October 30th 2-4 pm at the Rehabilitation Clinic



By Amanda Piatte, PT, DPT October is National Phys-

10/30/14

ical Therapy Month! The Sidney Health Center Rehabilitation Services is hosting their annual community invitation to hang out with the rehab team to ask questions, meet the staff and explore rehab clinic while enjoying root beer floats. This year there are new challenges for the department, hospital, and the community. Bring in food items to donate to the food bank and pick any rehab staff member to do 10 push-ups.

The Challenge is for the Rehab Team vs Hospital Staff vs Community- who can donate the highest number of nonperishable (non-expired)

food articles. With colder temperatures moving in, many families are in need and the hospital would like to help out the local food bank with donations.

In addition, some extreme sports will occur including fun wii games, dynavision speed, and mind blowing brain challenges. Everyone who participates will be put into a drawing to win an ipod shuffle, a health basket or a free shirt donated by Run the World, Sidney's Run Club.

See you Thursday, October 30th 2-4 pm at the Rehabilitation Clinic southwest of the front entrance to the main hospital entrance.

2013 Open House

announces Nicole Keysor as the winner of the push

FOOD BANK Recommendations & specific needs:

- · Non-perishable, nonexpired
- Canned: tuna, tomato varieties (14.5 oz), apple sauce (for babies), soups, beans-pinto, chili
- Oatmeal- box or instant
- for the kids · Feminine hygiene
- · Roman noodles
- All other non-perishable food items greatly appreciated!

Above photos: Push up Challenge - Amanda Piatte up challenge against

Viola Anderson.

ASTHMA? The Montana Asthma Project Home Visiting Can Help!

Does Your Child Have

Who Is Eligible?

- Children ages 0-17 with asthma
- Children living in **Richland County**
- Children with frequent Asthma symptoms, activity limitations, or emergency department/urgent care visits due to asthma related

illnesses Why Should My **Child Enroll?**

- To learn skills to be active & healthy while living with asthma
- To ensure that your home is as asthma friendly as possible
- To learn how to communicate with your healthcare provider, school & childcare provider about this disease

Call Kay Nice, RN

What Will You Receive?

- One year's worth of home visits from a registered nurse
- An asthma home assessment to identify possible asthma triggers
- Asthma education
- Free asthma-friendly



AVOID the FLU The CDC recommends to get your flu shot



The Richland County Health Department, Sidney Health Center and White Drug are working collaboratively to fight the flu in Richland County. Our goal is to have 2,000 residents get the flu shot this season.

AGENCY	FLU SHOT SCHEDULE
Richland County Health Department	Monday - Wednesday: 12:00 - 5:00 PM Note: Check our Facebook page for Special Flu Shot Clinics
White Drug	Monday - Friday: 9:00 AM - 7:00 PM Saturday: 9:00 AM - 3:30 PM
Sidney Health Center Clinic	Schedule an appointment with your provider - Call the Clinic Receptionist at 488-2510



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MDT Proposes Adding a Left-Turn Lane to MT 16 at Crane, MT – Richland County

Submitted by Lori Ryan

The Montana Department of Transportation (MDT) would like to notify the public and seek comments on a proposal to add a left-turn lane to the intersection of MT 16 and Marshall Street in Crane, MT. at reference post 41.8. The project limits will be established based on the geometry necessary for the development of the left-turn lane.

Proposed work includes roadway widening for the leftturn lane, milling the existing surface, applying a new overlay, installing rumble strips and finishing with a seal & cover (chip seal), upgraded pavement markings and signage.

The project will be scheduled for construction on completion of all project development activities and availability of funding.

New right-of-way and relocation of utilities may be required. If new right-of-way and/or relocation of utilities are necessary, MDT staff will contact all affected landowners prior to doing survey work on their land. Staff will again contact landowners prior to construction regarding property acquisition and temporary construction permits.

For more information, please contact Glendive District Administrator Shane Mintz at (406) 345-8212 or Project Design Engineer Steve Heidner at (406) 3458247. For the hearing impaired, the TTY number is (406) 4447696 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



Sidney Health Center Extended Care's annual Trick-or-Treat on October 31 for children up to sixth grade.

Sidney Health Center Extended Care will be hosting its annual "Trick-or-Treat" for children up to sixth grade on Friday, October 31. Trick-or-Treaters are welcome starting at 6:00 PM. Please use the main entrance at Extended Care located at 104 14th Avenue NW in Sidney.

