

# The Roundup

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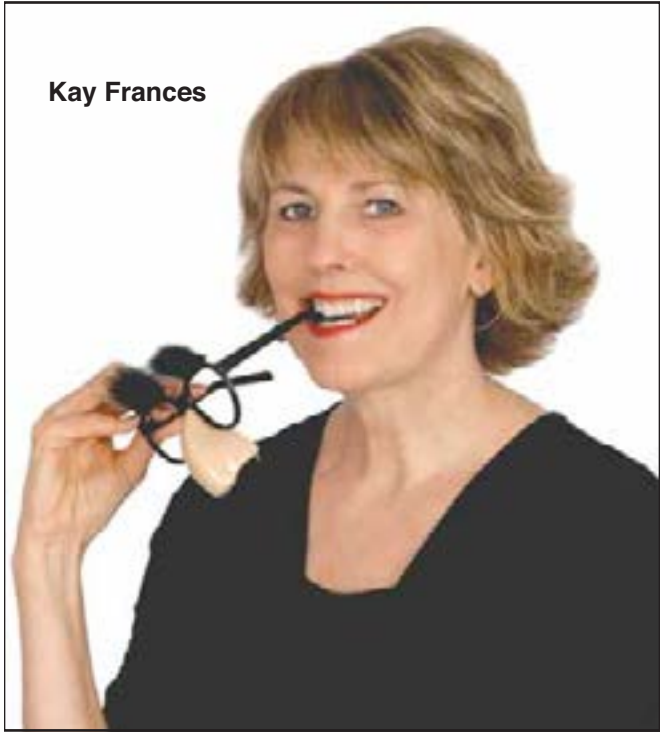
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Sidney, MT 59270

Wednesday, September 16, 2015

Volume 41 • Number 31

## Sidney Health Center Set To Host Another “Live It Up!” Event For Local Women



Kay Frances

Sidney Health Center will host its annual “Live it up!” event for women on Monday, Sept 21 with a focus on stress relief and laughter. The program for the evening will be “The Funny Thing about Stress.”

Once again, the evening promises to be fun, educational and entertaining. The festivities will kick off at the Richland County Fair Event Center with a vendor fair at 5 p.m. featuring various independent distributors offering goods ranging from home décor to jewelry to gourmet food products. A light menu including appetizers, finger foods and refreshments will be served beginning at 6 p.m. followed by an entertaining, motivational presentation by guest speaker Kay Frances at 7 p.m.

Frances is a humorist speaker and author from Wilmington, OH who has shared her message to “lighten up, stress less and take care of ourselves” in 38 states and Canada over 25 years. She holds a master’s degree in business administration, a degree in physical education and a fourth degree black belt in karate. When it comes to humor, Kay is the “real deal” having performed as a professional stand-up comedian for many years and appearing on a number of national television and radio programs.

In this motivational and hilarious presentation, Kay offers a healthy dose of laughter that can be just what the doctor ordered! With her energetic, upbeat presentation, attendees laugh while they learn. This presentation is clean, funny and relatable to a wide spectrum of women. There is truly something for everyone.

To take part in this fun, educational program individuals must be at least 21 years of age. All “Live it up!” events are designed to empower women to live life to the fullest by encouraging them to care for themselves and the ones they love.

Tickets are available at SHC’s Caring Corner Gift Shop for \$25 per ticket prior to the event and \$30 at the door. Reserved tickets are also available for \$150 for six tickets through the Marketing and Communications Department. Call today to reserve your table at 406 488-2595 or 488-2101.

## Judge Hauls Intake Diversion Project

US District Judge Brian Morris ruled to halt construction of the \$59 million irrigation diversion channel near Intake planned to start construction this month. Morris is asking the US Army Corp of Engineers to conduct more environmental studies before the project moves forward.

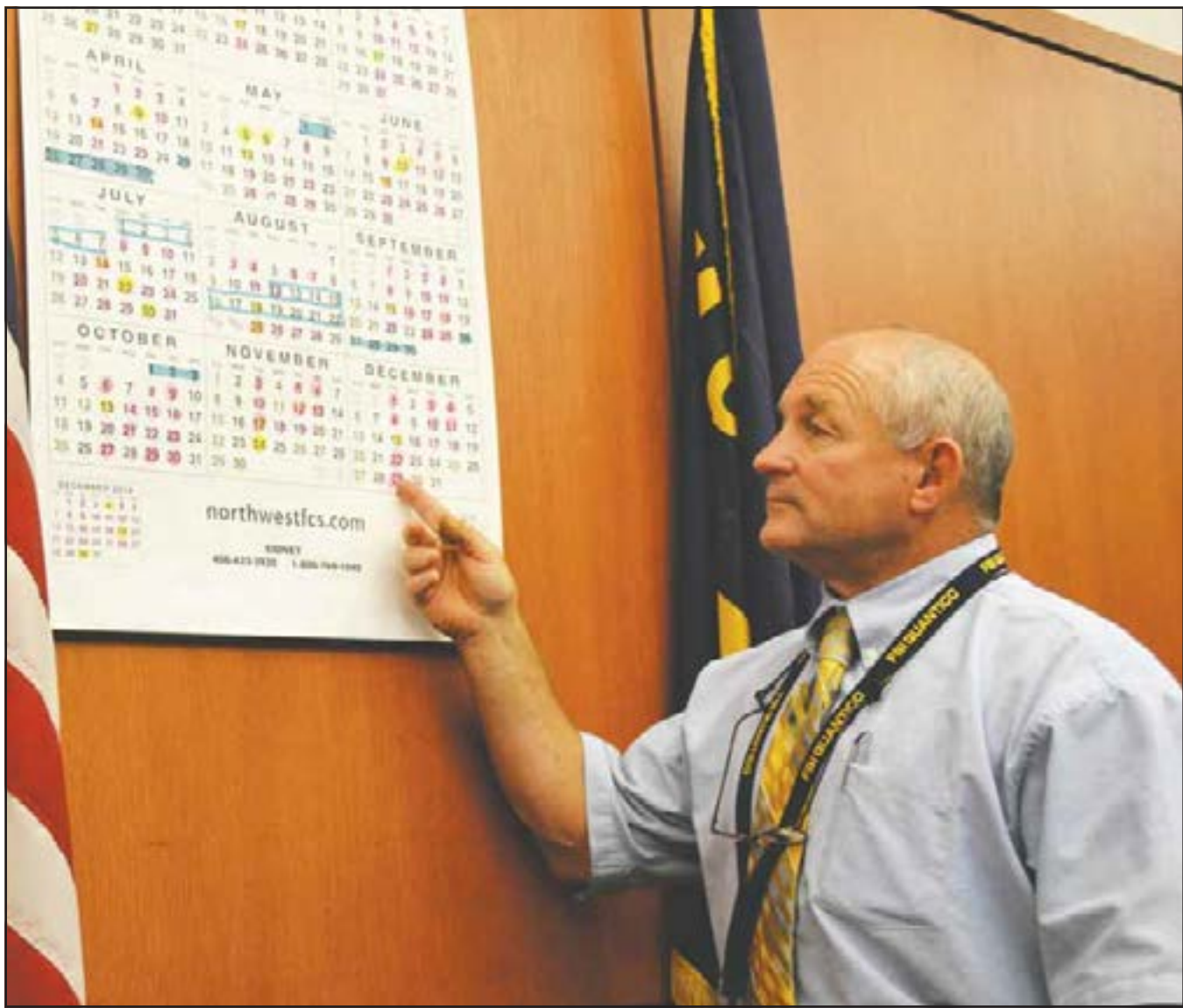
Environmental activist groups sued to have the project halted that was designed to help the endangered pallid sturgeon reproduce.

The decision to halt construction could also endanger federal funding for the project which could put the financial burden on the local irrigation farmers in eastern Montana.

MNAXLP

Countdown to  
*Respect Your Community -  
Richland County Comes Together*  
**42 Days**

## Judge Greg Mohr Says Red Ribbon Week Events are a “Fantastic Idea”



Pink denotes jury trials on Mohr’s court calendar and yellow shows scheduled bench trials, with at least half of those being drug related.

By Meagan Dotson

Red Ribbon Week, October 23 - 31 is fast approaching as the Richland County Comes Together Committee rallies businesses and individuals to help them take a stand against drugs in our communities.

The Richland County Schools Assembly will be held at the Sidney High School Tuesday, Oct. 27, with special guest speakers Dr. Gary Dale, former State of Montana Medical Examiner and singer, song writer Kat Perkins from “The Voice” presenting “Dream It, Do It” and singing her hit song ‘Fearless’.

A free community meal will be served in the High School cafeteria beginning at 4:30 pm. After that, Dr. Dale will address the community and Perkins will perform a 75 minute concert in the High School gymnasium. The goal of committee is to provide a free concert and an unforgettable event that will impress upon people how dangerous drug use is.

There are few that have the first-hand experience of dealing with drug-related crimes in the area and Justice of the Peace Greg Mohr is one of those few. Mohr has served in his position for more than twenty-nine years and has witnessed the steady increase of drug use and possession in Richland County over the last five to six years. Marijuana and methamphetamines being the most commonly seen, prescription drug abuse and harder drugs such as heroin and cocaine have been on the rise as well. Law Enforcement are seeing more Driving Under the Influence charges in relation to drug usage than ever before.

“If it wasn’t for drugs and alcohol, we could lay off half the police department and I’d go fishing. Drug related crime is up exponentially,” commented Mohr who explains that drug and alcohol related cases are an uphill battle, often being prolonged when individuals are ordered to go to treatment and then do not attend. They end up back in court and the legal process can be drawn out over months and years costing taxpayers a substantial amount of money. “There were five people in jail this morning and all of them were there because of drug related charges. Sometimes it’s surprising who those people are, but there are no social or economic boundaries with this.”

