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Wednesday, April 15, 2015

Volume 41 • Number 9

Fairview To Host Montana State Golden Gloves April 18-19

By Dianne Swanson

For the first time in its long history, the Fairview Boxing Club is set to host the Montana State Golden Gloves this Saturday and Sunday, April 18 and 19 at the Fairview High School old gym. Eight teams from Montana, North Dakota, South Dakota and Canada are expected to attend, giving tournament goers over 30 bouts of boxing over the two day event. The excitement starts at 7pm Saturday with \$15 adult admission and \$8 for students. The entertainment continues at 1pm Sunday with a \$5 admission fee.

This is a progressive sanctioned USA tournament. Winners from the Fairview event will go on to regionals in Salt Lake City, then on to the finals in Las Vegas in late May. Champions may then move on to the USA Travel Team which competes worldwide, then to the Olympics.

The main event will include Cody Washlager, Silver Gloves National Champion from Helena matched against a really good boxer from Saskatchewan. Local boxer Kyler Anderson will also be a main event attraction. 2007 Lightweight USA Champ Duran Caffero from Helena will also be in Fairview helping out with the tournament. Caffero runs a training camp which has helped many boxers including Anderson.

Proceeds from the tournament go towards sending boxers to regionals and nationals; providing tournament trophies, jackets and t-shirts; and providing a Fairview Senior scholarship for the eighth year in a row.

Fairview coach Kirby Sundheim is excited about the number and quality of boxers in the Golden Gloves. Eight boxers from Fairview will compete including Cody Williams at heavyweight and 17 year old Kyler Anderson who currently has a 5 and 1 record. Braden Burman, Liam Baxter, Alainah Baxter, Mason Schirman, Martin Manuel and Rowan Bushnell round out the team.

The club has competed in 5 or 6 tournaments so far. Next up is the Casper Jr. Olympics where Alainah and Martin will be competing. Then the whole team will go on to Great Falls for the Montana State Novice tournament. The club's motto is "Fight for the athlete in you" which Sundheim says will carry the boxers throughout their lives, learning to stand up for themselves, be



active, be productive and push themselves every day.

In addition to Sundheim, Ken Kilen, Jeff Ketterling, Danny Ferral and Dustin Manuel will officiate and assist at the Golden Gloves. Sundheim, who has a long amateur boxing history, credits his wife Kristi Kaiser for getting him into coaching and encouraging him all along the way. She will also be officiating this weekend.

Sponsors have been phenomenal this year according to Sundheim, making the whole program possible.

The Golden Gloves was started when Chicago Tribune sports editor Arch Ward conceived the idea of a city-wide amateur boxing tournament in 1923, to be sponsored by the newspaper. Each champion was awarded a miniature gold-

en glove, which gave the tournament its name. The mission statement of Golden Gloves of America Inc. is to provide an activity and safe environment that promotes and enhances the physical and emotional well-being and social development of young athletes; develops individual athletic skills, work ethic, discipline, sportsmanship, self-respect and pride; and provides entertainment to citizens of the community. In seeking to fulfill its mission, the Golden Gloves of America, Inc. has 30 franchises, which sponsor hundreds of programs competing in local and regional tournaments and in a National Tournament of Champions each year.

For more information, contact Sundheim at 406-855-9182, or check out the Fairview Boxing Club on Facebook.

Merger Means Former McKenzie County Bank Is Now The Cornerstone Bank

By Meagan Dotson

As of March, the McKenzie County Bank is now under a new name as the Cornerstone Bank. Since 1982, the McKenzie County Bank, located at 500 2nd Ave SW in Watford City, has been a fixture of the community. Under the same ownership, McKenzie County Bank and Lakeside State Bank began looking into merging the two charters with a third. The affiliates choose Cornerstone Bank which has more of a state-wide presence after what was approximately a year-long process. The location is the same as are the employees, so customers will continue to see the same smiling faces.

When asked what changes could be expected, Bank President Dale Patten commented, "Customers will find a broader base of services than were previously available, which include banking services across the state."

Moore Family Friend Of Public Health Award Winner Open House April 16th

The Richland County Health Department Invites Community Members to Celebrate with us as we honor the Family of David & Terri Moore as the winners of the Friend Of Public Health Award!! Open House Thursday April 16th from 2 pm- 4 pm in Conference Room 201 in the Community Services Building

1st Annual Bakken Boom Run/Walk May 16

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

NRDC Requests Extended Comment Period For LYIP, New Deadline April 17th

Submitted by Leslie Messer, Executive Director Richland Economic Development Corp

Over the past year, Richland Economic Development Corp implored you to weigh in on the continuation of reliable irrigation water for Eastern Montana and Western North Dakota. Many of you responded passionately with cries of support for the preservation, prosperity and heritage of the families of the Yellowstone Valley, the LYIP, the concrete weir, and fish by-pass. Well done! Our voices were heard, and they mattered greatly!

The safe passage of the endangered species, the pallid sturgeon, around the Intake Diversion structure has been front and center for us. We stood proudly alongside many of you at the public hearings, to demonstrate just how important this is. The record-breaking number of proponents at these hearings encouraged all parties to work together to choose the most effective fish passage alternative to preserve our endangered species, our rivers, and our agricultural economies for many generations to come.

Considerable tests were done, models were made, modifications were identified for the Intake Diversion structure, and the joint notice for the construction permit opened a 21 day comment period ending April 3rd, 2015. Again, we asked you to send in your community and individual support. Your effort and response was notable. Job well done, again!

It has now come to our attention that the Natural Resource Defense Council (NRDC) made a request to the US Army Corps of Engineers to extend the comment period for the construction permit to Friday, April 17th. The Corps has granted the extension. The NRDC is one organization that's suing to stop the concrete weir and fish by-pass modifications from being completed at Intake.

What this extended comment period means for our area is one more opportunity to show our continued support for the reliable delivery of water to Eastern Montana and Western North Dakota. If you've already written your letters and sent them in, fantastic and thank you! If you inadvertently missed the previous deadline, the time to chime in is now more important than ever.

As our economy ebbs and tides with the oil and gas production, the ever constant agricultural engine buoys our economy through these changes. But what would happen to our economies without the value added crops produced by the LYIP irrigation water? What might our communities look like then? How different would the sales look in our businesses without the purchases made by these producers?

We need to keep up the momentum! If you haven't sent in a letter stating your support of the modifications and the concrete weir at Intake, please take ten minutes and do it now. If

you know of community organizations that haven't sent one in, encourage them to do so before Friday, April 17th.

Send the letters with the application permit number to:

Application No: NWO-2008-02556-MTB

Email to: Cathy Juhas: Catherine.d.juhas@usace.army.mil
Fax to: 406-657-5911

Thank you for joining us in writing the letters, showing your support, and making a difference in how our valley's story is told to future generations. You wield great power by being authors of this chapter of LYIP's saga!

2nd Annual Above The Influence Dodgeball Tournament

Submitted by Richland County STAND

We are getting ready for our 2nd Annual Above the Influence Dodgeball Tournament! It will be held on May 2nd, 2015 at Sidney High School Gymnasium. Teams of 6 should register NOW! All Richland County School Aged Youth are welcome to register their team. Don't let your school or community miss the opportunity to be represented! The cost is 2 non-perishable and non-expired food items per person the day of the tournament. It will be a great day of positive physical activity for participants, a fun activity for family and friends to watch, and a great way for our great communities and schools to get together!

We need more celebrity teams! If you are a Teacher, Fire Fighter or a member of EMS, here is your opportunity to play and make a positive impact on some great youth! And, maybe even get the Trophy from Law Enforcement!

Brorson Students, Rau Students, Sidney Schools, Fairview Schools, Lambert School How will you represent?

Call Vicky Parker, Richland County Sheriff's Office, at 433-4097 or vparkerrc@yahoo.com to register and check us out on Facebook at Stand4youth.

Richland County STAND is a community group that meets on the last Tuesday of the month to work towards prevention of underage drinking, tobacco use and drug use. If you are interested in how you can help, come to our next meeting! Tuesday, April 28th, from 7pm to 8pm at District II Alcohol and Drug Program, 102 N. Central Suite B, lower level of the Yellowstone Marketplace in Sidney.

MNAXLP



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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:

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

THURSDAYS:

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

FRIDAYS:

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

SATURDAYS:

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

SUNDAYS:

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

STATISTICS

LAKE WATER LEVEL REPORT

Sakakawea

Current Elevation.....1839.3
Last Week’s Elev.1839.3
One Year Ago1836.8
Release For Day (C.F.S.)21,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

| Date | High | Low | Precip. |
|-------------------------|------|-----|---------|
| April 6 | 33 | 27 | 0.02 |
| April 7 | 52 | 30 | 0.03 |
| April 8 | 50 | 25 | 0.00 |
| April 9 | 63 | 28 | 0.00 |
| April 10 | 68 | 25 | 0.00 |
| April 11 | 78 | 30 | 0.00 |
| April 12 | 60 | 33 | 0.00 |
| Total YTD Precipitation | | | 1.04 |

OBITUARIES

Tucker Owen Harris, 6 months, Sidney, MT

Funeral services for Tucker Owen Harris, 6 months, were held on Saturday, April 11, 2015, at 2:00 pm at the Assembly of God in Sidney, MT with Pastor Les Anderson officiating. Interment was at the Sidney Cemetery, Sidney, MT under the direction of Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Tucker Owen Harris, 6 month old son of Amber Hambro and Justin Harris, died in his parents arms at 8:45 pm on April 1, 2015, at Saint Vincent Hospital in Billings, MT. After struggling with Spinal Muscular Atrophy type 1 (SMA), he passed gently into the arms of Jesus.



Tucker Owen Harris

Lorna L. Edeburn, 77, Sidney, MT

Memorial services for Lorna L. Edeburn, 77, of Sidney, MT were held Monday, April 13, 2015, at the Fulkerson Memorial Chapel with Pastor Vicki Waddington, Lonsdale United Methodist Church, Sidney, MT officiating. Cremation has taken place under the direction of Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Lorna died on Friday evening, April 3, 2015, in Warm Springs, MT.

Montana Academic Recognition

Submitted by Ross Hall

Sidney High School extends congratulations to our Academic Olympic teams for being recognized at the state level for their overall success in the recent meet in Glasgow combined with other academic achievements. A letter of recognition has been received placing the Sidney team among the top teams from all class sizes in the state!

Congratulations go out to Brady Bell, Kory Halvorson, Mark LaPan, Kortney Mayer, Aubrey Kessel, Shelby Reidle, Dawson McGlothlin, Michael McGinnis, Josef Mindt and Ethan Petrik for their superior representation of our academic standards.

MRS Walleye Tagging Study Continues

Submitted by ND Game & Fish

Year two of a four-year walleye tagging study on the Missouri River and Lake Oahe is complete, and returns are providing biologists with valuable information.

Paul Bailey, North Dakota Game and Fish Department south central district fisheries supervisor, said nearly 17,000 fish were tagged in 2013 and 2014, the first two years of the study, and more than 3,000 tag numbers were turned in by anglers.

“The study is designed to assess walleye movements, mortality and what proportion of the walleye population is harvested annually by anglers,” Bailey said.

The study area extends from the Garrison Dam in central North Dakota downstream to Oahe Dam in South Dakota, and involves a major collaboration of biologists and researchers from North Dakota Game and Fish, South Dakota Game, Fish and Parks, and South Dakota State University.

The study targets adult walleye, each fitted with a metal jaw tag stamped with a unique number to identify the fish, and a phone number to report the tag. Anglers can either keep or release the fish. Anglers practicing catch-and-release can write the tag number down and report it, leaving the tag on the fish when released.

Bailey said the first two years of the study revealed some interesting movement patterns. “For example, over half of the tagged walleye that were reported by anglers were caught within 10 miles of where they were tagged and released,” he added. “However, fish tagged in North Dakota moved greater distances than those tagged farther downstream, and North Dakota fish moved both upstream and downstream after tagging.”

Most of the returns in both 2013 and 2014 were from May, June and July, and Bailey said when the bite slowed in August, so did the returns.

Anglers can report tags by calling the phone number found on tags, which, anglers should note, is a South Dakota phone number. Tag information can also be reported on the Game and Fish Department’s website, gf.nd.gov, or by calling 701-328-6300.