Hunters Reminded to Have Horses Inspected

Submitted by Steve Merritt Montana Department of Livestock

The Montana Department of Livestock is reminding hunters that horses are required to have a brand inspection before crossing county lines.

According to Montana Code 81-3-211 (2), it is "unlawful to remove or cause to be removed...any livestock... unless the livestock have been inspected for brands by a state stock inspector or deputy state stock inspector and a certificate of the inspection has been issued...for the purpose of the transportation."

"It's a pretty common violation during hunting season," said John Grainger, Brands Enforcement Division administrator for the Montana Department of Livestock. "Producers move livestock all the time and are generally familiar with transportation requirements, but sometimes hunters just don't know."

The fine for not having a proper inspection is \$135, he said.

Grainger recommends that hunters get their horses inspected in advance of their planned departure.

"The inspection is good for a year of movement, or you can get a lifetime, so there's no good reason to wait until the last minute," he said. "If you hunt on horses, just add getting a brand inspection to your check list."

An annual inspection costs \$6, and a lifetime is \$25. A map of brand inspectors by county can be found on the department's web site; annual and lifetime inspections can also be issued at livestock markets (marked in blue on the map).

If you need an inspector but don't have access to the web, call 406/444-9431 and we'll track one down for you.



Sidney School
Thur., Oct. 30: Lasagna,
garlic toast, tossed salad,

peaches.

Fri., Oct. 31: NO SCHOOL.

Rau School

Thur., Oct. 30: Cook's choice.

Fri., Oct. 31: NO SCHOOL.

Mon., Nov. 3: Shrimp or chicken, rice, veggies, fruit.

chicken, rice, veggies, fruit.

Tues., Nov. 4: Lasagna,
salad, bread, dessert.

Wed., Nov. 5: Cook's choice..

Savage School

Thur., Oct. 30: Grilled cheese

with tomato soup.

Fri., Oct. 31: Chicken fajita.

Mon., Nov. 3: Chicken

patties.

Tues., Nov. 4: Lasagna.

Wed., Nov. 5: Hot dogs.

Thur., Oct. 30: Taco in a bag, taco bar.
Fri., Oct. 31: Rocks &

Froid School

Fri., Oct. 31: Rocks & brains, maggot eggs, scab-by fingers, rotten garden, sour milk.

Lambert School
Thur., Oct. 30: Hobo stew,
cheese, crackers, cookie.
Fri., Oct. 31: Surprise Halloween lunch.

Culbertson School
Thur., Oct. 30: Beef soft tacos, lettuce and cheese, refried beans, peaches.
Fri., Oct. 31: Shepherd's

Fri., Oct. 31: Shepherd's pie, baked apples.

Richey School
Thur., Oct. 30: Tuna noodle

or western casserole, peas, mandarin oranges. Fri., Oct. 31: Chicken noodle soup, bread stick, rice krispie bars.

Fairview School
Thur., Oct. 30: Goulash w/
veggies, pears, buns.
Fri., Oct. 31: NO SCHOOL.

East Fairview
Thur., Oct. 30: Sloppy joes, green beans, peaches, salad.
Fri., Oct. 31: NO SCHOOL.

Bainville School
Thur., Oct. 30: French bread
pizza, broccoli, pineapple.
Fri., Oct. 31: Toad stools
& ghoul, witches brew w/
broom sticks, rotten apples.



Mon-Sat: 11am - 1am

Kitchen Closes at 11pm

Sun: Noon - 1am

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Gardeners – Know Your

By Warren Froelich

NDSU Extension Agent, Williams County

As a young boy I remember Dad and Grandpa talking about how valuable manure was to plant growth. I didn't recall any of the specifics and maybe they really didn't know either. However, I do recall strips in the fields which looked better than other areas. My mother insisted that we apply manure to her garden area.

Since then I have learned that manure provides valuable nutrients such as nitrogen which enhances plant growth. It also serves to build organic matter levels of the soil which then contributes to the soil's ability to hold more water.

Although manure has been viewed as a very safe additive to the soil there is a slight possibility that modern-day manure can pose some problems for gardeners. The reason I mention this is because some farmers spray their pastures and hayland with pyridine herbicides to control broadleaf weeds. These herbicides include Crossbow, Curtail, Forefront, Grazon, Milestone, Redeem and Surmount.