When Mohr was approached with the idea of bringing Dr. Dale and Perkins into the area, he said he thought it was a “fantastic idea” and added that information and education is key in drug prevention.

“Both Kat Perkins and Gary Dale have a powerful message and can relay that message in a way people will understand. They talk from their talent and that captivates people. I hope that the kids and their parents will see the long-range consequences of drug use,” said Mohr of the upcoming event.

For anyone out there that would like to take a stand against the rising drug problem in the county, donations can be made by texting the word DRUG to 41444 and a message will be sent with a link to complete the donation. Click the link and complete your gift through the secure credit card process. Mailed donations can be sent to Foundation for Community Care, 221 2nd St NW, Sidney, MT, 59270 or Checkers at 223 N Central Ave (P.O. Box 899), Sidney, MT, 59270 with Red Ribbon Week written in the memo space. All donations must be made payable to the Foundation for Community Care and are completely 501c3 tax-deductible and donors will receive a thank you as well as a year-end statement from the Foundation for Community Care.

“For as many people as I see in my court, it makes me wonder how many people are out there and aren’t getting caught,” Mohr wonders, posing an unsettling question that strikes close to home for the residents of Richland County.

## The McKenzie Co. Heritage Association Is Hosting Its 17th Annual Heritage Day On Sept. 19

It is our goal to help share our county’s heritage with our long-term residents, new residents and visitors in a fun and historic way with old-time machinery demonstrations, music, fun for the kids, food and more.

Schedule of events: Gates open at 11 a.m.

Live music 11:30 a.m.; 1p.m. & 2:30 p.m.

Old-time school activities 12:30 & 2:30

Reminiscing panels where long time residents talk of their experiences growing up in McKenzie County pertaining to farm/ranch life, country school and city life in the 1940s – 1970s; 12 p.m; 1:30 p.m. & 3 p.m.

Lunch vendors 11:30 a.m.-1:30 p.m. or while it lasts.

There will also be demonstrations throughout the day including sawmill, shingle mill, threshing, lefse making, blacksmith and stationary baler.

Visit our historic buildings and get your photo taken at the old-time photo booth, participate in a costume contest and visit with your neighbors.

Admission is free but donations will be gladly accepted and appreciated.

Events like this take funds to host so we would like to give you the opportunity to help get your business or organization’s name in front of attendees this year by being a sponsor.

Sponsorship opportunities include:

Sponsors up to \$200 will have their business name listed on schedule of events under “sponsors” and the business name will be broadcast over the public address system with Jeff Nelson as the scheduled announcer.

Gold sponsors are \$200 and higher will have their business logo on schedule of events under “Gold Sponsors” with their name mentioned twice as often.

If you are able to be a sponsor, please email us and then mail your check to McKenzie County Heritage Association, PO Box 544, Watford City, ND 58854. Gold sponsors, please email us your logo in jpeg format(300dpi). Sponsorship checks must be received by Sept 7 to guarantee your name is included in the events printed materials.

Please help us spread the word about Heritage Day to your employees, their friends and families. We also need event day volunteers, so please contact Daniel Stenberg at 701-204-1554 with any questions.





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AREA RECOVERY GROUPS

MONDAYS:  
12 p.m. — AA Group Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.  
1 p.m. - 3 p.m. — Grief Recovery Support group at Glory of the Lord Family Ministries, Watford City.  
6 p.m. — Al-Anon, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.  
7 p.m. — Fairview Alive and Kicking at Faith Alliance Church, 704 S. Western Ave.  
8 p.m. — AA Group, Northern Pump & 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:  
8 p.m. — Al-Anon, Sanford Room, McKenzie Co. Public Library, Watford City.

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

FRIDAYS:  
12 p.m. — AA, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave, Sidney.  
12 p.m. - 1 p.m. - AA meeting, basement of Wilmington Lutheran Church, Arnegard.  
6:30 - 7:30 p.m.- 5 Stones faith based recovery meeting, Sidney Nazarene, 606 9th St. SW, Back door is open.  
7 p.m. — Path to recovery at Faith Alliance Church, 704 S. Western Ave.  
8 p.m. — AA meetings, Trinity Lutheran Church Ed. Bldg, Sidney.

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

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

STATISTICS

LAKE WATER LEVEL REPORT

Sakakawea

Current Elevation.....1842.2  
Last Week's Elev. ....1842.6  
One Year Ago .....1844.8  
Release For Day (C.F.S.) .....17000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
Sep. 7	70	44	0.03
Sep. 8	73	42	0.00
Sep. 9	76	50	0.00
Sep. 10	67	46	0.00
Sep. 11	77	40	0.00
Sep. 12	84	44	0.00
Sep. 13	87	50	0.00
Total YTD Precipitation			12.12

# Cottage Food Program Info-session to be Held October 2

The first of three information sessions about the new cottage food program will be held on Friday, October 2<sup>nd</sup> from noon to 1pm in conference room 101 of the Community Services Building.

Beginning October 1<sup>st</sup>, Montana implemented a Cottage Food Program that allows certain food items to be produced in a home kitchen and sold to the public. The list of products allowable to be sold under this program is limited and specific to foods that have very low risk of causing foodborne illness.

The Richland County Environmental Health Office is holding a one-hour information session for those people interested in beginning the production of cottage foods in their homes. The session will introduce the new program rules, review application requirements, and address questions. Two additional sessions are planned for the near future, and will address the same subjects.

Production of cottage food products requires a special registration and submission of labeling information as well as fees. To inquire about this program, contact Stephanie Ler at 433-2207.

# Parenting Class For Divorcing Parents Offered

**By Marcia Hellandsaas**

Parents Forever, a parenting class for parents experiencing or considering separation/divorce, who are divorced and experiencing challenges or who have never been married and do not live together, will be held on Wednesday, September 23 at the Courthouse Meeting Room in Watford City. The class will start at 5:00 pm and will conclude by 9:00 pm. The workshop cost is \$55 per person.

Skills and tools to help reduce the effects of divorce on children and parents will be introduced and practiced. Topics discussed will be the transition process and journey, children needs, children emotional status, strengthening communication skills and planning for the future.

Pre-registration is requested prior to attending this program. Please call the McKenzie County Extension Office at 701-444-3451 or e-mail Extension Agent Marcia Hellandsaas at [marcia.hellandsaas@ndsu.edu](mailto:marcia.hellandsaas@ndsu.edu) by Monday, Sept. 21 to enroll in this class.

# Job Fair Registration

Job Service North Dakota, Williston Economic Development, Williston Area Chamber of Commerce, the Williston Herald, the Grand Williston Hotel and Conference Center, and Gaffaney's Total Office Source are sponsoring a Job Fair. This event is designed to provide an opportunity for businesses to interact with potential employees. The job fair will be located at the Grand Williston Hotel & Conference Center, 3601 2nd Ave. W. Williston, ND on Wed Sept 23<sup>rd</sup> and Thurs Sept 24<sup>th</sup> from 2pm-6pm each day.

Don't miss this worker recruitment opportunity! Go to [www.WillistonDevelopment.com/JobFair](http://www.WillistonDevelopment.com/JobFair) to register and reserve your space for the Job Fair. Space is limited so return your registration as soon as possible. We still have space available on day two, Sept 24<sup>th</sup>. Registration fee is \$150. Payment must accompany registration. Payment is by major credit card (Visa, Master Card, Discover, American Express) or PayPal. All booths will be located in the main courtyard to include 5 housing registrations each day on a first come first serve basis. Any questions, call 701.774.7900.

# 2015 MONTANA MAKE IT WITH WOOL and Win!

If you love to sew garments or even quilts from wool then you may be interested in the Montana Make It With Wool contest coming up soon! The contest's objectives are: to promote the beauty and versatility of wool fabric and yarns, encourage personal creativity, recognize creative skills and develop life skills. Make plans now to enter this exciting contest.

The District 5 contest will be held in Sidney MT late October. The contest is open to everyone living in District 5 and includes the categories: Pre-Teen – 12 and under, Juniors – 17-24, Adults age 25 and older, Made for Others (any age), Wearable Accessories- district & state level only (any age). The garments for Juniors, Seniors, Adults and Made for Others may enter in these categories: One-piece garment, Two-piece garment, and Ensemble. Pre-Teens may enter a dress, jumper, skirt, pants, shorts, vest, sweater, shirt/blouse, jacket or a combination. First place winners in the Junior, Senior, Adult and Made for Others category advance to the state competition held during the Montana Wool Growers convention on December 4 & 5 at the Billings Hotel & Convention Center in Billings MT. The Junior and Senior winners are eligible to attend the National Finals Jan. 28 -31, 2016 in Scottsdale AZ. Entry forms and fees are due by October 1. For an entry form or questions please contact Leslie McMillen at 406-569-2020 or email [mcmillen82@restel.com](mailto:mcmillen82@restel.com) You can also download the entry form at [www.makeitwithwool.com](http://www.makeitwithwool.com) and send or email it to Leslie McMillen.

# Underage Drinking Will be Topic of Public Presentation in Watford City on September 29

**By Marcia Hellendsaas**

If you are a teen, parent, grandparent or just a person who would like to learn more about the topic of underage drinking, you will want to attend a public presentation on Tuesday, Sept 29. This session will start with a 6 p.m. free supper and will continue with a 6:30 to 8:30 p.m. CT program at the Watford City Civic Center. Pre-registration is requested prior to attending. Please contact the McKenzie County Extension Office at 701-444-3451 or email [marcia.hellandsaas@ndsu.edu](mailto:marcia.hellandsaas@ndsu.edu) if you are interested in coming to this event.