Anglers should record the date and location of the catch, whether the fish was kept or released, tag number and length and weight (if the fish was measured). Anglers who report tagged fish can keep the tag, and will receive a letter providing some history on the fish.

A small portion of the tags offer a reward to anglers to encourage returns, Bailey said, with these tags clearly marked “Reward.”

Reward tags must be physically turned in to Game and Fish offices in Riverdale or Bismarck, or to a Game, Fish and Parks office in South Dakota.



The Roundup

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

CONTACT:
Kathy Taylor in Watford City
701-842-6188

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

RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Sat. & Sun., April 18th - 19th

Sat: 7:00 pm & Sun: 1:00 pm

Fairview Boxing Club - MT State Golden Gloves

Fairview Boxing Club presents the MT State Golden Gloves at the Fairview High School old gym. Will be teams from MT, ND, SD and Canada. This is a sanctioned USA Tournament. General admission Saturday: \$15/adult, \$8/student. Sun: \$5/person. This is a drug/alcohol free event. For more info call 406-855-9182.

Sat., April 18th

3:00 pm - Movie at the MonDak “Night At The Museum”! Children in attendace should be accompanied by an adult. Free to the public! Popcorn, snacks and drinks will be available for purchase. Contact the MonDak Heritage Center for further info at 433-3500.

Sun., April 19th

11:00 am - 2:00 pm - Burger and brats with the Business Professionals of America.Proceeds go towards sending 33 students and 5 chaperones to the National Leadership Conference May 4-10 in Anaheim, CA. Freewill donation. There will also be a silent auction with over 30 themed gifts.

Fri., April 24th

11:30 am - The Richland Red Hatters will meet April 24th at 11:30 am at Panini’s Pizzeria. RSVP to Sylvia, 798-3882, by April 22nd.

Senior Commodities Distribution

Fri., April 24th: 9am - Noon, back door of the Nutter building, 123 W. Main. Please remember to return your applications. Message phone is 433-4353.

Sat. & Sun., April 24 & 25

Sat. - 7 pm & Sun. - 2 pm

“Who Dunit...and to Whom?” by Robert Frankel performed by Sidney Hlgh School students, directed by Christy Pierce at the Sidney Middle Shool Auditorium. Tickets \$5/ adults and \$3/seniors & students.

Wed., April 29th

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

Fri., May 1st

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

Sat., May 2nd

2nd Annual Above The Influence Dodgeball Tournament. Presented by Stand4Youth and the Richland County Sheriff’s Office. Now looking for student teams and celebrity teams from all Richland county schools! Contact Vicky Parker at 433-4097.

Sat., May 16th

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

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone.

Wed., April 15th

12:00 pm - Glendive’s Friends of the Library April Lunch’n’Learn. Please join us, along with Fayette Miller, who will talk about the new exhibits and look of the Frontier Museum. Trena Kuehn will explain the research that is available for the public. Tea and coffee provided, bring your own lunch.

Sun., April 19th

1:30 pm - 2:30 pm - The Friends of the Library sponsor “The Life And Times Of Jimmie Rodgers” by Ed Kemmick at the Glendive Public Library. Free to the public.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone.

Tuesdays from 5 pm - 7pm: McKenzie County food pantry in the lower level of First Lutheran Church.

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

Thurs., April 16th

11:30 am - Women of First Lutheran Church Spring Luncheon. Will be serving potato pizza casserole, salads, and dessert for \$8 a plate. Everyone invited and welcomed!

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.

Fri. & Sat., April 17th - 18th

9:00 am - 4:00 pm - Confluence Quilters. Join the Confluence Quilters for their monthly meeting at the Confluence. All experience levels invited and instruction provided. Missouri-Yellowstone Confluence Interpretive Center, 701-572-9034.

Sun., April 19th

3:00 pm - Concert at the Confluence. Enjoy a wonderful concert performed by Sisters Four at the Confluence while overlooking one of North Dakota’s most beautiful natural sites. Free refreshments. Missouri-Yellowstone Confluence Interpretive Center, 701-572-9034.

Sat., April 25th

8:30 am - Clean Williston Day at Davidson Park & Aafet Stadium. Volunteers may pick up supplies such as trash bags, gloves, and safety vests as well as free t-shirts at these two sites. A complimentary lunch will be provided at 11:30 am. For additional details contact Ann Kvande at 701-577-8110.

MNAXLP

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

MNAXLP

Montana Agricultural Experiment Station Appoints New Eastern Agricultural Research Center Superintendent

Submitted by MSU News Service

Montana State University officials announced this week that Chengci Chen, professor of cropping systems for the Montana Agricultural Experiment Station (MAES) and MSU College of Agriculture, has been appointed the new superintendent of the Eastern Agricultural Research Center (EARC) in Sidney.

As superintendent, Chen will be responsible for management of the center's irrigated and dryland farming research profile, including research on sugar beets, barley, durum, winter and spring wheat, oil seeds and pulse crops, including peas, lentils and chickpeas. EARC is located in the Northern Great Plains region that largely encompasses eastern Montana and western North Dakota. The area's primary agricultural commodities are spring and durum wheat, pulse crops, alfalfa, sugar beets and beef cattle.

The center encompasses a new office and research facility built in 2011 that includes two state-of-the-art greenhouses with computer-controlled heating, cooling and lighting and two new labs. The center's grounds also include 135 irrigated acres and 40 dryland acres for joint MAES and U.S. Department of Agriculture

research programs.

Chen will replace Joyce Eckhoff, EARC interim superintendent, who has been with MAES as a professor of agronomy for the last 28 years and will retire on May 15. Chen will officially begin his new role on May 4.

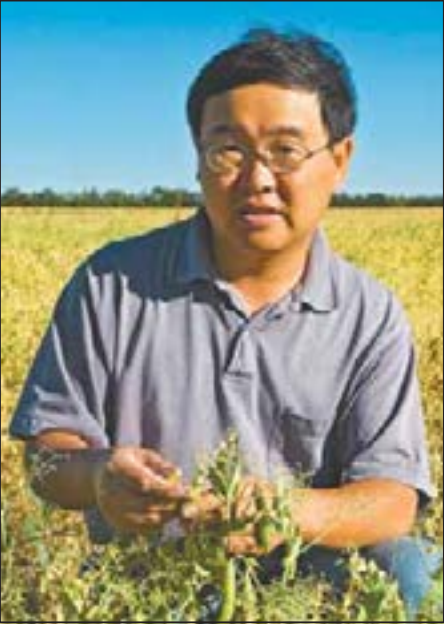
Chen received his Ph.D. in soil science from Oregon State University and holds two master's degrees in soil physics and plant-water relations, one from Oregon State University and a second from Beijing Agricultural University. Chen has been a professor of cropping systems with the Central Agricultural Research Center in Moccasin since 2002.

Chen is one of several MAES faculty scientists supporting the current rise of pulse crop production in Montana, according to Barry Jacobsen, department head of MAES research centers.

"Chengci is one of the leaders in introducing pulse crops into Montana cropping systems, and he has ex-

perience in both irrigated and dryland agriculture," Jacobsen said. "He will be a terrific supervisor for EARC."

MAES includes the MSU campus in Bozeman and seven off-campus research centers located throughout the state in Sidney, Moccasin, Huntley, Conrad, Havre, Kalispell and Corvallis. Collectively, the centers conduct research to address the diverse climatological challenges of Montana's agricultural industry. More information is available online at <http://ag.montana.edu/maes.htm>.



Chengci Chen

Nathan Williams Inducted Into The Honor Society Of Phi Kappa Phi

BATON ROUGE, LA -- The Honor Society of Phi Kappa Phi is pleased to announce that Nathan Williams of Sidney, Mont., was recently initiated into Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines. Williams was initiated at University of Montana.

Williams is among approximately 32,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors, having at least 72 semester hours, are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff, and alumni who have achieved

scholarly distinction.

Founded in 1897 at the University of Maine and headquartered in Baton Rouge, La., Phi Kappa Phi is the nation's oldest and most selective all-discipline honor society. The Society has chapters on more than 300 college and

university campuses in North America and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

McKenzie County Food Pantry

Free food assistance for you and your family. All income eligible residents in McKenzie County welcome. Open dates and times are as follows: Thursdays from noon to 2 pm, Cashwise donates food giveaway to the Food Pantry, 1st Tuesday of each month from 5 pm to 7 pm and the 3rd Tuesday of each month from 2 pm to 4 pm. The Food Pantry is located in the lower level of First Lutheran Church, 212 2nd Ave. NW, Watford City. For more information or to set up an appointment to visit the pantry call 701-444-3451 or www.mcfoodpantry.com.

Pantry includes a wide variety of frozen meats, canned goods, personal care items. Donations can be sent to: McKenzie Co. Food Pantry, Box 2716, Watford City, ND 58854.

Administrative Professionals Day

Wednesday, April 22nd

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2014 CLOSEOUT



RUBY RED FORD FOCUS SEDAN SE

MSRP.....\$24,720
RETAIL CUSTOMER CASH.....\$2,500
FORD CREDIT RBCC.....\$1,000
EAGLE COUNTRY DISC.....\$1,420
NET COST\$19,300

OR 0% APR/72mo OAC
MUST GIVE UP RETAIL CUST CASH

WHITE PLATINUM FORD FUSION SE FWD

MSRP.....\$30,675
RETAIL CUSTOMER CASH.....\$2,500
FORD CREDIT RBCC.....\$1,000
EAGLE COUNTRY DISC.....\$1,984
NET COST\$25,191

OR 0% APR/72mo OAC
MUST GIVE UP RETAIL CUST CASH

WHITE FORD TRANSIT CONNECT XLT WAGON

MSRP.....\$28,015
RETAIL CUSTOMER CASH.....\$2,250
EAGLE COUNTRY DISC.....\$1,404
NET COST\$24,361

OR 2.9% APR/84mo OAC
OR 0% APR/72mo OAC
MUST GIVE UP RETAIL CUST CASH

TUXEDO BLACK FORD EDGE AWD SE

MSRP.....\$38,305
RETAIL CUSTOMER CASH.....\$2,500
FORD CREDIT RBCC.....\$1,500
EAGLE COUNTRY DISC.....\$2,143
NET COST\$32,162

OR 0% APR/72mo OAC
MUST GIVE UP RETAIL CUST CASH

BLUE CANDY FORD FOCUS HATCHBACK SE

MSRP.....\$24,175
RETAIL CUSTOMER CASH.....\$2,500
SPECIAL BONUS CUST CASH.....\$500
FORD CREDIT RBCC.....\$1,000
EAGLE COUNTRY DISC.....\$1,352
NET COST\$18,823

OR 0% APR/72mo OAC
MUST GIVE UP RETAIL CUST CASH

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- Garden plots are 4' x 8' raised beds
- Must be planted by June 1st
- Bed & soil supplied by community garden project
- Amendments, plants & care provided by "renter"
- Applicants will receive 1 bed at time of application
- If additional beds are open after May 1st, applicant may reserve additional beds
- Applications available at the Richland County Extension Office
- Questions & inquiries should be directed to Tim Fine at 433-1206 or timothy.fine@montana.edu



April Movies At The MonDak

Submitted by Kim Simmonds, Executive Director MonDak Heritage Center

The MonDak Heritage Center's film series, Movies at the MonDak, is once again returning to Sidney. Four films will be shown in April:

The first film, Night at the Museum, follows Larry, a newly recruited night security guard at the Museum of Natural History. Larry discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc. Night at the Museum will play Saturday, April 18 at 3:00 pm and children in attendance should be accompanied by an adult.

The second film is Under the Big Stack: The Great Falls Smelter Remembered. For eight decades the Big Stack stood for industrial power and opportunity. This program takes you back in time with rare restored film, photographs and first person accounts of the history of the Great Falls Smelter. This film will play on Sunday, April 19 at 2:00 pm.

The third film that will be screened is Night at the Museum: Battle of the Smithsonian. The film once again follows Larry, night security guard for the Museum of Natural History, as he infiltrates the Smithsonian Institution to rescue two of his friends. This second installment of the Night at the Museum series will play on Saturday, April 25 at 3:00 pm and children in attendance should be accompanied by an adult.