Manure from livestock feeding on pyridine-treated hay or pasture grass should not be used in gardens. The reason being is that the herbicide can pass through the animal without decomposing. It is then likely these herbicides will remain in the soil and negatively react or even kill several of the vegetables such as tomatoes, potatoes, peas and beans. These are extremely sensitive to the listed herbicides. Affected plants will stretch and curl, similar to damage caused by dandelion killers that drift onto plants. Pyridine products can persist in manure for a few years. So, if you are using manure, ask the farmer if he or she has applied any of the products listed above to their

forage crops. The use of these products is not widespread so

Sweetclover Hay Alert

This summer was a good year for sweetclover. It could be found everywhere. Because it produces a lot of tonnage and can be very good winter forage for cattle, sheep and goats, it is very tempting to cut and bale it into hay. As with a lot of things in life, there are pluses and minuses. The most negative issue for sweetclover used as hay is its thick stems which require more time to dry-down before it can be safely baled. If harvested with too much moisture the hay can become moldy. The problem with sweetclover is that it contains a high level of a unique naturally reoccurring chemical known as coumarin to be converted to dicoumarol which is a potent anticoagulant. Dicoumarol also interferes with the metabolism of vitamin K which the body needs

High levels of dicoumarol can cause animals to become

So, if you are planning to feed sweetclover hay that has the

the danger may be low.

for blood coagulation.

weak, experience an increased heart rate, anemia, bloody milk and produce black, tarlike manure. Dr. Gerald Stokka, NDSU Extension Veterinarian, says many of these symptoms may go unnoticed and often extensive internal bruising and bleeding is discovered after the animal has died.

slightest amount of mold I would urge it be tested for dicoumarol levels. This can be done by the NDSU Veterinary Diagnostic Laboratory. For information on submitting hay samples call this office at 701-577-4595. With the value of beef as it is, there is absolutely no reason to risk even one animal.

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SCAM ALERT

The Montana Department of Justice Issues Two Separate Phone Scam Alerts

The Office of Consumer Protection at the Montana Department of Justice wants to alert the public to two different phone scams happening in Montana and other parts of the country: DEPARTMENT OF CORRECTIONS ARREST WARRANT

SCAM: Citizens are receiving calls from scammers telling them that the Department of Corrections has issued an arrest warrant for them, and that they will go to jail if they don't call the number provided. Callers are telling prospective victims that they will text them payment directions and that the victims owe several hundreds of dollars. The caller goes on to threaten prospective victims with jail by the end of the business day if they do not pay. The scammers use extremely aggressive tactics, including telling prospective victims that the phone call is being recorded, as well as stating that the arrest warrants are ready to be forwarded and if they don't follow the texted directions to their phone number on how to pay, that they will go to jail.

WHAT TO DO:

If you or a family member receives one of these calls, your best bet is to hang up.

But if you do get into a conversation, don't give anyone money or credit/debit card information over the phone, and don't trust callers who use threats or insults to bully you. Don't be pressured into mailing Green Dot cards or giving out personal

NEXT STEPS:

Report the incident to local law enforcement. You may also call us at the Montana Department of Justice's Office of Consumer Protection at (800) 481-6896 or (406) 444-4500, or visit us at https://dojmt.gov/consumer

IRS SCAM:

This scam has been called the largest of its kind, and has targeted taxpayers across the country. Victims have reported

What makes this scam so tricky? The scammers impersonate Internal Revenue Service (IRS) agents and demand payment for taxes owed, and often:

- Know the last four digits of the victim's Social Security
 - * Make caller ID appear as if the IRS is calling;
- * Send follow-up bogus IRS emails to support their scam Scammers often claim to be government officials from other agencies threatening arrest and attempt to scare you into releasing financial information.

WHAT TO DO:

Know that the IRS usually contacts people by mail, not by phone, about unpaid taxes.

The IRS won't ask for payment using a pre-paid debit card or wire transfer, nor will they involve law enforcement or immigration agencies. If you or a family member receives one of these calls, your best bet is to hang up. But if you do get into a conversation, don't give anyone money or credit card information over the phone and don't trust callers who use threats or insults to bully you.

NEXT STEPS:

Report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484. You may also file a complaint with the Federal Trade Commission at www.ftc.gov<http:// www.ftc.gov>. Add "IRS Telephone Scam" to the comments in your complaint.

If you owe or think you owe federal taxes, call the IRS directly at 1-800-829-1040 to verify information.

Call us at the Montana Department of Justice's Office of Consumer Protection at (800) 481-6896 or (406) 444-4500, or visit us at https://dojmt.gov/consumer

For more information, visit www.irs.gov.

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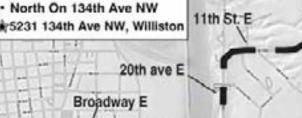
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