This special evening will provide an overview of the following topics; the laws of underage drinking, drinking and driving facts and penalties, brain development of teens and the effect of alcohol on their brain, the physical process of alcohol consumption, the long term effects of alcohol and more.

Door prizes for both teens and adults will be awarded. Input and discussion of alternative activities will be part of the program.

This session will be presented by Kayla Wentz of the ND Safety Council. This program is sponsored by the Watford City Police Department, NDSU Extension Service/McKenzie County and the McKenzie County Community Coalition. Funding is provided by Strategic Prevention Framework, State Incentive Grant monies.

Everyone is invited to attend.

EVENTS

SEND US YOUR EVENTS!

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

**RICHLAND COUNTY**

Events in Sidney unless otherwise listed. MT Zone.

Wed., Sept. 16

2:30-4:30 p.m. - After School Enrichment Program, MonDak Heritage Center. \$50 for all classes.

Sat., Sept. 19

10 a.m. - 2 p.m. - Memory lane open house at Johnson's Hardware. Join them for root beer floats & view old memorabilia.

11 a.m. - 2 p.m. - Boys & Girls Club Day for Kids. Carnival & kids cooking event. Central School gym, Sidney.

Tues., Sept. 22

9 a.m. - 10:30 a.m. - Mommy and Me Autumn Leaves class. Ages 3-6. \$15. Children must be accompanied by an adult. MonDak Heritage Center.

Sat., Sept. 26

9 a.m. - 3 p.m. - 6th Annual Eastern Montana Veterans Stand Down. Richland County Events Center, Sidney. Opening ceremony begins at 8:30 a.m. All veterans and their families are welcome.

11 a.m. - 2 p.m. - Customer appreciation BBQ. Held at Johnson's Hardware. Burgers, hot dogs, chips and pop.

Sun., Sept. 27

11 a.m. - 2 p.m. - St. Catherine's Church in Fairview is hosting their annual Fall Dinner. For more info call 406-742-5293.

**WILLIAMS COUNTY**

Thur., Sept. 17

7 p.m. - Fort Buford History Book Club meets at the Missouri-Yellowstone Confluence Interpretive Center. A discussion of "Red Cloud" by Robert W. Larson. Free refreshments. Please call ahead. 701-572-9034.

Fri., Sept. 18

9 a.m. - 4 p.m. - Confluence Quilters meet at the Missouri-Yellowstone Confluence Interpretive Center.

Sat., Sept. 19

9 a.m. - 4 p.m. - Confluence Quilters meet at the Missouri-Yellowstone Confluence Interpretive Center.

10 a.m. - 2 p.m. - Mondak Humane Society 17th Annual Dog Jog. Spring Lake Park, Williston, ND. For more info, email [www.mondakhumanesociety99@gmail.com](mailto:www.mondakhumanesociety99@gmail.com) or call 701-577-PETS (7387)

Sun., Sept. 20

3 p.m. - Concert at the confluence. The public is invited to a free concert featuring "Gettin' Outta Dogde" to be held at the Missouri-Yellowstone Confluence Interpretive Center.

Wed., Sept. 23

2 p.m. - 6 p.m. - Job Fair to be held at the Grand Williston Hotel & Conference Center. Open to all employers and all positions.

Thur., Sept. 24

2 p.m. - 6 p.m. - Job Fair to be held at the Grand Williston Hotel & Conference Center. Open to all employers and all positions.

**McKENZIE COUNTY**

Thur., Sept. 17

6 p.m. - 9 p.m. - OK Tire Car Show to be held at the OK Tire parking lot in Watford City. Food vendors, BBQ and prizes for registrants.

Wed., Sept. 23

5 p.m. - 9 p.m. - Parenting class for divorcing parents. To be held at the Courthouse meeting room in Watford City. \$55 per person. Pre-registration is requested prior to attending program. 701-444-3451.

Tue., Sept. 29

6:30 - 8:30 p.m. - Underage drinking presentation. Begins with a free supper at the Watford City Civic Center. Pre-registration is requested prior to attending. 701-44-3451.

Events in Watford City unless otherwise listed. CT Zone.

The McKenzie County Food Pantry is open:  
1st Tuesday of each month from 5-7 p.m.; 3rd Tuesday of each month from 2-4 p.m., First Lutheran Church.  
Every Thursday from 12-2 p.m., Food Distribution, First Presbyterian Church.

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View all monthly events on our calendar at:  
[www.roundupweb.com](http://www.roundupweb.com)



# Link Family Donates Memorabilia To Lewis & Clark Trail Homestead Museum

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This wood burning cook stove is one of the Link family items the museum currently houses.



The Museum plans to renovate this room in honor of former late North Dakota Governor Arthur Link and his family.



Grace Link attended Alexander's Old Settler's Day, Saturday, Sept. 5.

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**By Meagan Dotson**  
On Saturday, Sept. 5, Grace Link, wife of the late North Dakota Governor, Arthur Link, was present in Alexander, ND to participate in their Old Settler's Day celebration. Amid the parade and other festivities, there was a special reason to celebrate as it was recently announced that Grace Link will be donating family memorabilia and congressional items to the Lewis & Clark Trail Homestead Museum in Alexander. The museum currently has a few items from the Link family including plaques, former Governor Link's legislative chair, and a wood burning stove and oven. The museum also houses items from Grace Link's family, originally from Cartwright, ND, such as her grandfather William C. Johnson's Civil War

Calvary Sabre dated 1865. The Museum Board has decided to renovate a room which will be especially designated for the honorable late Governor and his family with plans to have the display open to the public in the spring of 2016. The museum staff has expressed excitement and privilege to preserve the history of the Link family noting that the former late Governor was upstanding in both his personal and professional life. The Lewis & Clark Trail Homestead Museum was the Alexander school from 1914 until 1967 and in 1969 opened as a museum and Arthur Link was on the museum board for several years. "This is home for us," said Grace Link. "We haven't lived here in over forty years, but it will always be home and I

always enjoy coming back." The museum closed for the season Sept. 11 and will open again in the spring. Over the winter the room to be dedicated to the Link family will undergo renovations and historical memorabilia will be moved in, adding another interesting and educational aspect to the rural museum that ensures the preservation of so much of the area's history. The Lewis and Clark Trail Homestead Museum is located at 102 Indiana Ave East, Alexander, ND and has displays on three floors, former school gymnasium, lawn, and outbuildings. Seasonal hours are Mon – Sat 9 a.m. - 5 p.m. and Sun from 1 p.m. - 6 p.m. For more information call 701-828-3595 or visit the Lewis and Clark Trail Museum on Facebook.

Meet Our Team!

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Sat, Sept 19<sup>th</sup> • Noon - 5 pm

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Karaoke Starting At 8:00 By Grenora Joe!

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MONDAY 9-21-15

**VENDOR FAIR**  
Featuring Home Distributors  
5:00 PM

**SOCIAL TIME**  
Appetizers & Beverages  
6:00 PM

**PROGRAM SPEAKER:**  
Kay Frances  
7:00 PM

The Funny Thing about Stress!

In this motivational and hilarious presentation that bears the same title as her book, Kay Frances offers a healthy dose of laughter that can be just what the doctor ordered! With her energetic, upbeat presentation, attendees will laugh while they learn. This presentation is clean, funny and relatable to a wide spectrum of people. There is truly something for everyone.

Tickets Available at Caring Corner Gift Shop

TICKET PRICES: \$25.00 in Advance • \$30 at the Door  
Call 488-2595 for RESERVED SEATING: \$150 Table (6 tickets)

Richland County Fair Event Center • Sidney, MT



# Get A Head Start On Fall!



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### Run The World-Sidney Run Club Donates To Veterans

\$700 was donated from the Four Freedom Run/Walk proceeds on Aug. 8 hosted by Run The World- Sidney Run Club. The Flags of Honor program for our local veterans accepts ongoing donations. Pictured are (L to R): Amanda Piatte, Brittney Rogers, Violet Tharp, Michelle Lair and Viola Anderson.

MNAXLP

#### Roundup

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# CENTURY SALE

SEPTEMBER 9 - 26, 2015  
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Queen \$1099	\$749
King \$1399	\$999

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Queen \$1199	\$ 849
King \$1499	\$1099

**Eastport Pillow Top**

Was	Now
Queen \$1299	\$ 949
King \$1599	\$1199

### Major Appliances



## Major Appliances On Sale Now

Washers & Dryers.....	Low As \$369.99 ea.
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**Queen Sets Start at \$1,299**

- \$400 Gift Card with King Set
- \$300 Gift Card with Queen Set
- \$200 Gift Card with Full Set
- \$100 Gift Card with Twin Set

### Storewide Sale

Starts today and runs through **Saturday, September 26**

### Birthday Party

**Saturday, September 12**  
10 am - 2 pm  
Join us for cake and ice cream!

### Memory Lane Open House

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Laurel volleyball was in Sidney last weekend. Sidney defeated them five matches to zero. Maddison DiFonzo (L) puts up a monster block against a Laurel attacker in Sidney last Saturday. Right is Paige Metz. Photos by Kathy Johnson.

# DNRC Aviation Program Reviewed By National Team

MNAXLP

A national aviation team spent most of last week in Montana performing a top-to-bottom review of the Montana DNRC's Aviation Program. Specifically, the group was brought in at the request of Montana Governor Steve Bullock and Secretary of Agriculture Tom Vilsack after Bullock sent a letter expressing frustration about the state's helicopters being unauthorized to respond to fires on federal lands. In August, both the Secretary and the Governor issued a joint statement announcing the aviation review as an important step toward resolving the issue. "The team concluded that Montana DNRC has a safe and effective aviation program" said DNRC Director John Tubbs, whose aviation team was briefed on the findings last Wednesday. While the USDA determined that Montana is operating a safe aviation program, current federal policies will need to be modified to allow DNRC helicopters to fly on federal wildfires. "Our aviation program continues to demonstrate safe and effective fire suppression capabilities," said Tubbs. "Now

we need the policies surrounding their operation on federal lands to be modified to reflect that and enable their use." As a result of Governor Bullock's efforts, USDA has agreed to engage state and other firefighting partners to determine how federal standards could be broadened to

provide alternate means of compliance for cooperators and contractors who have safely developed specific programs such as Montana's. Governor Bullock has directed the Montana DNRC to work with USDA and remains confident the issue will be resolved prior to the 2016 fire season.