The fourth and final film will be Glacier Park Remembered. A nostalgic look back at our summer vacation counterparts of a century ago, who traveled in Glacier National Park with little more than a compass, a row boat and worn out shoes. The film will be shown on Sunday, April 26 at 2:00 pm.

Each film is FREE is and open to the public. Popcorn, snacks and drinks will be available for purchase each day.

Contact us at the MonDak Heritage Center for any further details at 406-433-3500 or mdhc@richland.org.

For further information please contact Kim at the MonDak Heritage Center, mdhc@richland.org or 406-433-3500

MonDak Heritage Center 120 3rd Ave. SE Sidney, MT 59270 406-433-3500




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Watford City Parade Of Homes Will Showcase Brand New Homes And Give Buyers A Chance To See What's On The Market


By Meagan Dotson

The First Annual Watford City Parade of Homes will be held Saturday June 27th from 9:00 am until 5:00 pm. New, never-before-lived-in single-family and multi-family homes will be available for viewing to anyone who's interested in seeing what's on the market. This includes modular homes, townhomes, and apartments for sale or lease/rent.

The Parade of Homes will take place during Watford City's Home Fest Weekend, enhancing the festivities by allowing developers to showcase brand-new properties and to give people in the area a firsthand look at what their options are. All homes will be listed in the Parade of Homes Guide which can be picked up at many businesses in Watford City including the Long X Visitor's Center, 100 2nd Ave SW, Watford City, ND. Download the free "ParadeSmart" App to get details about and view the homes on the tour; this app can be utilized throughout the year.

Jane Hadley of J & L Publications is currently taking applications for developers who would like their properties to be included as well as anyone who would like to be a sponsor for the event. Sponsors will receive their company logo on all of the Parade's advertisements which will reach thousands. They will have an ad in the Parade of Homes Guide, ads in the Real Estate & Rental Guide, radio advertisements and event banners, and local newspaper inserts. Sponsors can participate at a \$500 or \$1000 level. In addition, advertising is available in the Parade of Homes Guide with 3000 guides being produced and distributed throughout Western North Dakota. For anyone interested in sponsoring, advertising, or showcasing a property, the deadline for the application is May 15th and applications can be found online at www.watfordcityparadeofhomes.com or by contacting Hadley at 208-755-9338, 701-842-6062, or by email jhadleydesigns@gmail.com. She can also be contacted for any further information and she will be at the Long X Visitor's Center the day of to answer questions about the event.

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Certified Insurance Counselors Honors David Seitz

Submitted by Camilla Skinner

David Seitz of Seitz Insurance Agency was recently recognized for professional leadership and advanced knowledge by the Society of Certified Insurance Counselors (CIC), a leading national insurance professional organization.

Mr. Seitz was awarded a certificate marking more than fifteen years of participation as a designated CIC, which requires annual completion of advanced education and training.

"David's ongoing allegiance and support of the CIC Program is a testament to the value he places on 'real world' education and customer satisfaction. Your clients, associates, and the insurance professionals as a whole will benefit from such dedication," cited Dr. William T. Hold, CIC, CPCU, CLU, President of the Society of CIC.

The Society of CIC is a not-for-profit organization of The National Alliance for Insurance Education and Research, which is respected throughout the insurance industry for the high standards maintained in the hundreds of institutes conducted annually in all 50 states and Puerto Rico. Other members of The National Alliance include the Society of Certified Insurance Representatives (CISR), the Certified Risk Manager (CRM) Courses, James K. Ruble Seminars, and The National Research Academy.



David Seitz

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

By Meagan Dotson

The Re-Tree Richland County event will be held Saturday May 16 at the Sidney Country Club from 10:00 am until noon. This is a free workshop which teaches people proper tree planting and care techniques and also gives instructions on how to determine the appropriate tree for a given space, taking into consideration how big the tree will get, how close it's planted to surrounding trees and structures, and power lines. It will be a hands-on class with MDU giving a presentation and Tim Fine from the MSU Extension Office teaching some tree identification techniques. Anyone is welcome to attend the workshop, however those who register in advance will receive one of sixteen different species of free 6' to 8' trees. Stephanie Ridl, City Parks Superintendent and Richland County Tree Board Secretary, will be coming to each location to help determine the best type of tree for the landscape; all trees planted in Sidney and Fairview must be planted on the city street right-of-way no less than thirty feet from a street corner. Trees planted in Crane, Lambert, and Savage must be planted a minimum of

thirty feet from a street corner and those in rural situations can contact Ridl at 406-480-9263.

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

"I want to open people's minds up to the fact that there is a vast variety of trees that can grow in our area and the unfortunate loss of a tree doesn't necessarily mean that tree species just won't grow here. There are many variables as to why a tree may fail and proper planting procedures and tree care techniques are the biggest factors," said Ridl who is using her

passion to help the community and do her part. "There is a tree out there that is suitable for every space."

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

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

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

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Incase of inclement weather the event will be held on Sunday, April 26

75th Annual Meeting

Sat, April 18th at the Office/Shop in Lambert

Dinner will begin at 5:30 pm
Meeting to commence at 6:30

The board positions of Russell Thiessen and Russell Larson are up. Anyone is eligible to run regardless of what district you reside in. Both Russell Thiessen and Russell Larson have decided to run for re-election. Jeff Johnson and Brent Goosen are on the nominating committee so please contact them if you are interested in these positions.

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Approximately \$175,000 in patronage dividends will be handed out at the meeting along with many door prizes and plenty of delicious food. We look forward to seeing you on Saturday night, April 18th at the office/shop complex in Lambert, Montana.



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Hats off to our Volunteers!

In recognition of National Volunteer Week, we extend our gratitude and appreciation to all our volunteers. Their dedication and efforts make a difference by enriching the quality of care and touching the lives of people in our community. Thank You!

Volunteer Opportunities:

Sidney Health Center

For more information please contact:
Diana Meehan, Volunteer Coordinator • 488-2122
• Caring Corner Gift Shop
Carla Houchen, Volunteer Coordinator • 488-2116
• Good Cents Store
Lois Jones, Hospice Volunteer Coord. • 488-2226
• Activities, Visit with Patients, Sit with Patients

Extended Care

For more information please contact:
Kris Radke, Activities Director • 488-2338
• Activities, Beauty Shop, Birthday Parties, Bingo

The Lodge At Lone Tree Creek

For more information please contact:
Kathy Jensen, Director • 488-4682
• Music, Bingo, Games, Crafts, Exercises

Foundation for Community Care

For more information please contact:
Gina Dennis, Executive Director • 488-2273
• Mailings, Office Work, Serving on the Board, Special Event Committees

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Free Timed Parking To Begin May 1 In Downtown Williston

Downtown Williston will undergo sweeping changes as new daytime parking rules are introduced.

Beginning Friday, May 1, 2015, the City of Williston will implement free timed parking in designated spaces. The majority of on-street parking will be limited to 90 minutes or three hours while selected spaces in public parking lots will be restricted to three hours. The new guidelines are part of the Williston Downtown Plan that seeks to revitalize the City's core business and shopping district.

"It's a different system of parking to encourage people who work Downtown to park a little further away to make it more accessible for customers," said Williston Senior Planner Rachel Ressler. "A lot of people don't know how much space we have in our parking lots."

The executive director of the Williston Downtowners Association anticipates timed parking will bring positive results.

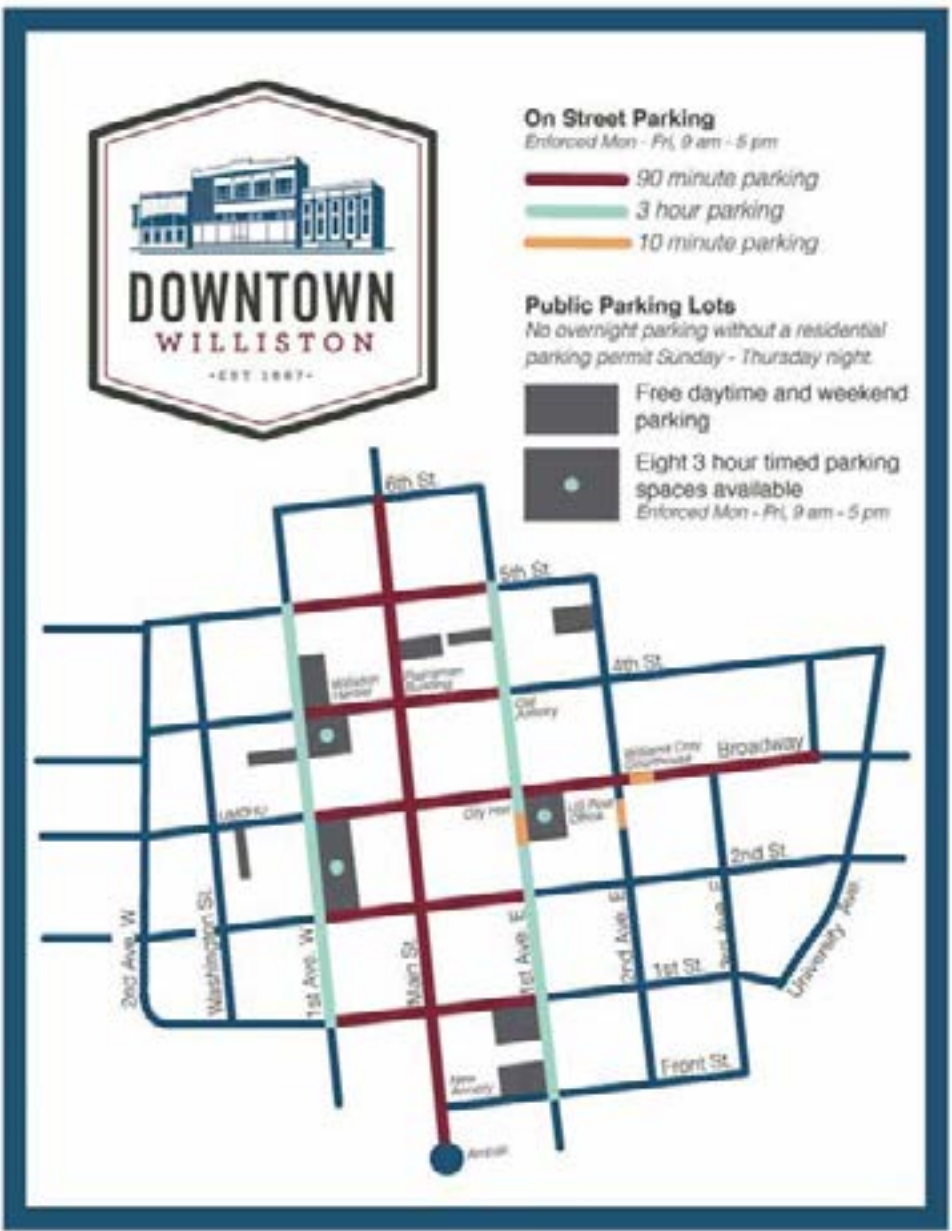
"We are trying to make Downtown more attractive to shoppers and visitors," said Karissa Kjos.

The Williston Police Department will oversee enforcement of the new daytime guidelines. A parking enforcement officer will be on duty Monday through Friday from 9 am until 5 pm. Ressler said the goal is to make the transition to timed parking as smooth as possible.

"There will be a two-week grace period for people to get used to the on-street parking rules," she said. "From May 4 through May 15 the WPD will issue courtesy tickets that waive the \$20 fee."

The same grace period, however, will not be offered in public parking lots. Ticketed vehicles will be liable for a \$20 fine beginning Monday, May 4, 2015. The fines collected by the WPD will help defray the costs of enforcing the program and maintaining downtown public parking lots.

The City is leading efforts to notify property owners, employees and the general public about the new rules. In addition, new parking signs will be going up. For more information contact the Williston Planning and Zoning Department at 701-572-8104 or Williston Downtowners Association at 701-580-9343.



Multiple Scholarships Available From The Foundation For Community Care

Applications are now available for two scholarship programs offered by the Foundation for Community Care for new and continuing college students in the 2015-2016 academic year.

The first program offered by the Foundation board of directors is the annual Healthcare Scholarship program. Richland County and surrounding area residents pursuing an education in a healthcare field who intend to live and work in the area are encouraged to apply for funding. Applicants must have completed one year at a post-secondary university or college.

The second program is a new local scholarship opportunity. The Jessica Vannatta Memorial Scholarship was created by her

father Greg Vannatta. The scholarship is awarded to a resident in Richland County and the surrounding area who is pursuing a degree in education at a college or university. Both high school and college students are eligible to apply.

“The link to education and better health is stronger than you think,” Foundation Executive Director, Gina Dennis said. “A strong education is a great first step to ensuring a high quality of life for this generation and the next. Through both the Healthcare Scholarship, and Jessica Vannatta Memorial Scholarship we can help to ensure a healthy future for the residents of Richland County.”

Qualified applicants can apply by contacting the Foundation for Community Care at 406-488-2273. Applications, requirements and guidelines are available at the Foundation office or on their website at www.foundationforcommunitycare.org. Applications must be received by the Foundation by April 30, 2015 to be considered.

USDA To Issue Disaster Assistance To Help Honeybee, Livestock And Farm-Raised Fish Producers

Farm Bill Program Offers Producers Relief for 2014 Losses in more than 40 States

WASHINGTON – The U.S. Department of Agriculture’s (USDA) Farm Service Agency today announced that nearly 2,700 applicants will begin receiving disaster assistance through the Emergency Assistance for Livestock, Honeybees and Farm-Raised Fish Program (ELAP) for losses experienced from Oct. 1, 2013, through Sept. 30, 2014.

The program, re-authorized by the 2014 Farm Bill, provides disaster relief to livestock, honeybee, and farm-raised fish producers not covered by other agricultural disaster assistance programs. Eligible losses may include excessive heat or winds, flooding, blizzards, hail, wildfires, lightning strikes, volcanic eruptions and diseases, or in the case of honeybees, losses due to colony collapse disorder. Beekeepers, most of whom suffered honeybee colony losses, represent more than half of ELAP recipients.

The farm bill caps ELAP disaster funding at \$20 million per federal fiscal year and the Budget Control Act of 2011, passed by Congress, requires USDA to reduce payments by 7.3 percent, beginning Oct. 1, 2014. To accommodate the number of requests for ELAP assistance, which exceeded 2014 funding,

payments will be reduced to ensure that all eligible applicants receive a prorated share.

Today’s announcement was made possible by the 2014 Farm Bill, which builds on historic economic gains in rural America over the past six years, while achieving meaningful reform and billions of dollars in savings for the taxpayer. Since enactment, USDA has made significant progress to implement each provision of this critical legislation, including providing disaster relief to farmers and ranchers; strengthening risk management tools; expanding access to rural credit; funding critical research; establishing innovative public-private conservation partnerships; developing new markets for rural-made products; and investing in infrastructure, housing and community facilities to help improve quality of life in rural America. For more information, visit <http://www.usda.gov/farmbill>.

To learn more about ELAP, visit www.fsa.usda.gov/elap. For more information about USDA Farm Service Agency (FSA) disaster assistance programs, visit disaster.usda.fsa.gov or contact your local FSA office at <http://offices.usda.gov>.

MNAXLP

Take Steps To Enjoy Animals Safely This Spring

Submitted by MT DPHHS
The site of a newborn lamb taking its first breath, or a chick pecking through its shell to explore a brand new world are annual events that capture the curiosity of all ages, but especially our youth.

That’s why the Department of Public Health and Human Services (DPHHS) and the Department of Livestock are collaborating again this year to help prevent illnesses transmitted from animals to humans.

“We encourage fun and safe interactions with animals,” said DPHHS epidemiologist Dana Fejes. “Connecting with animals allows children of all ages to have a thrilling experience and helps build an important human-animal bond.”

However, Fejes says that along with this experience, there is some risk. “Sometimes, even healthy animals can carry organisms that make people sick,” she said. Illnesses and outbreaks in Montana have been associated with livestock (cattle), live poultry (chicks) and reptiles (turtles, snakes). Young children and

persons who have weakened immune systems are at greatest risk for infection and complications from illnesses caused by Salmonella, E. coli, but also influenza, rabies and others.

While animal companionship has many positive benefits for Montanans, there are a few simple prevention steps to remember:

· Wash your hands after handling animals

· Avoid touching your mouth after animal contact
· Don’t eat or drink around animals
· Don’t bring livestock into living areas
· Supervise small children
“Together we can prevent illnesses and keep our children and communities healthy,” Fejes stressed. Please visit www.dphhs.mt.gov for guidance and more information.

Social Media Training

Are your Social Media skills lacking? Missouri River Country is offering a free training session on April 21st at 1:00pm at the Great Northern Development Conference room, located at 233 Cascade St. in Wolf Point. Caitlin Hassler from the Montana Office of Tourism in Helena will be putting on a training session for anyone that is interested on learning about Social Media. With the advancing of technology comes more Social Media options. Sites including Face Book, Instagram, Twitter, Pinterest, and Tumblr to name a few are all ways to advertise and promote a business or to just get “social” using modern technology.

Currently Missouri River Country is on Face Book, Instagram and Twitter. These Social Media sites have given us the ability to promote Missouri River Country as a destination and to keep our followers informed on special events, locations and happenings. Social Media can help your business grow and bring you closer to your customers.

For more information contact the Missouri River Country office at 406-653-1319 or by e-mailing 2mtmrc@nemont.net


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AT THE SIDNEY ELKS LODGE

Proceeds to go to Cancer Coalition & Cancer Center during the ribbon walk.

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Thurs, April 16 • 11:30am
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Mend-A-Heart

DATE: Saturday, April 18, 2015
TIME: 9:00 am - 3:00 pm
PLACE: Church of the Nazarene
606 9th St SW • Sidney

The Women’s Mend-A-Heart Bereavement Retreat is offered at no cost to all women who have suffered a loss. In our community, types of losses may include death of a loved one, divorce, separations, military deployments, etc. Morning snack and lunch will be served. Please call the Hospice office at (406) 488-2138 by Wednesday, April 15 to pre-register.


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The Williston Area Builders Association will contribute \$1 per pound of food donated up to \$500.




Miss North Dakota will be at the show from 10:00am-2:00pm on Saturday, April 25th.
Community Service Booth:
Mercy Medical Center, Williston Fire and Police Department, ND Sheriff Department, ND State Patrol, Rotary and Williston State College

MT Legislative Roundup – Week 14

By Michael Wright, Community News Service UM School of Journalism
Medicaid Expansion Clears House

After wrangling over rules, the last remaining bill to expand Medicaid at the 64th Montana Legislature appears to be headed to the governor’s desk.

Senate Bill 405, sponsored by Sen. Ed Buttrey, R-Great Falls, expands Medicaid to people earning up to 138 percent of the federal poverty level. It accepts federal money available under the Affordable Care Act, asks some on Medicaid to pay premiums for their coverage and creates job training programs for recipients through the Department of Labor.

A House committee heard the bill early in the week and gave it a “do not pass” recommendation, meaning it couldn’t be debated on the floor unless 60 representatives voted to do so. House Minority Leader Chuck Hunter, D-Helena, objected to that on the House floor, saying the bill was one of their “silver bullets,” referring to a deal cut at the beginning of the session that gave Democrats six chances to bring bills to the House floor with 51 votes.

Hunter sent a letter to House Speaker Austin Knudsen, R-Culbertson, before the bill’s hearing that designated it as one of their “silver bullets,” and Hunter argued that because of the letter, the “do not pass” report was improper.

That led to a two-day rules fight that ended up going Hunt-

er’s way. A simple majority vote blasted the bill to the House Floor with support from Democrats and moderate Republicans.

A long debate similar to the one seen at every stage of the battle ensued.

Supporters of Medicaid expansion said the bill would provide much needed coverage, offer the poorest Montanans help in getting out of poverty and keep rural hospitals open by reducing uncompensated care costs.

Rep. Frank Garner, R-Kalispell, said he supports the bill because it can help people get out of poverty, and incentivizes people to work harder. He added that the bill covers important groups of people, including veterans.

“I think this is the one chance we have to try to help them,” Garner said.

Opponents argued it will cover “able-bodied childless adults” and gives them access to care over those who are supposed to be on Medicaid, the poorest of the poor.

“This is a tragedy especially for the disabled poor,” Rep. Nancy Ballance, R-Hamilton said. “But also for the working poor. This bill is facilitating their dependence on government.”

The bill passed 54-42. It will now head to the governor’s desk.

Bullock Vetoes Another Tax Cut

Gov. Bullock handed down another veto on a tax cut bill last week.

Last Thursday, shortly after the full House endorsed Medicaid expansion, Bullock’s office announced his veto of Senate Bill 200, which would have cut taxes by almost \$80 million over the next two years.

House Speaker Austin Knudsen, R-Culbertson, issued a statement after the veto announcement, calling the governor “disingenuous” for not signing the bill, which Knudsen said gave significant tax relief to the middle class.

In the statement, Knudsen added that the governor has shown he “does not want to provide any relief to the hardworking men and women across this state” and only wants to “grow government and increase spending.”

Bullock said the bill didn’t provide relief proportionally to taxpayers.

“The majority of it would have gone to the largest wage earners in the state,” Bullock said.

Bullock also said that after the 2013 session, he had to veto \$150 million of spending to make sure the budget was structurally balanced, and that he didn’t want to do that again. The money for a tax cut would come out of the general fund revenue.

The bill, carried by Sen. Duane Ankney, R-Colstrip, cleared both Houses in March on largely party line votes.

Senate Passes Increased Budget

After adding more than \$20 million in spending, the Senate passed House Bill 2, the state budget.

The bill lines out about \$4 billion in general fund spending over the next two years. With the Senate amendments, it spends about \$23 million more than the version passed by the House last month.

Both senators and the governor said the budget had been much improved by the Senate.

“The bill has moved itself toward a better condition at every stage of the journey,” said Sen. Llew Jones, R-Conrad, the chair of the Senate Finance and Claims Committee that added most of the spending increases.

“Improvements were certainly made on the Senate side,” Democratic Gov. Steve Bullock said. But, he added there were still more things he’d like to see added to the bill.

One of the parts of his budget proposal that hasn’t

been funded is the \$37 million for “Early Edge,” the plan to expand preschool. The program would be voluntary for both schools and students.

Sen. Brad Hamlett, D-Cascade, tried one amendment to fully fund the program, saying full discussion on the program hadn’t happened yet.

“This is a priority with the administration,” Hamlett said. “And we need to have the discussion.”

Jones, who led the subcommittee that handled the education portion of the budget, opposed the amendment, saying it wasn’t proven to be completely effective and mostly helps “at-risk” students and larger school districts.

He said it would be hard for rural school districts to hire accredited preschool teachers.

“I am not a supporter of this version of Early Edge,” Jones said.

The amendment failed along party lines 29-21. Hamlett brought a second amendment that would have partially funded the program, which also failed along party lines.

In addition to the \$23 million added to the 2016-2017 budget, a Senate committee also added about \$24 million to cover deficits in the 2014-2015 budget, usually included in a different bill that was killed by the House last month. That money will prevent furloughs in some state offices and budget shortfalls for schools.

The bill will now go to a House and Senate conference committee to hammer out final details before it’s sent to the governor.

Bill To Increase Public Access Gets Easy Hearing In The House

A bill expanding a program to pay landowners for allowing recreational access to state lands blocked by their private land got an easy hearing in the House last week, with no opposition.

Senate Bill 309, carried by Sen. Jedediah Hinkle, R-Bozeman, expands a program that gave landowners a \$500 tax credit for providing access to state lands. Only two people signed up for the credit. Hinkle’s bill would include federal lands and bumps the credit to \$750.

Hinkle said that although several landowners already provide access, this would incentivize more of them to do so.

Wildlife and agriculture groups supported the bill, as did Montana Fish, Wildlife and Parks. No one opposed the bill at the hearing.

Last month it sailed through the Senate with a 44-6 vote.