## Fish & Wildlife Commission Work Session Set For Sept. 18 In Helena

Montana's Fish & Wildlife Commission will hold a work session on Sept. 18 in Helena to further discuss proposed hunting season guidelines aimed at reducing some elk populations. The proposed elk "shoulder season" guidelines would allow state wildlife managers to develop hunting seasons before and after Montana's general hunting seasons to improve elk-harvest management in specific locales. Commissioners will also discuss proposed changes to administrative rules that address game damage. The work session will begin at 11 a.m. at FWP Headquarters, 1420 E. 6th Ave. Work session audio will be streamed live via the FWP website at fwp.mt.gov. The work session also will be telecast to each FWP regional headquarters.

# Sidney Sports Action

The Sidney Eagles defeated Lewistown last Friday night 32-8 in Sidney. Dawson McGlothlin, a junior, runs with the football. The eagles travel to Havre this Friday night and play at 7 p.m.

*A Celebration of Life  
In Honor Of  
Jason Swanson  
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*Friday, September 25th  
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# Stand Down Invites Veterans & Families September 26

By Meagan Dotson

On Saturday, Sep. 26, the Eastern Montana Stand Down will be held at the Richland County Event Center, 2118 W Holly St., Sidney and all veterans and their families are invited to attend. Local service providers including representatives from Fort Peck Warrior Center, Montana Legal Services, VA's Mobile Vet Center, VA Service Offices for Benefits and Homeless assistance, Guardian Foundation assisting homeless veterans, Volunteers of America –assisting homeless Veterans, Red Cross, Richland County Health Department, River Program, Lions Club – vision assessment, Shepherd of the Valley Church sponsoring Bible Sticks, Sunrise Women's Clinic, VFW, and Dawson Community College will be there offering information and services.

Stand Downs are held all over the country, beginning in the mid 1980s when two Vietnam Vets working in Social Services, San Diego, CA decided to take action and help the homeless veteran population. Though eastern Montana doesn't have an overwhelming population of homeless vets, the Stand Down is important none-the-less.

"People tend to think the Stand Down is only for homeless veterans and it's not; we don't have a lot of homeless vets but

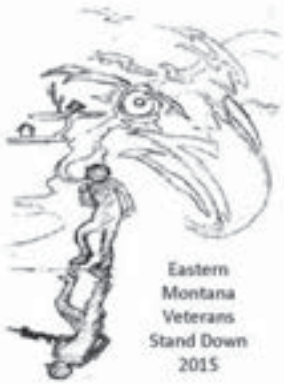
we do have a lot of at-risk veterans in our area and many people don't know what services are available to them because there isn't a VA presence. We encourage all vets and their families to attend. This is for everyone," said Shannon Kadrmas, local Veteran's Employment Representative.

Kadrmas researched the interest, service providers, volunteers, and available locations in regards to having a Stand Down in Eastern Montana and approached administration with the idea. After administrative approval, the first Eastern Montana Stand Down was held in 2010 and has taken place every year since, rotating between Glendive, Sidney, Miles City, and Poplar.

The Opening Ceremony will be from 8:30 - 9 am with Representatives speaking on behalf of Senators Tester and Daines and Governor Bullock. After the National Anthem, the Sidney VFW Color Guard will give a Presentation of Colors and Regional Director, Steve Olson will give a welcome speech. The Opening Ceremony is open to the public and is a wonderful way to show support and recognition for area veterans and all they've done.

"This is a great way for people to recognize them and get to know who the veterans are in their communities," commented Kadrmas.

The Stand Down will be held from 9 am - 3 pm and veterans are encouraged to bring an official military ID to expedite the process, however no one will be turned away. Kadrmas estimates that between 500 and 700 vets have been served by the Stand Downs held since 2010. He notes that none would be possible without those who dedicate their time through volunteer services and would like to thank RSVP for all of their help. Volunteers are still needed and anyone interested can contact RSVP at 406-433-2207. Any monetary donations can be made payable to Eastern Montana Veteran's Stand Down and dropped off or mailed to the Sidney Job Service, 211 N Central Ave., Sidney, MT, 59270.



## Energy Roundup

### Crowley Fleck PLLP Of The Montana Petroleum Association (MPA), Hosts Complimentary Energy Law Seminar In Billings

Meeting Aug. 31, one day prior to the annual meeting of Montana Petroleum Association, Crowley Fleck PLLP held a seven-hour seminar focused on areas relating to oil, gas and mining law.

Uriah Price, an Energy, Environment and Natural Resources Department associate, provided the more than 135 attendees with updates on case law from Montana and North Dakota pertaining to mineral and surface ownership, including pooling interests, royalties and probate. He serves on the Rocky Mountain Mineral Law Foundation's Young Professionals Committee, and works in the Billings office, where his practice encompasses multiple areas of energy and natural resources law.

Price delved into river issues related to navigable and non-navigable waterways, providing legal background and explanations on state and federal classification of waterways, particularly, the Yellowstone River. He also gave an update on the latest changes to flaring regulations passed by the North Dakota Industrial Commission (NDIC) aimed at dramatically curbing flared gas from oil wells in the Bakken.

In July 2014, the NDIC released a statement underlying the objectives of the new flaring policy, "The Commission's goals are to reduce flaring to 26% by fourth quarter 2014; 23% by first

quarter 2015; 15% by first quarter 2016 and 10% with the potential for 5% by fourth quarter 2020."

Next, Josh Cook, Energy, Environment and Natural Resources Department associate, Billings, gave an overview of mining law dating back to the 1872 General Mining Law which opened the west to mineral exploration by authorizing mining for economic minerals such as gold, platinum and silver, on federal public lands. During the 45-minute session, Cook explained the process of staking mineral claims, and touched on the complicated regulatory environment and permitting process covered later in the seminar by Victoria (Vicki) Marquis and Christopher Stoneback.

Cook is a member of the American Exploration and Mining Association, as well as the Montana Mining Association.

Stoneback, Litigation and Energy, Environment and Natural Resources Departments partner, and Montana Law Review editor, opened the section of the seminar on Natural Resource Permitting Process and pitfalls, which largely covered the permitting process for oil, gas and mining as it relates to water quality, and the Montana constitutional requirement for a clean and healthful environment, one of the few state requirements of its kind. He addressed the 310-stream crossing permit

issued by the state's local conservation districts, as well as the 404 Federal "dredge and fill" permit governing waters of the U.S. under the Clean Water Act and talked briefly about how the recent injunction of the expanded WOTUS rule applies to future development and permitting in Montana. Just this week, a North Dakota federal judge, ruled that the 13 states that filed a lawsuit to block the rule for the expanded definition of protected waters, including Montana, would be exempt from implementation of the rule.

Vicki Marquis, Energy, Environment and Natural Resources Department associate, covered water discharge permits, including effluent limitations and the variance process added to the numeric standards set by the Board of Environmental Review; another regulation which is unique to Montana, and limits the nutrient levels of waters discharged into surface water from source point (discreet) locations such as mining operations. Water discharged from non-point sources, including non-anthropogenic (or sources over which humans have no control) as well as agricultural sources of water discharge, do not fall under the same requirement for numeric standards. Marquis also discussed Montana's stringent non-degradation policy for water quality, which is broader

than protections provided in the Clean Water Act, and includes all surface water.

Stoneback concluded the session by discussing the arduous permitting process, including environmental assessments, environmental impact statements and meeting MEPA/NEPA provisions prior to obtaining a mine operating permit. He also addressed potential legal challenges, urging attendees to utilize property rights sections of the Montana Constitution, as well the comment period following the Department of Environmental Quality's Decision of Record, to refute claims made by those opposing permit applications.

Attorney General Tim Fox was the keynote speaker during the luncheon, and recognized Crowley Fleck as a law firm that's long been committed to providing information and educational resources to the public. He also discussed the latest ruling on the WOTUS injunction, after having signed onto the lawsuit to block the expansive rule in Montana.

The afternoon session covered recent tax developments and creditors' rights in the context of natural resource development, led by Jared Le Fevre, Crowley Fleck's Tax Practice Group partner and Ben Hursh, Missoula Commercial Department partner. Hursh is also the current Creditor's Rights and

Bankruptcy Practice Group chair, at Crowley Fleck. Montana's tax climate is unique in terms of oil and gas. Producers are afforded a 12-18 month "tax holiday", in which production tax rates fall below 1% on vertical wells (24 months) and horizontal wells (18 months). This period, referred to by industry as a drilling incentive, has increased production and tax revenue to the state by large margins since its passage in the late nineties; from approximately \$25 million dollars annually to more than \$260 million. While geology largely drives development, operators in Montana, as well as the Montana Petroleum Association, have fought against legislation to eliminate the incentive.

Another large driver in development is commodity price. Lower prices have slowed development, and increased fears about bankruptcies within the energy industry, which Ben Hursh addressed during his presentation on creditors' rights.

Wrapping up the session was Aimee Grmoljez and Greg Dorrington, who provided a Montana legislative update. Dorrington is a Litigation and Energy, Environment and Natural Resources Departments associate. Grmoljez is a Partner in Crowley Fleck's Government Affairs and Litigation Departments partner, Helena. She is a member of the Supreme Court's Access to Jus-

tice Task Force, the Governor's Women's Equal Pay Task Force, and was named a Rising Star in the Mountain State's edition of Super Lawyers in 2012.