Sidney High School 3rd Quarter Honor Roll 2015


Grade 9: Joice Cundiff, Torey Dahl, Breanna Frank, Coy Herman-son, Garrison Hughes, Ariana Isakson, Tierney Messmer, Josef Mindt, Kaelyn Volk, Lauryn Barnhart, Tierrany Trudell, Luke Turek, Scottlynn Anglesey, Josephine Langwald, Ethan Petrik, Kyle Topp, Peyton Beyerle, Nicholas Edwards, Alec Lovegren, Benjamin Brodhead, Myka Steinbeisser, Madison Thiel, Connor Fink, Morgan Folstad, Holly Bouchard, Emily Skogen, Dalton DeMary, Kiana Uran, Hannah Hasvold, Tessa Wiefelrich, Shawn Daleske, Chase Morehouse, Avery Gurney, Waylon Van Buren, Jacob Kunda, Chase Metcalf, Nathaniel Piburn, Carson Allen, Hannah Feliciano, Jace Johnson, Catalina Langwald, Blake Lunderby, Naomi Mata, Isak Rosales, Layne Swigart, Kolby Watterson.

Grade 10: Jordan Baxter, Justin Candee, Mateya Coffman, Tessa Hill, Autumn Larson, Michael McGinnis, Dawson McGlothlin, Logan Peterson, Christine Schabert, Madison Thiessen, Amanda Valnes, Johnen Carpenter, Bree Fischer, Landan Jones, Chantel Wilcoxon, Alexia Berube, Sabryna Moe, Kasey Crabtree, Laura Elmore, Garret Leland, Nakietta Dietrich, Allyson Harris, Brett Norby, Dyllon Popescu, Jerren Jensen, Jared Steinbeisser, Jordan Tyler, Kirsten Strickland, Tanner Wacha, Jessica Chreiman, Gage Knight, Hanna Tyler, Shaelyn Bowlds, Michael Gangstad, Andrew Hansen, Chandler Hunter, Skylar Imhof, Trace Jones, Jared Jurgens, Laurel Sartin, Cristian Seitz, Mack-enzey Tucker, Jazmine Hodge, Shyan Phend, Zachary Sommerfeld, Taylor Schepens, Madelynn Brazeal, Maddison DiFonzo, Paige Metz, Tyrell Miller.




Grade 11: Luke Beenken, Clay Carpenter, Bridger Coffman, Tenna Cooley, Kelsie Hall, Tel Hermanson, Dylan Johnson, Aubrey Kessel, Skylar Petrik, Shelby Reidle, Sarah Turek, Devon Watkins, LaTasha Wiefelrich, Katlyn Winter, Marlee Zentner, Taryn Potts, Aleah Thrasher, Mattie Steinley, Sarah Stuehser, Camden Berka, Blaine Nelson, Shanan Zueger, Harmonie Hampton, Ryan Lander, Kyle Mueller, Bryana Christensen, Tess Ler, Nicholas Larson, Lindsey Minow, Trista Papka, Cade Strasheim, Amanda Anderson, Megan Deming, Maria McKenzie, Brianna Reid, Tayler Fischer, Clay Fox, Micala Morehouse, Kade Swisse, Christopher Gartner, Daniel Johnson, Quinn McGlothlin, Hunter Severson, Christopher Wick, Heather Chreiman, Matthew Dey, Kolton Nevins, Austin Watterson, Tyler Wray, Cyrus Hintz, Robert Horton, Michael Stevens, Kennedy Anglesey, Sean Lofthus, Lane Obergfell, Trent Schilling, Danielle Steinley, CeCelia Propp, Jarod Watson, Cole-ton McIntyre, Tristin Fahrnow, Alexis Haggerty, Dillon Lunderby, Kaitlyn Tibbits, Matthew Folstad, Emily Rindahl, Peyton Tofte, Kasey Godfrey, Brady Gorder, Braxten Larson, Chelsey Metcalf, Hunter Nice, Mercedes Rasmussen, Brett Smith.

Grade 12: Brady Bell, Tessa Dahl, Tara Egeness, Kory Halvorson, Austin Lange, Kortney Mayer, Holly Papineau, Hailey Steinbeisser, Taylor Thiessen, Natasha Uran, Nathaniel Langwald, Mark LaPan, Tucker Heller, Christian Anglesey, Sean-Austin Smith, Morgan Kohntopp, Taylor Searer, Cody Christian, Madison Jurgens, Lakayla Nentwig, Tristan Rohner, Audria Tudie Crosby, Aaron Hill, Bradley Renders, Jose Reyna, Oakley Chase, Gresh Jones, Tyler Quilling, Johnathan Haraldson, Jacob Preedy, Tate Getchell, Malorie Cvcancara, Marissa Sheehan, Chelsea Shirk, Aquilla Painter, Logan Thiel, MaKall Hansen, Tyler Messer, Adam Lake, Garrett Leuenberger, Abby Brodhead, Ethan Graves, Cody John-son, Brady Johnson, Samantha Keller, Jared Kutzler.

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WEEKLY SCHEDULE

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Froid/Lake JH/Elem at Fairview
Watford City at Hazen, 3:30 pm

Fri. Apr 17
Savage at Nashua
Bainville & R&L at Glasgow
R&L JH/Elem at Fairview
Watford City at Home, 3 pm

Sat. Apr 18
Froid/Lake, Sidney, Culbertson, Fair-
view, Bainville & R&L at Sidney
Froid/Lake JH & Culbertson JH at
Glasgow
Watford City JH at home, 10 am

Tues. Apr 21
Froid/Lake, Savage, Fairview & Bain-
ville at Fairview
Sidney at Dickinson
Culbertson JH/Elem at home
R&L JH/Elem at Culbertson
Watford City at Tioga
Watford City at Bowman, 3 pm

Thurs. Apr 23
Froid/Lake JH/Elem at Culbertson
Watford City at Bismarck, 3 pm
Watford City JH at Dickinson, 3:30 pm

Golf

Fri. Apr 17
Froid/Lake, Culbertson, Bainville &
R&L at Wolf Point

Thurs. Apr 23
Froid/Lake at Sidney

Softball

Thurs. Apr 16
Hardin at Sidney, 3/5 pm

Mon. Apr 20
Watford City at Heart River, 4:30 pm

Tues. Apr 21
Miles City at Sidney, 3/5 pm

Thurs. Apr 23
Sidney at Glendive, 4/6 pm

Baseball

Thurs. Apr 16
Watford City at Des Lacs-Burlington
High, 4:30 pm

Mon. Apr 20
Watford City at Mohall-Lansford-Sher-
wood School, 4:30 pm

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BIDS WANTED ROAD CONSTRUCTION BIDS WANTED

Tri Township in McKenzie County will be accepting bids for the rebuilding of township road 139th Ave NW, Alexander. Further project details will be provided on site. All interested parties should meet at the corner of County Rd 4 and 139th Ave NW on April 14th at 2:00 pm. Contact Larry Novak (701-770-7370) or Jeremy Heen (701-770-2275) with questions or for further information. Bids must be received by April 28th, 2015. Mail bids to: Alicia Kline 13794 46th St NW Alexander, ND 58831 Bids will be opened at the regular township meeting April 28th, 7:00 pm at the Alexander School.

HELP WANTED FLEET TECHNICIAN

Family owned trucking company seeking to add experienced fleet technicians to Sidney MT project. The right applicants will have a minimum of 3 years of verifiable tractor and trailer repair experience, welding experience is preferred but not required, comfort with computers is a plus. Responsibilities will be to provide full maintenance to 15 FL tractors and 36 trailers. The work schedule is flexible and there is scheduled overtime during the busiest part of the year. Apply online at www.transystemsllc.com or call 406-433-5522 to find out more information.

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PIANIST/ORGANIST NEEDED

Zion Lutheran Church of Fairview is seeking a pianist/organist for 9 am Sunday services. Please contact Church office at 742-5523 for details/salary info.

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EMPLOYMENT OPPORTUNITY

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

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

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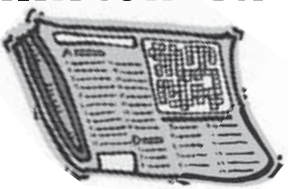
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Roosevelt Medical Center Celebrates Doctor's Day



Dr. Don Helland received a personalized travel bag from Roosevelt Medical Center in honor of Doctor's Day.

By Jaimee Green
 In recognition of National Doctor's Day, staff at Roosevelt Medical Center in Culbertson, gathered for a pot-luck luncheon on April 7, in which Dr. Helland was honored for his contributions to RMC. There, Dr. Helland was presented with a personalized travel-bag and a card signed by all staff members. "Dr. Helland has a timeless commitment to excellence in healthcare. As a physician, he is a wealth of knowledge and also maintains certification in radiology, which allows him to read ultrasounds. This enables us to get vital information back to our patients without having to send away the results to be read," said Amber Bond, RMA, and Clinic Coordinator for RMC. Originally from Culbertson, Dr. Helland grew up just south of the River on a farm in the 1950s. After college, he worked for a number of healthcare organizations in California including Madera Community Hospital in Madera, Sierra Kings District Hospital in Reedly, the California Department of Corrections in Delano and Visalia Community Hospital in Visalia. He returned to the area four years ago, and joined RMC as a primary care provider. He didn't originally plan on a career in healthcare, but after time developed an interest in preventative medicine. He received a Bachelor's Degree in Civil Engineering from Montana State University in 1978 before going on to receive his Medical Degree from Loma Linda School of Medicine in 1983. He has also been certified by the American Board of Radiology since 1988. "When I was in my first year of college, I helped the brick-layers put up the walls of this hospital building. Now, 41 years later, I look back and am glad I have been able to return and contribute to my hometown," he said. Today, Dr. Helland splits his time between Culbertson and Visalia, California, where his wife, Stephanie lives. Together, they have three children. "This is a career path that is challenging, interesting and ever changing. With each patient, there is an opportunity to learn and grow as not only a physician, but as a person," he said. National Doctors' Day is



Audrey Stromberg, Administrator for Roosevelt Medical Center, presents Dr. Don Helland with a card and gift of appreciation on behalf of the staff during their Doctor's Day luncheon held April 7.

held every year on March 30, marking the date that Crawford W. Long, M.D., of Jefferson, GA, administered the first anesthetic for surgery in 1842, according to www.asanq.org, the American Society of Anesthesiologists' website. On that day, Dr. Long administered anesthesia to a patient and then operated to remove a tumor from the man's neck. Later, the patient would swear that he felt nothing during the surgery. The first Doctors' Day was first observed March 30, 1933 in Winder, Ga. when Eudora Brown Almond, wife of Dr. Charles B. Almond, decided to set aside a day to honor physicians. This first observance included mailing greeting cards to doctors and placing flowers on graves of deceased doctors. On March 30, 1958 the U.S. House of Representatives adopted a resolution commemorating Doctors' Day. Then in 1990, legislation was introduced in the House and Senate to establish a National Doctors' Day, and President George Bush signed S.J. RES. #366 on October 30, 1990 designating March 30 as National Doctors' Day.

Mid-Rivers Supports Local EMS And Fire Departments Through Annual Donation

Submitted by Nicole Senner, Member Services Coordinator MidRivers Communications
 Mid-Rivers Communications (Circle, MT) recently made donations totaling \$11,000 to Emergency Medical Service (EMS)/ambulance service providers and fire departments in the Mid-Rivers Service Area. Donations are made to these providers annually in recognition of the vital services these entities provide to Mid-Rivers' members, employees, and facilities. This year, twenty-one EMS service providers and thirty-four fire departments have received a donation. Local providers in receipt of this donation include the Sidney Fire Department, Fairview Fire Department, Lambert Fire Department, Savage Fire Department, and the Richland County Ambulance Service.

REAL ESTATE, HOUSE & HOUSEHOLD

AUCTION

SATURDAY, APRIL 25, 2015
at 11:00 A.M.

INTERSTATE 7X16 ENCLOSED TRAILER W/RUBBER TORSION AXLE, DOUBLE DOORS IN BACK + SIDE DOOR

REAL ESTATE

OWNERS: Clifford and Arlene Zimmerman whose address is Townsend, MT will offer the following property to the public at auction. The final bid will be subject to their approval. The Owners reserve the right to accept or reject any and all bids.

LEGAL DESCRIPTION: Twn/Rng/Sect 23N/59E/30, HILLTOP ENRPZE SUB (SIDNEY), Lot-3 Bk-2 HTE

HOUSE & BUILDING DESCRIPTION: : (House was built in 2007 on a large Lot) 1556 sq ft house w/3 bedrooms & 1 + ¼ baths on main floor w/laundry room, 1540 sq ft finished basement w/1 bedroom, family room, kitchen & full bath, 2" of foam insulation on the inside & outside walls of the basement, natural gas heat & central air, attached 3-car insulated & heated garage w/1-10' door

A title commitment has been ordered and will be available, at their request, to prospective buyers for inspection prior to sale day. The above may or may not be the proper legal description; it was taken from the Richland County Tax Receipts.