Highlighting the success of industry during the legislative session, Dorrington and Grmoljez discussed the passage of the Sage Grouse Stewardship Act; a bill to exempt certain pollution control equipment from taxation for a period of ten years; legislation to lessen the tax burden on Montana's smallest producing oil and gas wells; resolutions to support coal development and the Keystone XL pipelines; and several water quality standard bills, to name a few.

Additionally, the presentation covered a slew of proposals to increase regulations on oil and gas development, all opposed by MPA and killed in committee. "The grassroots still matters," said Grmoljez, who closed the seminar by encouraging attendees to know their legislators, and to talk to candidates and elected officials about the importance of the energy industry and development. "I can tell you that I do work for several companies in oil, gas, coal, pipelines and others, but nothing I say will be as powerful or influential to a legislator as hearing from one of their own constituents."

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# Youth Only Pheasant & Waterfront Hunts on Tap

Montana's young hunters will have the states' waterfowl and pheasants to themselves Saturday and Sunday, Sept. 26-27.

Legally licensed hunters ages 10-15 may hunt ducks, geese, coots mergansers and ring-necked pheasants statewide on these two special days set aside for youngsters.

The two-day youth hunt is open to legally licensed 12-15 year olds who have completed hunter education and who are accompanied by a non-hunting adult at least 18 years of age; and properly certified and

legally licensed apprentice hunters 10-15 years of age who are accompanied by a non-hunting adult "mentor" at least 21 years of age. While the accompanying adult or mentor may not shoot, he or she can assist with setting decoys, calling and retrieving. The bag limits, shooting hours, and all other regulations that apply to the regular waterfowl season apply to this special hunt.

There is, however, one exception to the youth waterfowl season. That's at the Canyon Ferry Wildlife Management Area near Helena

where shooting hours will extend from one-half hour before sunrise to noon on each day.

A second youth-only hunt for deer is set for Oct. 15-16.

All hunters must ask first to gain permission to hunt on private land.

For more information, visit FWP's website at fwp.mt.gov. Click "Hunting" then click "Special Youth Hunting Opportunities"; for information on the new apprentice hunter program click "Apprentice Hunters".

MNAXLP

# North Dakota Game and Fish Summarizes Pheasant Brood Data

**Submitted by the North Dakota Game and Fish Department**

North Dakota's roadside pheasant survey conducted in late July and August indicates total birds and number of broods are up statewide from 2014. Stan Kohn, upland game management supervisor for the North Dakota Game and Fish Department, said the survey shows total pheasants are up 30 percent from last year. In addition, brood observations were up 23 percent, while the average brood size was up 9 percent. The final summary is based on 259 survey runs made along 105 brood routes across North Dakota. "Our late summer roadside counts indicate pheasant hunters are going to find more birds in the southern half of the state this fall, with the southwest having the strongest population of young roosters," Kohn said. "Hunters will also find average habitat conditions on the landscape."

Statistics from southwestern North Dakota indicate total pheasants were up 34 percent and broods observed up 31 percent from 2014. Observers counted 25 broods and 207 birds per 100 survey miles. The average brood size was 6.2.

Results from the southeast show birds are up 27 percent from last year, and the number of broods up 21 percent. Observers counted eight broods and 62 birds per 100 miles. The average brood size

was 5.5.

Statistics from the northwest indicated pheasants are down 18 percent from last year, with broods down 32 percent. Observers recorded six broods and 46 birds per 100 miles. Average brood size was 6.3.

The northeast district, generally containing secondary pheasant habitat, with much of it lacking good winter cover, showed two broods and 15 birds per 100 miles. Average brood size was 4.3. Number of birds observed was down 17 percent, and the number of broods recorded was down 7 percent.

The 2015 regular pheasant season opens Oct. 10 and continues through Jan. 3, 2016. The two-day youth pheasant hunting weekend, when legally licensed residents and nonresidents ages 15 and younger can hunt statewide, is set for Oct. 3-4.

**Landowners Seek Doe Hunters**

The North Dakota Game and Fish Department is currently working with landowners in 12 hunting units across the state who would like to host hunters with antlerless deer licenses in 2015. Participating landowners are located in hunting units 2C, 2I, 2J2, 2K1, 2K2, 3A4, 3B3, 3C, 3D2, 3F1, 4B and 4E.

The program is not intended for buck hunters, but designed to direct hunters with antlerless licenses to

specific areas to reduce deer populations.

Interested hunters can get their name on a list of possible participants by accessing the Game and Fish Department's website at gf.nd.gov. Hunters who do not have Internet access can call the department's main office in Bismarck at 701-328-6300. Hunters will provide their address, hunting unit(s) where they hold valid antlerless licenses, and if using rifle, muzzleloader or bow. From this list the department will select the number of hunters landowners have agreed to host. These hunters will be sent the landowner's name, phone number and any information relating to the landowner's specific situation. Hunters must have a valid 2015 deer gun license since the Game and Fish Department does not provide a hunting license with this program. Not everyone who signs up will end up with a new place to hunt, because not everyone's schedule will match up with a landowner's, and more people will likely put their name on the list than there are openings. Currently, participating landowners have openings for about 120 doe hunters.

North Dakota's 2015 regular deer gun season runs from Nov. 6-22. In addition, the archery season extends through Jan. 3, 2016; the youth season is Sept. 18-27; and muzzleloader runs from Nov. 27 – Dec. 13.

# Montana Stockgrowers Seeks Nominations for Ranching Woman of the Year

The Montana Stockgrowers Association is seeking nominations for the 2015 Montana Ranching Woman of the Year. The annual award is presented to an MSGA member who has made great contributions to the Montana ranching community and has gone above and beyond to support their family and friends. Nominations are due October 31 and the recipient will be recognized at MSGA's annual convention in Billings, December 3-5.

"Women are often the backbone of Montana's ranching communities. These women often go above and beyond to support their immediate family members and pitch in whenever the need arises in their communities," said Gene Curry, MSGA President from Valier. "We look forward to recognizing these accomplished women each year at our annual convention and thanking them for their hard work."

Last year's recipient of the Ranching Woman of the Year was Bev Fryer, who ranches with her husband, Ed, near White Sulphur Springs. Alongside raising a family, the Fryers raise cattle at the Castle Mountain Ranch, where Bev takes charge of training horses and calving more than 300 heifers each spring. Bev is active in area youth and Cattle Women's activities, ranch rodeos, and guides hunters looking for elk each year.

Past recipients of the award include Glenna Stucky of Avon, Floydena Garrison of Glen, Helen Hougen of Melstone, Marian Hanson of Ashland, Carol Mosher of Augusta and Donna Sitz-Arthun of Billings.

Nomination letters submitted by family or close friends should identify a ranch-

ing woman, who is a member of Montana Stockgrowers, describe her role on the ranch, and the characteristics that set her apart when supporting the family and ranch, as well as describe her involvement in community efforts. Biographies should include the ranching woman's hometown, family members, and number of years involved in ranching activities. Along with the nomination biography, submissions should include photos depicting the ranching woman's family, ranch and community involvement.

Nominations should be submitted to the Montana Stockgrowers office by October 31, 2015 via mail (420 N. California, Helena, MT 59601) or email (lorrie@mtbeef.org). For more information contact the MSGA office at (406) 442-3420 or visit mtbeef.org/ranching-woman.

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Johnson Hardware & Furniture’s store as seen today. (Photos by Jody Wells)



Johnson’s purchased the former Danielson’s True Value Hardware store in 2006.

Johnson Hardware and Furniture began as Johnson-Mercer Hardware in 1915 as a Marshall Wells hardware merchant. The store was owned by three Johnson brothers – George, Gil and Axel – along with partner Andy Mercer. It was located on the same block as the current location, but in a different building. In 1924, George and his younger brother Carl bought out Gil, Axel and Andy and the store was re-named Johnson Hardware.

A new 35-foot wide building was added in 1925 and is still part of the store. Later additions to the back of the building were also made. In the late 1920s, the business added John Deere tractors to its lineup of hardware products. Business was very challenging during the Great Depression and the implement dealership was dropped in favor of furniture and the name was changed for the last time, becoming Johnson Hardware and Furniture. Business remained difficult during World War II until the economy stabilized following the Allied Victory.

Sidney experienced strong growth the next decade and in 1956 the family business grew with the addition of Carl’s oldest son, Hubert. That same year, George passed away. Carl passed away January 1957, leaving his wife, Prudence, as a widow until her death at the age of 94 in June 1993. Hubert’s younger brother, Paul, joined the family business in 1959 and together they owned and managed the store for the next 37 years.

The store had five employees then, including Hubert and Paul, when the two brothers embarked on an expansion of the business that continued through the ‘60s, ‘70s and into 1980. The store changed suppliers in 1959 switching from Marshall-Wells to Our Own Hardware, a larger and modern hardware wholesaler with a strong presence in the Upper Midwest. Two years later Hubert and Paul expanded the business from a 35-foot store front to 50 feet and expanded the basement as well, adding significant display space for furniture. A major expansion took place in 1967 when the two brothers remodeled the rear of the store and added 12,000 square feet of display area. The old Sidney Hotel building to the south of the store became available in 1975 and the business grew in size again. Two years later in 1977 the old Turner Drug store building to the north went up for sale and the business added another 8,000 square feet. The store front was now 110 feet in length and three stories of display. It encompassed more than 30,000 square feet of showroom space with several thousand more feet of storage space and had nearly 20 employees.