TAXES: Taxes will be pro-rated from the day of closing.

TITLE INSURANCE: Standard owners title insurance will be provided by the seller through Richland County Title, 1050 S Central, Sidney, MT 406-433-8584

TERMS: Cash. 5% down sale day, the balance due at closing approximately 30 days from sale date at the office of Richland County Title, 1050 S Central, Sidney, MT 406-433-8584

BUYERS PREMIUM: A 2 % Buyers premium will be added to the winning bid price to arrive at the total contract price paid by the purchaser. Your bid is considered acceptance of the terms of this auction. If you, the Buyer fails to close, the down payment is non-refundable. If the Sellers fail to close, 100% of the down payment will be returned. At this time, there is no known reason that the Sellers would not be able to close. All funds are held in the escrow account of Richland County Title, 1050 S Central, Sidney, MT 406-433-8584

All information is from sources deemed reliable, but is not guaranteed by the Sellers or the Auctioneers. Offering is subject to error, omission, and approval of purchase by owner. We urge independent verification of each and every item submitted to the satisfaction of any prospective buyer. It is every potential bidder/purchaser's sole responsibility to accomplish his or her due diligence in whatever manner he or she deems advisable. Announcements made sale day take precedence over any printed materials. The property sells "As is-Where is."

R-K Statewide Auction Service and its auctioneers are acting solely as auctioneers for the Seller.

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- Cream Sofa
- Glider Rocker
- Rocker/Recliner
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- Wood Table & 4-Chairs
- Fold-down Table
- Long Folding Table
- Round Glass Table
- Computer Table
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- Ironing Board
- Step Stool, TV Trays
- TV Stand
- 4- piece Bedroom Set, Armoire, Dresser w/2-mirrors, Night Stand, Head Board & Full Bed
- 3-piece Bedroom Set, Dresser w/mirror, Chest of Drawers, Headboard & Full Bed
- (2) Store Counters
- Dehumidifier, Humidifier
- Metal Desk & Chair
- Sears Kenmore Vacuum
- Meat Grinder w/electric motor
- Mr Coffee, Crockpot
- Misc Christmas Items
- Crosley Toy Semi & Van Trailer (new)
- Electric Rail Blazer Train Set

Lunch Menus

Sidney School
Thurs., April 16th: Spaghetti, tossed salad, breadstick, applesauce.
Fri., April 17th: (Elementary) Hot pocket, (Middle & High) Pulled pork, carrot sticks, baked beans, mandarin oranges.
Mon., April 20th: Hot dog, tater tots, fresh fruit.
Tues., April 21st: Burritos, tossed salad, peaches.
Weds., April 22nd: PB&J sandwich, chicken noodle soup, strawberry cup, carrot sticks.

Rau School
Thurs., April 16th: Pizza stick, salad, grapes.
Fri., April 17th: Soup, bread, fruit.
Mon., April 20th: Chicken alfredo, green beans, fruit, bread.
Tues., April 21st: Sloppy joes, tater tots, pickles, fruit.
Weds., April 22nd: Cook's choice.

Savage School
Thurs., April 16th: Corn dogs.
Fri., April 17th: Taco.
Mon., April 20th: French dip.
Tues., April 21st: Turkey hot dish.
Weds., April 22nd: Hamburger.

Lambert School
Thurs., April 16th: Chicken patties, mashed potatoes & gravy, corn, peaches, milk.
Fri., April 17th: Slush burgers, green beans, fruit cocktail, milk.
Mon., April 20th: Super nachos, fresh veggies, apples, milk.
Tues., April 21st: Hamburgers, fries, fruit, milk.
Weds., April 22nd: Pizza burger, chips, cookie, milk.

Culbertson School
Thurs., April 16th: Chicken pockets, mashed potatoes, broccoli, mandarin oranges, milk.
Fri., April 17th: Pizza, salad, pineapple, milk.
Mon., April 20th: Sloppy joes, coleslaw, peaches, milk.
Tues., April 21st: Chicken breast, stuffing, carrots, mandarin oranges, milk.
Weds., April 22nd: Beef stew, bread, applesauce, milk.

Richey School
Thurs., April 16th: Chicken fajitas, spanish rice, corn, peach cups.
Fri., April 17th: Hot ham & cheese, corn chips, apple crisp.
Mon., April 20th: Pizza, lettuce salad, pudding.
Tues., April 21st: Goulash, green beans, peaches.
Weds., April 22nd: Pancakes, sausage, applesauce.

Fairview School
Thurs., April 16th: Ravioli, tossed salad, fresh fruit, cupcakes, garlic toast.
Fri., April 17th: NO SCHOOL.
Mon., April 20th: Chicken tenders, hashbrowns, carrots, peaches.
Tues., April 21st: Chef salad, mixed fruit, breadstick.
Wed., April 22nd: Chicken enchilada casserole, corn, fresh fruit.

Froid School
Thurs., April 16th: Turkey pot pie, salad bar, fruit, milk.
Fri., April 17th: Ham & cheese casserole, mixed veggies, salad bar, fruit, buns, milk.
Mon., April 20th: Breakfast sandwich, hashbrowns, breakfast bar, starfruit, milk.
Tues., April 21st: BBQ rib sandwiches, veggie chips, salad bar, fruit, milk.
Weds., April 22nd: Tunafish casserole, salad bar, buns, kiwi, dessert, milk.

Bainville School
Thurs., April 16th: Baked ziti, corn, applesauce.
Fri., April 17th: Grilled chicken sandwich, rice pilaf, mixed veggies, banana.
Mon., April 20th: Finger steaks, potato, carrots, strawberries.
Tues., April 21st: Chicken alfredo, peaches.
Weds., April 22nd: Pizza hot-dish, peas & carrots, pineapple.

April Distracted Driving Month

By The Richland County Injury Prevention Team
We all hear it about the dangers, we all know about the dangers and we all know someone affected by it, so why do so many continue to still do it?
Texting, Using a cell phone or smart phone, Using a navigation system (hand held or vehicle installed), Adjusting a radio, iPod, CD player or MP3 player, Reading (including maps), Eating & drinking, Personal grooming, Kids, Emotions, Exhaustion, Illness, Thinking of things other than driving, Looking at wildlife.
But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most

alarming distraction. If you are texting you are not driving! As of December 2013, 153.3 billion text messages were sent in the US (includes PR, the Territories, and Guam) every month. (CTIA, The Wireless Association) Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded. So how many of us drive 55mph on the highways and how many of us want to drive blindfolded with all the traffic in our community? So why are so many doing it?
According to Montana OPI, the 2013 Montana Youth Risk Behavior Survey indicated: 61.3 % of Montana youth

talked on a cell phone while driving and 55.8% texted while driving. These are young inexperienced drivers. Are they doing it because adults are setting the example or are parents not making the rules needed to keep our kids and community safe?
In March Jozi Moore talked with students at local schools to help bring awareness to youth on the dangers of Texting & Driving. On April 27th at 7:00 pm at the County Extension Office there will be a public presentation on Distracted Driving. You as part of the community are encouraged to attend and find out what we can do as adults to stop this epidemic and make Richland County Safer.

Fish Consumption Advisory Lifted

By MT FWP
BILLINGS — Montana Fish, Wildlife & Parks has lifted its consumption advisory for fish caught on the Yellowstone River near where an oil pipeline broke west of Glendive.
On Jan. 17, 2015, the Bridger pipeline broke where it crossed the Yellowstone River upstream from Glendive, dumping 30,000 gallons of crude oil into the water. FWP advised anglers to use caution when deciding whether to eat fish caught downstream from the spill until biologists could test for petroleum in the edible muscle tissues.
Sampling for contaminated fish – as well as cleanup of the spilled oil – was hampered by ice that covered most of the river downstream from the spill site. After the ice left the river in March, FWP fisheries biologists were able to catch 213 fish representing species known to live in the river between the spill site and the North Dakota border.
Laboratory tests of those fish showed no detectable levels of petroleum contamination in the edible muscle tissues. As a result, FWP has lifted its fish-consumption advisory.
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Paddlefish Snagging Season Opens May 1

Submitted by ND Game & Fish

North Dakota's paddlefish snagging season opens May 1, and the season is scheduled to continue through the end of May. However, depending on the overall harvest, an early in-season closure may occur with a 24-hour notice issued by the state Game and Fish Department.

Paddlefish tags are available over-the-counter-only in Bismarck at the North Dakota Game and Fish Department's main office; in Williston at the Williams County auditor's office, Scenic Sports and Wal-Mart; and in Dickinson at Runnings Farm and Fleet.

Snaggers should be aware that mandatory harvest of all snagged paddlefish is required on Tuesdays, Wednesdays, Fridays and Saturdays. On these days, all paddlefish caught must be tagged immediately.

All paddlefish snagged and tagged must be removed from the river by 9 p.m. of each snagging day. The use or possession of a gaff hook within one-half mile in either direction of the

Highway 200 bridge on the Yellowstone River is illegal at any time during the snagging season.

Snag-and-release of all paddlefish is required on Sundays, Mondays and Thursdays. Those planning to participate during snag-and-release-only days need to have in their possession a current season, unused paddlefish snagging tag. Use or possession of gaffs is prohibited on snag-and-release-only days, and, if it occurs, during the snag-and-release extension period.

Legal snagging hours are from 8 a.m. to 9 p.m. daily. One tag per snagger will be issued. Snagging is legal in all areas of the Yellowstone River in North Dakota, and in the area of the Missouri River lying west of the U.S. Highway 85 bridge to the Montana border, excluding that portion from the pipeline crossing (river mile 1,577) downstream to the upper end of the Lewis and Clark Wildlife Management Area (river mile 1,565).

If the season closes early because the harvest quota is reached, an extended snag-and-release-only period will be allowed for up to four days immediately following the early

closure, but not to extend beyond May 31. Only snaggers with a current season, unused paddlefish snagging tag are eligible to participate. Only a limited area at the confluence of the Missouri and Yellowstone rivers is open to this extended season snagging opportunity.

All paddlefish snaggers must possess a paddlefish tag in addition to a valid fishing license and certificate that may be required. Cost of a paddlefish tag is \$10 for residents and \$25.50 for nonresidents.

Addresses and phone numbers of vendors selling tags:
Bismarck Game and Fish Office, 100 N. Bismarck Expressway, Bismarck, ND 58501, 701-328-6300 • Williams County: Williams County Auditor, PO Box 2047, Williston, ND 58802, 701-577-4500 • Scenic Sports, 1201 East Broadway, Williston, ND 58801, 701-572-8696 • Wal-Mart, Inc., 4001 2nd Avenue West, Williston, ND 58801, 701-572-8550 • Runnings Farm and Fleet, 2003 3rd Avenue West, Dickinson, ND 58601, 701-483-1226.

MNAXLP



Republic Services Acquires Tervita, LLC.

Submitted by Tie Shank

In a December 2014 news release - PRNewswire/ -- Republic Services, Inc. and Calgary, Alberta-based Tervita Corporation announced that the companies had entered into a definitive agreement whereby a subsidiary of Republic Services would acquire Tervita, LLC, a subsidiary of Tervita Corporation. Tervita is a leading pure-play environmental waste solutions provider serving oil and natural gas producers in the United States.

Tervita's geographic footprint spans across some of

the most attractive domestic basins, including the Permian, Eagle Ford and Bakken. Tervita provides oilfield waste services to its diverse customer base and operates three types of waste management and disposal facilities: treatment, recovery and disposal (TRD) facilities; engineered landfills; and salt water disposal (SWD) injection wells. Additionally, Tervita provides closed loop solids control systems and transportation services.

"The acquisition of this vertically integrated operation allows Republic Services to establish a significant platform

in the E&P waste sector and positions us well for future growth opportunities," said Donald W. Slager, president and CEO of Republic Services. "Additionally, Tervita's environmentally committed operations complement our core competency and expertise in waste handling, recovery and disposal."

Republic Services completes acquisition of Tervita, LLC.