During this time of growth the store had owned several small warehouses. The brothers purchased the local Pepsi Cola bottling plant in 1980 to use as storage space. This more than tripled the warehouse capacity to 8,000 square feet of storage space. The growth of the business in both size and inventory put it in perfect position to enjoy the rapid sales growth during the oil boom of the late 1970s and early 1980s.

Paul’s oldest daughter, Kristine, and her husband, Chip moved to Sidney in 1992 and began the transfer of ownership to the next generation. In 1996 Paul purchased Hubert’s interest in the family business and his youngest son, Philip, came to work. The new, young team of Johnsons embarked on the next generation of expansion, beginning with the merger of Our Own Hardware into Do It Best Corp in 1997. Do It Best, consists of more than 4,000 retail stores in 13 countries. It is the second largest hardware wholesaler in America with more than \$3 billion in annual purchases from manufacturers. Buying power like this gives small family-owned stores like ours the buying power to compete with anyone. Buying power also comes into play in the store’s furniture and mattress departments. Johnson Hardware and Furniture is a proud member of Furniture Leaders, a furniture-buying-group consisting of 88 member stores in 12 states. Philip served on the Furniture Leaders Board of Directors for seven years and led the organization as Chairman of the Board for three years.

The most recent expansion of the family business occurred in December 2006 when Kristine, Chip and Philip purchased the Danielson True Value Hardware Store located behind their original location. The two buildings share a common parking lot and the close proximity allowed the business to change and grow once again. The original building became the Johnson Hard-

Continued on next page.

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ware and Furniture Home Design Center featuring furniture, mattresses, major appliances, small appliances and kitchen house wares, an expanded paint department, wall décor, gift ware, as well as children's toys and games. The old True Value location became the Johnson Hardware and Furniture Do It Best Hardware Center and offers a complete selection of hardware, plumbing and electrical supplies, hand and power tools, lawn and garden products, power equipment, cleaning supplies, as well as firearms, ammo and fishing supplies. Together, the two buildings cover 201 feet of store front, encompassing more than 40,000 square feet of display space. Johnson Hardware and Furniture currently employs 26 people.

What began as a small hardware store in 1915 has expanded into a large retail establishment with many accomplishments. The business was honored in 2002 as the Montana Family Business of the Year by the Montana State University College of Business. Also in 2002, the Sidney Chamber of Commerce recognized the Johnson family as that year's Heritage Family. The Sidney Chamber honored the business with the Horizon Award in 2008. The store has been recognized numerous times by Valspar Paint as a Top Performer with Do It Best, including the past three straight as the #1 paint retailer in the company. The store has also been recognized by the Whirlpool Corporation as a top-5 retailer in the National Hardware Distribution Network, which includes Do It Best, Ace and True Value hardware stores nationwide. The store has been recognized in local surveys as the #2 draw for out-of-town customers and the #1 favorite store in town. In a recent local newspaper poll, Johnson Hardware and Furniture was voted the Best Furniture Store, Best Hardware Store and Best Home Improvement Store.

During the past 100 years the Johnson family has been proud to serve the citizens of Sidney, of Richland County and beyond. One thing that has always been a part of the business has been family. To date, nearly 30 different members of the Johnson family

Continued on next page.

Storewide Sale Happening Now And Runs Through To Saturday, Sept. 26. There will be a memory lane open house, Saturday, Sept. 19, 10 a.m. – 2 p.m. Join us for root beer floats and view old memorabilia. There will be a customer appreciation BBQ, Saturday, Sept. 26 from 11 a.m. – 2 p.m. Serving burgers, hot dogs, chips and pop.



**Downtown Parade Circa Late 1940s**  
Image is the 2nd storefront, which is now attached to the old Sidney Hotel.



Carl selecting sofa fabric. Early 1950s.


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**Christmas Dinner At George And Esther Johnson’s.** Paul Is the little boy In the back left. Carl Is third on left from front And Prudy Is third on right from front.

bers of the Johnson family have worked at the store. In addition to Gil, Axel, George and Carl, Paul and Hubert both worked at the store as children, as did all six of their children. Hubert’s wife, Lucille, was the “Toy Lady” for more than 25 years as she ordered, stocked and sold toys to children and their parents at Christmas time. Paul’s wife, Barbara, was the store’s official Christmas gift wrapper for many years. Every Johnson child and grandchild worked at the store when they were growing up. Today Kristine, and Philip’s wife, Joy, manage the business office. Philip,manages the Home Design Center and Chip over- sees the Hardware Center.

In addition to family, Johnson Hardware and Furniture has been blessed over the years with many loyal employees, some of whom have worked for the business for more than 20, 30, and even 50 years. While there are too many to name, we do want to thank some of our longest-tenured employees, includ- ing: Bernadette Barbula; JoAnne Christensen; Grace Corchran; Edward Cunningham; Marlene Dornhecker; Delmar Dschaak; Jeannie Dunn; Charlotte Guptil; Crystal Hatter; Jeanette Koch; Edith “The Paint Lady” Norby; Susan Opsta; Clint Radke; Elaine Rang; Kevin Reitz; Jim Sampson; Rick Stone; Carol Struckman; Grant Wicks and Lois Wilson.

And most importantly, Johnson Hardware and Furniture and the entire Johnson family wants to thank all of the support from its loyal customers...old and new...young and old. From the first birthday or Christmas gift, to high school graduation, weddings and home ownership, Johnson Hardware and Furniture has enjoyed being a part of our customers’ lives and a vital part of the community. Our family is proud to have operated our busi- ness in the same location since the birth of the automobile, and



Circa 1940s  
(L to R): Hubert,  
Carl and Paul  
Johnson.

Everything  
Roundup on  
the web.

through the Great Depression, World Wars I and II, the turbulent ‘60s, the economic malaise of the 1970s, Y2K, three oil booms, floods and droughts. Through it all we’ve grown and prospered and are excited to have survived it all. We couldn’t have done it without a supportive community, reliable employees and a strong family. Thank you!



Late 1930s During A Parade. Shown (L to R): Hubert  
and Paul Johnson.

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# Firefighting and Old Geezers

**By Lois Stephens**  
I grew up in a household where my father took the responsibility of volunteer firefighting very seriously. He attended every meeting possible and answered all the fire calls within his power to answer. We lived within blocks of the fire hall and when that siren began to scream, begging the volunteers to make haste to the fire hall, my dad dropped whatever he was doing and tore off on a dead run down the street towards the fire station.



Calls more often than not came in during the wee hours of the night, and I remember feeling very uneasy but also extremely proud of my father as the siren wailed, calling him to his volunteer duty. If the call came during the day, my dad would answer the summons if he could, as he worked at a business that appreciated the efforts of volunteer firemen and understood the important role these people played in the community. When my dad could not respond during work hours, if the emergency still existed when the five o’clock whistle released him from his working duties, he would go directly to the scene before he even came home from work.

We lived in a small town so we did not see an inordinate amount of calls during the years I grew up in that community, but my dad’s commitment, sense of responsibility, and passion for his volunteer fire efforts made a lasting impression on me.

As a young adult, I wanted to follow in my father’s footsteps and volunteer my services as a firewoman. However, when I could claim young adult status, we all still rode pterodactyls to school and women really were not encouraged nor welcomed to join the volunteer fire company. At that time, men still considered firefighting a man’s job; women were expected to serve on library committees, sit demurely on the sidelines and cheer on their hero menfolk, or if we were deemed worthy, we were invited to make the coffee for the men. My feelings on that state of affairs could most politically correctly be stated as thanks, but no thanks.

So, as time passed the dream of serving as a volunteer with the local fire company became lost in the hustle and bustle of everyday life. That is, until I moved to Virginia City at the ripe older age of 66. A colleague from work invited me to serve on the volunteer fire company board, and I gladly accepted, figuring that would provide me with the means to partially fulfill the life-long dream of

emulating a much loved and respected father.

At my first meeting of the fire board, I discovered that not only could three quarters of the volunteer firefighters in Virginia City claim senior status of 60 years of age or older, but that as an older woman myself, I too could join the fire department. Another lady, Toni James, who fits into my same age bracket, has served as a volunteer firefighter for years, so not only could I join this band of volunteers, I had a fellow female firefighter to guide me and give me encouragement. As Toni told me, “Anyone in this volunteer fire company under the age of 60 is still on probation.” That made me smile.

When I enthusiastically relayed all this information to my husband, who will reach the age of 70 next month on Halloween, he decided to volunteer his services as well. So both of us began attending the Tuesday meetings to learn all we could about firefighting and emergency response, earn some safety certification, and serve our community in ways we both could relate to and that suit our temperaments and personalities.

We quickly discovered that locals really appreciate their firefighters. Members of the community sign up to feed us, and each Tuesday one of those community members provides enough supper to feed the 15 volunteers. We enjoy a delicious meal compliments of that particular community member, and then we receive training that arms us with the ability to fight fires, work at crash scenes, and to respond to any other conceivable emergency that may arise.

At our first meeting, other volunteers welcomed us warmly, and since the majority of them have lived through many decades and have their own balding pates and grizzled countenances, no one raised an eyebrow at our wrinkles and gray hair; they simply appreciated the extra hands we will provide. At the second meeting, we met the remainder of the volunteers. By the third meeting, we had available gear that fit issued to us. I have a coat, boots, helmet, and gloves, but no coveralls small enough to fit me; my husband has a helmet, coveralls, a coat, and gloves, but no boots that fit his rather large feet. Toni has ordered these items for us.

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Gearing up in all this paraphernalia to face emergencies doesn't prove as simple as pulling on a pair of jeans. Fire resistant clothing by its very nature means it has several layers that prove thick and cumbersome. Sleeves and trousers don't bend like ordinary clothing, so stuffing myself into fire retardant material takes a few more minutes than one might imagine. This protective gear also weighs a lot more than street clothing. I figure by the time I wiggle into my fire gear I carry an additional 55 pounds on my body. Add an oxygen tank onto that, plus all the tools and assorted extras one might need crammed into the pockets, and I guess I will end up carting around an additional 65 pounds or so as I face an emergency. Add on to this the fact that when fires occur in the summer time, we are looking at an already very hot outfit, plus we carry an additional 60 plus pounds on our person. I can see a few difficulties looming on the horizon. I have a feeling I might get just a tad overheated and dehydrated on occasion. However, I am prepared for that and when looking at the big picture, I accept this minor inconvenience.

I also discovered that the method of reaching the scene of the emergency has changed drastically in 50 years. I remember watching the fire trucks of my youth leaving town with a snort and a billow of smoke exhaust, with a driver, another person sitting in the passenger seat, and the remainder of the volunteers clinging to the bars that ran the length of each side of the fire engine. The fire trucks of five decades ago usually transported up to 15 firefighters at one time.

Time and safety issues have changed all that. The truck I rode on at our last meeting that transported us to the community park so we could practice using the hoses

## 5 Simple Time-tested Tips for Aging Well

A health renaissance is taking place in America as more people are embracing aging well and being proactive rather than reactive about their well-being. Prevention has become the focus, and many aging Americans are turning to time-tested methods for keeping their bodies and minds healthy so they can live longer, higher-quality lives.

Kristen Johnson, certified personal trainer, registered dietician and nutrition expert at [www.ontargetliving.com](http://www.ontargetliving.com) points out five time-tested strategies for aging well:

### Daily exercise

"Daily movement is the real fountain of youth. It keeps us healthy from the inside out," says Johnson.

She notes that quality over quantity is what really matters.

"When it comes to improving overall fitness, high-intensity exercise for a short amount of time may be much more beneficial than low intensity for a long amount of time," Johnson says. "Research suggests that fat-burning hormones like human growth hormones and testosterone are stimulated by high-intensity exercise, while fat-storing hormones like cortisol may be lowered. Try increasing the intensity and frequency of your exercise, while decreasing the time spent."

### Superfoods

The foods you eat influence how you look and feel, from glowing and confident to lethargic and sick. Selecting foods that people have eaten historically as nutritional powerhouses can help boost overall wellness.

"Superfoods are nutrient-rich foods, such as fruits, vegetables, ancient grains, healthy fats and lean proteins," says Johnson. "These foods naturally contain high amounts of antioxidants, vitamins and minerals, which all contribute to healthy aging."

A few to focus on:

\* Carrots, squash and sweet potatoes are extremely beneficial for eye and skin health, thanks to high levels of beta-carotene, a type of vitamin A.

\* Any brightly colored fruits and vegetables will have an abundant amount of antioxidants, and these help prevent oxidation and cell damage. Examples: raspberries, kale and cabbage.

\* Carbohydrates like healthy grains, beans and potatoes help you produce serotonin, a calming and satiety hormone that helps fight stress and anxiety's negative effects.

### Nutrients

Supplements help fill nutritional gaps, especially as the aging body requires greater amounts of certain vita-

mins and minerals. Johnson points out the importance of omega-3s for aging well.

"Omega-3 fats are essential for getting you healthy from the inside out, all while helping improve hormonal balance, brain health, weight loss and metabolism," she says. "Omega-3 fats are also extremely helpful for healthy skin, hair and nails."

Her favorite? Nordic Naturals Cod Liver Oil. "This contains EPA and DHA, both of which contribute to a healthy heart and brain," she says. "Cod liver oil also helps improve cellular function, energy and mood. Did you know cod liver oil can actually taste good? Try their delicious orange flavor."

### Sleep

"Chronic lack of sleep is one of the fastest ways to age the human body," Johnson says. "Lack of sleep can have a huge impact on the appearance of skin, causing fine lines, wrinkles and dark under-eye circles. Not getting enough sleep can also cause your body to release a stress hormone called cortisol."

She notes that adequate sleep can positively influence cognitive ability, mood, weight loss and skin rejuvenation, so it should be a top priority for an aging-well routine. While the right amount of sleep will vary between individuals, the goal for most adults is around 7 - 8 hours a night.

### Social activity

Human interaction can decrease as people age, but it's more important than ever to form and maintain bonds with others. Participating in social activity is a fun way to enjoy life and reap real health benefits.

"The American Medical Association has noted that stress is the basic cause for more than 60% of all human illnesses and diseases," says Johnson. "When you are socially active and surround yourself with people you enjoy, you may be less likely to feel lonely, unhappy, or unfulfilled, all of which can cause unwanted stress."

Finally, there's no need to become overwhelmed; start an aging-well routine by taking one small step and building healthy habits over time. This is what will lead to long-term success.

"Remember that it's never too late to start living a healthy and happy life," Johnson says. "Give yourself more reasons to smile and laugh! Did you know research suggests that happy people live longer, healthier and more fulfilling lives?"

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# Roosevelt Medical Center Announces New Clinic Coordinator



**By Jaimee Green**

Roosevelt Medical Center has recently promoted Karla Hunter, a clinic nurse, to serve as the new clinic coordinator. With her new job title, she will be responsible for the day-to-day management of the clinic and its' staff members.

Hunter replaces Amber Bond, who recently relocated to Louisiana.

"The best part of working in healthcare is making a difference in the lives of the patients. It's that reaction you get from them when you know they are feeling better and, in part, it is because of you," she said.

Karla attended several colleges and received her bachelor's degree in nursing from Miles City College in 2005. She was employed at Sidney Health Center for 10 years and has worked in obstetrics, medical surgery and the clinic. At Glendive Medical Center she also worked in psychiatric care.

"One of my long-term goals for the clinic at RMC is to ensure we are contacting patients after they leave to check on how they are doing with their care plans and treatments," she said. "We want people to know how much we truly care about their health and well being."

Hunter began at RMC in 2012 as a traveling nurse and was hired in 2014 to work full-time as a staff member.

She has three children: Emily, 18, Kade, 12, and Beau, 9. This January she will be getting married to Dr. Michael Fink, a chiropractor, in Sidney.

# Kill For A Cure

Volleyball season is here and with that comes "October as Cancer Awareness Month". The Lady Sidney Eagle volleyball team sponsored "Pack the Place in Pink" and last year "Kill for a Cure" to help raise funds for people fighting cancer.

This year, they have decided to once again raise money for those battling cancer that has affected our community. All the money raised this year will stay right here in Richland County. The volleyball girls are geared up to "Kill For A Cure" this year and are on a mission to raise funds to significantly make a difference for those who face this challenge daily.

The Lady Eagles, along with Coach Jen Difonzo, Coach Pfau and Coach Bell, are excited and proud to announce that Thursday, Oct 15 will be the date for the "2015 Kill For A Cure". The team will be playing Hardin that evening. Hardin is always a strong team so come out and watch the girls.

Last year, the volleyball team raised \$15,332 for those battling cancer in our community. Sponsorship is one way to be recognized as an individual or a business. By contributing \$500 or more, you will receive your name on the "Kill For A Cure" T-shirt that will be sold to wear at the game, your name will be displayed in the program, on the honor board and announced at the game. However, there are many other ways to help this cause. You can buy a baked goodie at the traveling bake sale, purchase a T-shirt or just a financial donation always works too.

They also plan to have a silent auction again this year the night of the event. Each of the players will create one of their own baskets for a great cause, so come and bid for your favorite basket.

## St. Catherine's Church Annual Fall Dinner To Be Held Sept. 27

St. Catherine's Church, Fairview, will be having their annual fall dinner on Sunday, Sept. 27, from 11 a.m.-2 p.m.

Turkey & dressing, roast pork, mashed potatoes and gravy, salad bar and homemade pies.

St. Catherine's is located at 317 W 7th St., Fairview. To-go boxes will be available. Come join them for the delicious celebration of fall.

For more information call 406-742-5293.

# Culbertson – Bainville Homecoming Tuesday - Friday, September 15 - 18



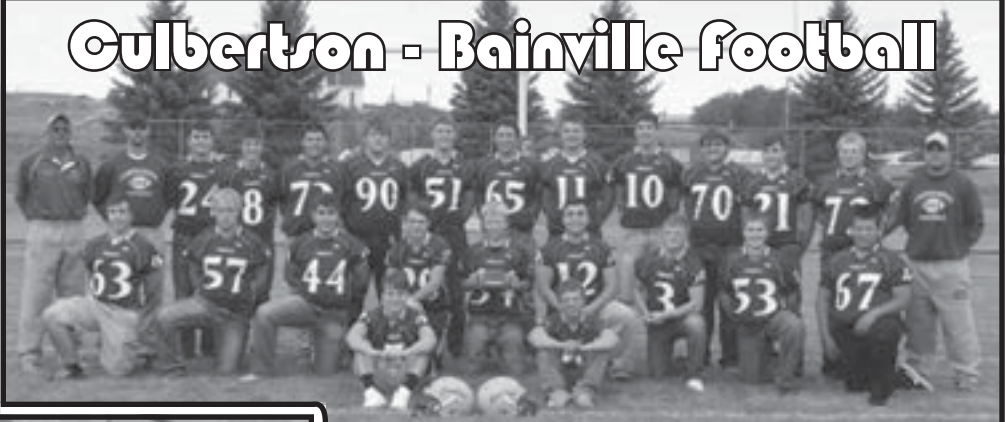
**(L-R):** Ashton Handy, McKade Mahlen, Renee Granada, Eric Hendrickson, Lindsay Reid, Wyatt Shelton, Emma Pederson, Logan Nickoloff, Aaliyah Moon, Lance Bengochea, Carter Nickoloff. Not Pictured Quintana Wettlin.