In a more recent news release dated Feb. 17, 2015 /PRNewswire/ -- Republic Services, Inc. announced the completion of its acquisition of

Tervita, LLC.

"We are pleased that we were able to quickly close this transaction and believe this acquisition establishes a significant platform for us to expand into the E&P sector," said Brian Bales, executive vice president, Business Development. "We look forward to serving our new customers, as well as expanding our product portfolio to our existing E&P customer base."

About Republic Services: Republic Services, Inc. is an industry leader in U.S. recycling and non-hazardous solid waste. Through its sub-

sidaries, Republic's collection companies, recycling centers, transfer stations and landfills focus on providing effective solutions to make proper waste disposal effortless for their commercial, industrial, municipal, residential and oilfield customers. We'll handle it from here.TM, the brand's tagline, lets customers know they can count on Republic to provide a superior experience while fostering a sustainable Blue PlanetTM for future generations to enjoy a cleaner, safer and healthier world.

You will continue to see the Tervita brand while the

transition is made to Republic Services over the coming months. Throughout this transition Republic Services, Inc. will be reaching out to share important information and to make sure they continue to provide reliable and easy to use solutions for your business. If you have any questions, contact Republic Services, Inc. at 1-855-787-8378 or Email: E&Psolutions@republicservices.com

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Defining Financial Health

By Alana Listoe, Montana Credit Union Network
What does it mean to be financially educated, capable, or even savvy? The answer is subjective and depends largely on personal priorities. However, it starts with a pledge to learn the skills necessary to manage money, and it's a lifetime commitment.
The Consumer Financial Protection Bureau defines financial well-being as people feeling in control of their expenses,

having the capacity to absorb financial shock, being on track for meeting their financial goals, and possessing the freedom to make pleasurable choices.
Because it is determined by personal values and goals, there is no perfect path to financial well-being. But, there are some common milestones such as life-long learning, creating a financial plan with goals, and mustering the dedication to stick to that plan.

Our financial lives evolve with age, and learning how to accurately measure and foster our financial well-being should begin early – in fact, the earlier those lessons begin the better because those basic skills are used throughout life. Starting when children are young is critical in today's world of plastic money.

"Children are not actually seeing money since we are almost a cashless society," said Karen Smith, executive director of Montana Credit Unions for Community Development, a non-profit working to increase financial literacy across the state.

As soon as they begin to learn about math, children can also learn about money. Elementary-age students should be able to set goals around money they earn from household chores, money they receive for holidays, or their allowance. By middle school, students should understand the difference between wants and needs (because it's where most of us go wrong). At age 18 comes the opportunity to make financial choices about cars, college, credit cards, and commodities as a legal adult. It's imperative that young people are armed with knowledge before making these decisions.

Sadly, how to establish and maintain financial health is not required curriculum in Montana schools. As part of their core mission, however, credit unions have worked to fill that gap since they first began.

In April, which is National Credit Union Youth month, credit unions make a particular effort to focus time and attention on reaching out to Montana kids and schools. Thousands of students from Sidney to Libby learn about money because of that commitment.

Kevin Mayer, CEO in Sidney at Richland Federal Credit Union, believes so strongly in the importance of understanding saving, spending, and credit scores that he spends a week helping teach finances and economics to local high school students every year. The credit union also provides financial education textbooks for all sixth-graders in the public school. Mayer said taking the time and investing the resources today will help young people in his town become better people in general down the road.

"We – the credit union – need to be there for these young people," he said. "It's our mission."
But, it's not just students.

Representatives at Lincoln County Credit Union in Libby provide one-on-one financial counseling for each member that opens an account or applies for a loan. President Chari Lucas said by giving this type of education the credit union helps members learn how to weigh and make financial decisions, which then helps them more able to provide for their family.

"We truly do care about making a difference in our members' lives," Lucas said.

Learning about money at a young age allows people to better understand and work toward personal financial health, no matter their age. Throughout life there is a road that leads to stress, chaos, and insecurity about money and another that ensures financial freedom with far less worry. The option is obvious, but the choice is up to you.

Detailed information is updated throughout April at <http://bit.ly/1C0UKkZ>



Alana Listoe

MOVING AUCTION

SUNDAY, APRIL 26, 2015 • 1:00 P.M.

>LOCATION:
SIDNEY, MT- TAKE HWY 200 TOWARDS LAMBERT FOR 5 MILES, TURN RIGHT ON COUNTY ROAD 344, GO ½ MILE.
>OWNERS:
DR GREG & WANDA FAUL 406-488-2167

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- 4-drawer File Cabinet
- Entertainment Cabinet
- New Ceiling Fan
- Various Pictures & Signs
- Fluorescent Lights
- Brass Lamp
- Ceramic Wheel
- Full Bed w/headboard
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- Full Mount Turkey
- Cinnamon Bear Rug (w/head)
- Coyote Pelt
- Canadian Goose Mount
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- Steel Post Pounder
- Fence Stretcher
- Tree Saw, Misc Wood
- (2) Pickup Toolboxes (1-metal, 1-plastic)
- Hose w/couplers
- Floor Jack
- Chimney Brush
- Dog Kennel, Dog House
- Cedar Rabbit Cages
- Plastic Gas Jugs
- Double Galvanized Tub
- (2) sets of Outdoor Furniture
- Picnic Table, Fire Pit
- Weber BBQ & Tank
- 20# Propane Bottles
- Planter Pots

▲ Ford 8N Tractor, new tires, 3 pt 7' Cultivator

▲ 1970 Starcraft 19' Boat w/inboard 120 hp Merc Cruiser w/Trailer (new upholstery, excellent condition)

▼ Mercury 15 hp Trolling Motor (like new)

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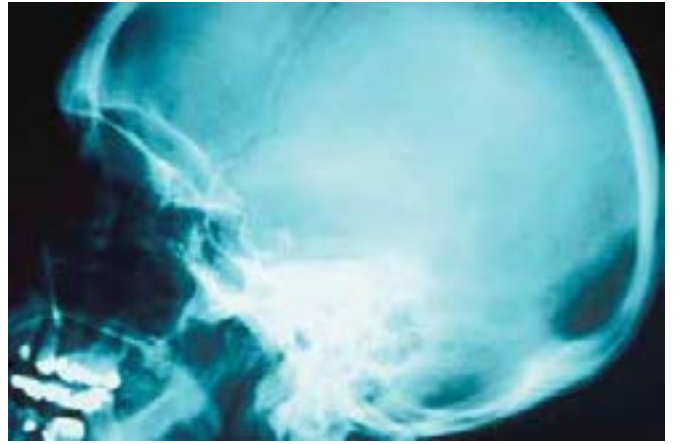
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Submitted by Rita Steinbeisser, Marketing & Communications Director Sidney Health Center

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2:30 PM – “Mental Health First Aid” by Richard Evans,

Health fair attendees are encouraged to bring their expired and unused prescription medications to ensure proper disposal.

6:30 PMZumba
by Jenae Jordan

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Vitamin D – The New Miracle Cure?

By Jerome A Kessler, MD

“If something sounds too good to be true,” the saying goes, “then it probably is.” That has certainly been the case for one supposed “natural remedy” after another. For example, Vitamin C does not really prevent cancer, Gingko Biloba does

not prevent Alzheimer’s disease, Glucosamine has no proven benefit over placebo in arthritis, and Fish oil (despite its ability to lower triglyceride level) has never been shown to prevent heart attacks. Some vitamins (vitamin E) may even increase your chance of cancer. And the list goes on and on. That’s the difference between hype and hard science. And it is the job of the National Institute of Health, and other scientific associations, to differentiate fact from fiction on these matters.

The latest “big deal” on the vitamin scene are the many reported benefits of vitamin D supplementation. It has certainly been known for many years that severe vitamin D deficiency can cause “weak bones” – rickets in children and osteomalacia in adults. There are many other reported problems associated with vitamin D deficiency: an increase in over-all death rate, risk of falls, fractures, muscle weakness, pain and arthritis in the elderly, psoriasis, infections, poor oral health, cardiovascular disease, diabetes, multiple sclerosis, and cancers. Some people also believe that vitamin D deficiency can aggravate depression and dementia. The findings regarding these non-skeletal issues are based mostly on observational studies, however, and some people question the validity of these results.

Not everyone agrees that using vitamin D in large doses is good for your health. “The Washington Post” and the “Journal of the American Medical Association” recently ran editorials saying the advantages of large doses of vitamin D are greatly exaggerated, and may be potentially dangerous. They quoted Drs Manson and Bassuk, of the Division of Preventive Medicine at Brigham and Women’s Hospital in Boston, who said “clinical enthusiasm for supplemental vitamin D has outpaced available evidence on its effectiveness.”

Vitamin D compounds are derived from dietary ergo-



Jerome A Kessler, MD

calciferol (Vit D2, from plants) or cholecalciferol (vit D3, from animals) or by conversion of pre-Vit D to VitD3 in the skin on exposure to sunlight or other uV light. The kidneys then convert this to the active form of vitamin D, and in the presence of chronic kidney disease vitamin D deficiency is almost always a problem.

The Institute of Medicine (IOM) says the recommended daily allowance (RDA) for vitamin D for individuals between the ages of 1 and 70 years is 600 IU per day and is 800 IU per day for people over the age of 70. This amount is felt to be the amount needed to avoid deficiency in 97% of Americans from a bone health perspective (which requires a vitamin D blood level over 20 ng/ml). There is some controversy regarding the ideal vitamin D levels, however. The American Association of Clinical Endocrinologists (AACE) and the National Osteoporosis Foundation (NAF) recommend somewhat higher target vitamin levels between 30 and 60 ng/mL, and some experts are now recommending levels of 50 to 100. Vitamin D levels that are too low (for a variety of reasons) are extremely common, and are an easy way to potentially improve several health problems. While low vitamin D levels are common, the opposite issue (high vitamin D levels) are uncommon. Excess vitamin D could theoretically cause kidney stones, soft tissue calcification, and cardiovascular disease. Blood levels under 10 are regarded severe deficiency, 10-19 mild to moderate deficiency, 20-50 are regarded by some as optimal, between 50 and 100 are upper normal, and levels over 100 are potentially toxic.

The amount of vitamin D that a doctor recommends should be based on the clinical problem and your vitamin D blood level. Most of the time the standard 800 IU per day recommendation is given to older adults, with higher doses recommended if there is a specific problem or documented deficiency. If there is a severe deficiency, don’t be surprised if the doctor recommends a three month loading dose up to 50,000 units twice weekly for 3 weeks, followed by later dose (depending on vitamin D blood levels) in the 2000 to 5000 unit per day range.

In the recent JAMA report they acknowledged that vitamin D intake under 10,000 IU per day has not been associated with increased side effects. They nonetheless said the upper limit for vitamin D replacement should be 4,000 IU per day. This level reflects concern about potential side effects in people who have chronically elevated vitamin D levels.

Since treatment guidelines greatly depend on what your vitamin D blood level is, you would think that this test would be done routinely – but it isn’t. Medicare and most insurance companies do not pay for the test unless you have a “deficiency.” My frustration is this: How can a doctor tell if you have a deficiency unless you test for it? Be that as it may, most authorities do not currently recommend routine testing for this nutrient. [P.S. I test it anyway.]

So is there a controversy? I believe the weight of evidence is definitely in favor of taking larger amounts of vitamin than is currently being recommended. But there are several very large studies that are currently underway to clarify this issue. Those final results won’t be available until 2018. In the meantime you should follow the RDA guidelines: 600 IU per day for younger people and 800 IU per day if you are over the age of 70. A daily intake of 3-4 servings each day of fortified foods such as milk, yogurt, soy beverages, orange juice, or cereal will help. You should also eat fatty fish twice a week. Exposure to sunlight is also useful. If you can’t reach those goals, then you should just take a supplement. And for many people that means taking a “prescribed amount” above the RDA, based on your blood level and your health care provider’s recommendations.

Community Health Fair Will Host The Discovery Dome April 21

By Meagan Dotson

The Community Health Fair, which will be held from 1:00pm until 7:00pm Tuesday April 21 at the Event Center in Sidney, will be hosting the Discovery Dome, a portable full-dome theater developed by the Houston Museum of Natural Science and Rice University. The Discovery Dome is owned by Dickinson State University sponsored by a STEM grant and a Math-Science Partnership grant and trained DSU students travel with the Dome to handle all set up and programming needs.