**Back (L-R):** Alexis Anaya, Samantha Holte, Andri Rhodes  
**Middle Row (L-R):** Katie Sandvik, Mikayla Dimmitt  
**Front (L-R):** Austin Strickland, Beau Hyatt, Kevin Kramer, Michael Sheehan, AJ Friese.



**Back (L-R):** Ashton Handy, Renee Granada, Tessa Larsen.  
**Middle (L-R):** Ashtyn Ator, Abby Ator, Aaliyah Moon, Charlee LeMay, Sierra Machart, mgr Macy Kirkaldie.  
**Front (L-R):** mgr Rachael Gilbert, Kelsie Williams, Fallon Sun Rhodes, Quintana Wettling, mgr Mariah Cathey.  
**Not Pictured:** Holly Colgan.



**Back (L-R):** Coach Helmer, Coach Manning, Carter Nickoloff, AJ Ullmer, Dylan Rabbe, Brian Pederson, Ethan Hendrickson, Brennan Brunelle, Jonathan Hilde, Adam Buxbaum, Wyatt Shelton, Eric Hendrickson, McKade Mahlen, Coach Shanks. **Middle (L-R):** Joey Bawden, Jameson Egemo, Logan Nickoloff, Elijah Romo, Tristan Labatte, Trustin Holcomb, Shay Bridges, Lucas Oelkers, Joseph Boyd.  
**Front (L-R):** Lance Bengochea, Will South.

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# County Agent Update

By Danielle Steinhoff  
NDSU Agriculture and Natural Resources Agent  
Williams County

## New Silage Advice

Silage corn in western North Dakota is becoming more of a known item to be growing. With our area normally not receiving enough moisture to grow corn without irrigation, the option of field corn for livestock gives ranchers a chance for a different feedstuff. Some producers might be thinking they want to start harvest because the corn is drying up, but not wanting it to get too dry or it will be no good for silage. Creating silage can be a bit of a challenge. If the moisture content is too low it will not produce enough acid to preserve itself. When it is too dry, it will quickly lose its nutrients due to the constant heat, cattle can still eat this but it will not be as nutritional as properly harvested and stored silage. There can also be some problems when the moisture content is too high, it will be poorly fermented and will create a very distinct unpleasant smell, which cattle will refuse to eat. In the past, experts recommended that corn silage be harvested at the black-layer stage of maturity but more recently that has changed. Experts now say to receive the highest nutritional value and good silage, harvest whole-plant silage at the one-half milk line. But of course this is not an exact science, also checking to see if the kernels are denting along with the milk line is a sign to chop some whole plants to check moisture content. Another useful tool is the U2U Decision Support Tools, which helps you determine the Corn Growing Degree Days (GDD) <https://mygeohub.org/groups/u2u/gdd>. After harvest packing silage, especially in bags, bunkers and piles is very important. If you are storing silage in bags, make sure you set the tension as tight as possible. The goal is 14 lbs. of dry matter or more per square foot of silage. Bunkers and piles should be filled using the wedge method, which is filling at a 40-degree angle. To find more information please visit <http://tinyurl.com/cornsilage>.

## Harvesting Your Garden

With the garden season coming quickly to an end, here are some ways to decide when your fruit and veggies are mature and ready to eat. Winter Squash- When the skin is hard and can no longer be punctured by a fingernail, loses its glossiness and turns dull it is ready to be picked. Most of the time, harvest can be delayed until frost is expected. Onions- With onions growing underground, it can be a challenge to determine when the onions are mature. One of the main ways to determine is when the tops have fallen over and have shriveled. Shake off loose dirt and cure bulbs in a warm airy spot until necks are withered. Store in a cool, dry place. Potato- Like onions, potatoes may be a challenge to determine when they are mature as well. Potatoes may be harvested any time after blossom, mature potatoes are harvested when leaves are dry and die. Shake off loose dirt, avoid bruising and store in a cool, moist, dark location. Watermelon- When watermelons are large, it does not mean they are ripe. When the tendril next to the fruit dries, the rind will be faded and no longer glossy. Cantaloupe- Fully ripened fruit slips off the vine with a gentle tug. Rind will be yellowish. Sunflower- harvest when the back of the head is banana yellow to brown. Cut entire head and hang in mesh bag to dry for a few weeks, seeds will easily come out when rubbed. Apple- The background color (color right by the stem) turns from green to yellow. Fruit comes off easily by using an upward twisting motion. Pear- Harvest before fully mature, pick when skin changed from dark green to yellowish-green. Plum- Plums turn bright green to light green to mature color (red, purple or yellow). The previous information was taken from the NDSU Yard and Garden Report Volume 3 No 12.

# Missouri-Yellowstone Confluence Center Announces Winter Hours & Programs

The Missouri-Yellowstone Confluence Interpretive Center begins winter hours on Sept. 8 and will be open Wednesday-Saturday, 9 a.m.-4 p.m. and Sunday, 1-5 p.m. CT and closed on Mondays and Tuesdays.

Fort Buford State Historic Site closes for the season on Sept. 7. The public is invited to these free upcoming events.

Confluence Quilters will gather Sept. 18-19 from 9 a.m.-5 p.m. CT. Monthly meetings will be held at the Confluence. All experience levels invited and instruction provided. Bring your own lunch and unfinished projects.

The public is invited to a free concert featuring “Gettin’ Outta of Dodge” at the Missouri-Fort Buford And Missouri-Yellowstone Confluence Interpretive Center Sept. 20 at 3 p.m.

The Missouri Yellowstone Confluence Interpretive Center is 22 miles southwest of Williston near the Fort Buford State Historic Site.

For more information, contact Site Supervisor Steve Reid-burn or Assistant Site Supervisor Kerry Finsaas at 701.572.9034. For more information about additional upcoming programs of the State Historical Society of North Dakota, go to [history.nd.gov](http://history.nd.gov) <<http://history.us5.list-manage.com>.

# R&L FUSION HOMECOMING

*TUES - SAT, SEPT 15<sup>TH</sup>-19<sup>TH</sup>*

**R&L Fusion Football**  
**Back (L-R):** Head Coach Shawn Lien, Brock Frisbie, Hazen Fink, Casey Watson, Trent Lien, Kelvin Hill, John Helmuth, Skilor May, Brock Miller, Bryce Thompson, Asst. Coach Joe Day Rider. **Front (L-R):** Manager Blake Lien, Tanner Schipman, Chase Brown, Tyler Thiessen, Seth Prevost, Casey Cayer, Kyler Brown, Bryce Reitz, Garrett Cayer, Seth Brown, Julen Idoate, Manager Gabe Gonsioroski.



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**R&L Fusion Volleyball**  
**Back (L-R):** Asst. Coach Amelia Pust, Anna Johnson, Brylee Brost, Sydney Brost, Brittany Whiteman, Haley Olson, Ellie Volbrecht, Taylor Fink, Shaye Johnston, Rain Rehbein, Rachel Prevost, Halle Fatzinger, Head Coach Amy Lake. **Front (L-R):** Kaylee Rains, Emily Carda, Togzhan Fazyl, Jacalyn Wright, Molly Pust, Abbie Smith, Cierra Bireley, Abbey Arlint.



**Richey Royalty**  
**(L-R):** Brittany Whiteman, Ian Fatzinger, Skilor May, Shaye Johnston



**R&L Fusion Cross County**  
**Back (L-R):** Isaac Sponheim, April Kavanaugh, Haley Olson, Tim Wright. **Front (L-R):** Ellie Smith, Coach Cesar Mireles, Rachel Prevost, Ian Fatzinger.



**Lambert Royalty**  
**Back (L-R):** John Helmuth, Brock Miller, Marshall Oland, Hazen Fink. **Front (L-R):** Rachel Prevost, Delaney Krenning, Taylor Fink, Téa Thiessen.

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**GOOD LUCK**

From The  
**Richey Student Council**



# FAIRVIEW HOMECOMING

Tuesday - Saturday, September 15<sup>th</sup> - 19<sup>th</sup>



**Fairview Football:**

**Back (L-R):** Asst Coach Schipman, Head Coach Hardy, Asst Coach Bieber and Asst Coach Shaide. **4th Row (L-R):** Bryce Neu, Alex Young, Carson Cayko, Dylan Matson, Austin Kidd. **3rd Row (L-R):** Eduardo Luna, JJ Klein, David Ford, Rex Reynolds, Sterling Sannon, Alex Propp. **2nd Row (L-R):** Manager Justina Fugate, Tanner Reynolds, Parker Jensen, Brett Andreasen, Pat Hardy, Taryn Candee, Braden Burman Manager Laurel Erickson. **Front Row (L-R):** Stats, Gerit Johnson, Ben Hardy, Michael Calvert, Josh Hurley, Josh Johnson, Jonathon Lebsock, Mitchell Shaide, and Ball Boy Kenneth Olson.



**Fairview Volleyball:**

**Back (L-R):** Coach Amber Ryckman, Jenna Bieber, Baile Vitt, Torrie Hurley, Martha Hurley, Cailin Yadon, Alex Wicks, Kelly Danielson, Emma Skov and Coach Jessie Hardy. **Front (L-R):** Manager Meredith Johnson, Jae Kloker, Alexis Sundheim, Amber Berry, Kashania Martinez, Bailey Seader, Elizabeth Shannon, Emily Axtman, Brianna Carr and Manager Sierra Rowlett.



**Fairview Royalty:**

**Back (L-R)** Mitchell Shaide, Josh Hurley, Dustin Rice and Ben Hardy. **Front (L-R)** Rae'ven Hall, Katelyn Mocko, Cailin Hardy and Alisha Rutledge.

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**Fri: Warrior Pride Day & Football vs Plentywood**  
**Sat: Volleyball vs MonDak**

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