The planning committee for the Community Health Fair was interested in adding something to the event that would appeal to a younger audience. The dome will be located in one corner of the event center and will feature a full-dome theater experience of the movie entitled, “The Body Code.” The selected movie will show how DNA programs the body’s cells and viewers will take a tour through the body’s circulatory and nervous systems via an immersive display that literally surrounds the viewer.

“We are excited to partner with Dickinson State University and bring this special attraction to our annual health fair,” stated Rita Steinbeisser, Marketing and Communications Director at Sidney Health Center.

The Discovery Dome offers a wide variety of museum-quality productions, each approximately twenty-five minutes long. It is a stand-up dome that comfortably seats 30 elementary students plus teachers and travels to schools and other requested events to provide a state-of-the-art visual learning experience.

For more information on the Discovery Dome or to schedule a show, visit www.dsudiscoverydome.com or contact Dr. Corinne Brevik with the Department of Natural Sciences at DSU, 701-483-2575. The Sidney Health Center invites the public to join them for the Community Health Fair and take part in this unique learning opportunity.

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Local Businesses And Individuals Show Their Support Of The Upcoming Color Race



By Meagan Dotson
The Richland County Senior Coalition is currently planning their biggest fundraiser of the year, their Second Annual Color Race, which will be on June 27 in Sidney. The 5K will start at 10:00am at Peterson Park and participants will have colored cornstarch thrown at them as they reach each quarter-mile color station; color stations will be hosted by different sponsors and a 'Best Color Station Traveling Trophy' will be awarded.

The Coalition's goal is to work with seniors to keep them living independently for as long as possible. They rely on donations and fundraising which allows them to meet the needs of those seniors who don't necessarily qualify for other assistance. The non-profit program is designed to fill in the gaps that are not covered by other programs. Funds are designated to provide services such as medication setups, shower chairs, handicap accessories, Durable Medical Equipment, personal in-home services like assistance bathing and dressing, Lifeline services and fall detectors, one-time medication refills, and aid with emergency expenses related to medical issues.

"The businesses have really stepped up to support this," commented Jodi Berry,

Director of the Richland County Commission on Aging. "The community cares about their seniors; of all the causes they could support they've chosen this one because they understand who built this community."

Volunteers from the Retired Senior Volunteer Program (RSVP) will be giving their time and energy to help make the Color Race possible. The Richland and McCone County RSVP is an organization of 55 and older volunteers who are active and involved in the community, saving local non-profits by generously donating their time to make a difference in the lives of others.

"We work for our community and provide for our community," said Rita Jacobson, RSVP Coordinator, of the volunteers who make the program possible.

Last year was the first Color Run which raised approximately \$4000, with over 300 runners and walkers and the hope is that the numbers will double this year. There will be a Party in the Park in

conjunction with the Color Race, held from 8:00am until 2:00pm in Peterson Park. Other non-profit organizations will be there as vendors and running games, including the local Business Professionals of America (BPA) and Sidney Gymnastics. RSVP will have a hotdog cart and other concessions will be available as well.

Anyone who would like to register for the family-friendly Color Race can do so the day of but Color Race shirts are available for \$10 to those who sign up in advance. The Coalition is still accepting sponsors and non-profit organizations that would like to participate in the Party at the Park. Anyone interested can go on-line to www.richland.org senior coalition or contact Jodi Berry or Felicia Iversen at 406-433-3701. Anyone who is interested in learning more or volunteering with RSVP, can contact Rita Jacobson at 406-433-2207.



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Protein is a big buzzword in the food and nutrition world of late and we're happy to hear it! With that in mind, the checkoff has officially launched the 30 Day Protein Challenge, a fully integrated effort across multiple checkoff programming areas. This fun, step-by-step 30-day plan (which launched April 1, though individuals can start at any time) will help consumers get a balanced amount of protein at each meal, including delicious, protein-rich beef. Checkoff advertising for the Protein Challenge will include online banner advertising, Google Search advertising and special email blasts, both to build awareness for the Challenge and to educate consumers about the benefits of eating protein, including beef, throughout the day. Test the program by signing up for the Protein Challenge to get all the tools you need, plus daily tips to keep you on track and challenge your family and friends, plus social-media followers, to do the same!



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What is Integrative Therapy?

Submitted by Rita Steinbeisser, Marketing & Communications Director
Sidney Health Center

There can be many choices to make when it comes to finding ways to get healthier. Working with your medical doctor or provider is the first place to start. This is called conventional medicine. It is becoming more and more common for conventional medicine therapy to include alternative types of therapy. This is called "integrative therapy". Integrative Therapy is often used interchangeably with "complementary therapy" or "alternative therapy", but there is a significant difference.

Licensed healthcare professionals who practice integrative medicine blend these techniques with mainstream methods of treatment. Integrative therapy is not intended to replace conventional medical treatment. Instead, these techniques are used together with conventional treatment to promote a sense of improved well-being and help relieve discomfort.

One main benefit of using "integrative therapy" is that the health care practitioners who practice these techniques are considering a "whole person" or holistic approach to your treatments. Individual benefits for you may vary depending upon your personal needs. Many patients report that using Integrative Therapy techniques have helped them feel more relaxed as well as better manage their pain and anxiety.

The greatest risk of using Integrative Therapy is that some people will use these treatments instead of going to their doctor. This is not recommended. Integrative Therapy should be in addition to treatments by your doctor. Otherwise, you may miss important treatment that could save your life.

Some types of Integrative

Therapy include:

Aromatherapy: Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

The inhaled aroma from these "essential" oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole-body healing. It is used for a variety of applications, including decreasing pain relief, decreasing nausea, and improving the ability to relax.

If you feel that you would like to include aromatherapy into your medical treatment, please talk to your nurse or medical practitioner and they will help assess how and what type of aromatherapy may help you! Making decisions without their guidance can be dangerous to your health. Remember, these are highly potent chemicals.

Massage Therapy: The term "massage therapy" encompasses many different techniques. In general, massage therapy involves pressing, rubbing, and otherwise manipulating the muscles and other soft tissues of the body. Massage therapy is most often applied by the use of a practitioner's hands and fingers, but may also include the use of their forearms or elbows.

People use massage for a variety of health-related purposes, including to relieve pain, rehabilitate sports injuries, reduce stress, increase relaxation, address anxiety and depression, and aid general wellness.

Talk to your physician about any potential negative reasons why massage would not be indicated for you before getting a massage.

Music Therapy: Healthy

individuals can use music for stress reduction via active music making, such as drumming, as well as passive listening for relaxation. Music is often a vital support for physical exercise. Music therapy assisted labor and delivery may also be included in this category since pregnancy is regarded as a normal part of women's life cycles.

Music is even used in hospitals and nursing homes to: alleviate pain in conjunction with anesthesia or pain medication; elevate patients' mood and counteract depression; promote movement for physical rehabilitation; calm or sedate, often to induce sleep; counteract apprehension or fear; and lessen muscle tension for the purpose of relaxation, including the autonomic nervous system.

Spiritual Care: Some people find meaning, comfort, hope, goodness and community through their religious practice, beliefs and/or community of faith. Some people do not. Regardless of whether religious faith is a part of a person's life, spiritual concerns, resources and needs can still be very important, especially as it relates to your health and well-being.

There have been numerous studies conducted over the past 50 years that show a person's health and well-being benefits when his or her spiritual needs are addressed. Some benefits include: better pain management, improved motivation to complete other tasks of staying healthy, improved cardiovascular needs such as heart rate and blood pressure and an improved sense of well-being.

Therapeutic Touch: Therapeutic Touch is a technique used for stress reduction and relaxation. It is a form of integrative therapy in which hands are placed just off of the body or lightly touching the body by a trained practitioner while you lie or sit. For this therapy you stay fully clothed.

During Therapeutic Touch, the practitioner will purposely focus thoughts on positivity and your health. Patients report that they experience relaxation and peacefulness during the session. Therapeutic Touch is now even used in a growing number of hospitals and clinics throughout the United States and the world.

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Greetings From The Williston Senior Center

Submitted by Carol Fixen, Williston Council for the Aging Director

Hello from everyone at the Williston Senior Center and Northwest Dakota Public Transit. We would like to thank everyone that has come to the Williston Senior Center lately. Many changes have occurred at the Center in the past months. We are almost done with the remodeling of the center and updating of appliances. We are now in

the final stages.

As we are entering the summer months, we are hoping to see an increase in attendance at the center. We know a lot of people go south for the winter and hope that those people will be coming back to town and will soon start to come down and enjoy fun games, hot food, and good company with us. We have many things going on at the center and would like everyone to come on in and check us out.

Monday - pool games in the afternoons.
Tuesday - bingo after lunch.
Wednesday - music every other week and Senior Bingo once a month. We also have pinochle in the afternoon every other Wednesday.
Thursday - pinochle every week.
Friday - a pool tournament after lunch.

I am trying to set up a movie afternoon and would like to have some input from the seniors as to a good time to do this. We would show a movie and have popcorn and lemonade. Please let me know if you are interested in this as I would love to get some movies going.

We are losing several seniors and many of our volunteers because of the cost of living in Williston. Several people have stopped by and said their goodbyes and we will miss them dearly. We have also lost some very important people over the past few months. We will miss them dearly and wish they could have been with us longer. God has gained some special angels in heaven.

We really appreciate all of the donations and all of the help the people in this area have been giving to us over the past few months.

We are located at 18 Main Street and welcome everyone, young and old.

Meals are \$4.00 for 60 and over and \$8.00 for under 60. We would love for more people to come down and join us for coffee, just a visit, or to share in your talents. We look forward to seeing all of you at the Heritage Center.

Sincerely,
Carol Fixen
Williston Council for the Aging Director

The Doctor's in...

The following providers will be seeing patients at the Trinity Community Clinic-Western Dakota in April.

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Aaron Albers, DPM
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Erdal Diri, MD
Rheumatology
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Pacemaker Clinic
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Fairview Memories

THE FAIRVIEW NEWS

THURSDAY APRIL 21, 1983

AN INDEPENDENT NEWSPAPER

**Clean Up Effort
Noticed Locally**
Thurs, Apr 21, 1983
Has anyone noticed that the ditches south of Fairview are CLEAN?
Thanks to the efforts of Diane Hafeman, her children Bob, Rhonda and Michelle Norman and Hafeman's niece Tana Henderson the garbage was picked up and put in garbage sacks.
The crew did a total of two and one half miles before running out of sacks.
Ronnie Danielson, his wife Iris and their children and Joan Salsbury and her children joined the clean up efforts.
They made several trips with the pick up to get the sacks of garbage. Over 60 sacks were filled in those couple of miles.
Hafeman says she doesn't like the garbage along the road and so she got rid of it.
She says "They wanted to do more but ran out of sacks."
The group had planned and still hopes to clean the road all the way to Sidney.
The Fairview Chamber of Commerce has scheduled May 9-14 as Clean-up Week.
New Elevator Now Under Construction
Thurs, Apr 28, 1983
The new 52 unit car train elevator project is moving

right along. One can see one of the grain bins from the highway south of Fairview.
Agri Systems out of Billings is in charge of the towers while Dicks Steel Construction out of Hardin is building the grain bins.
The bin goes up approximately ten feet per day. The eave height of the bin will be 68 feet.
The men work of the ground and jacks are used to lift the buildings to add rings of steel. It took 25 rings to make this bin. The jacks were designed by Dick's Construction.
Leonard Kellevig, general manager for the elevator timed the jacks and it takes three and one half minutes to lift the bin.
As soon as possible the men start pushing the tin under the bin. They have to put it on as quick as possible so no big gust of wind goes under the bin.
The guys really like the fact that by the end of the day you can see how much progress you have made.
At the present time it takes an hour and one half to load a box car. The new computer controlled system will take eight to nine minutes to fill a car.
The site will have two bins. One on the north and one on the south. The computer will be between the bins and the office will be west of the

computer tower.
Highway 201 Closed Due To Hazard
Thurs, May 5, 1983
A section of highway 201 going west out of town was closed on Friday, April 29.
A detour has been set up. One can go a mile south of town and take a gravel road known as Deming Road pas M & R trailer court and come out at the highway.
Boyce Drilling drilled several holes along the highway on Thursday. They discovered an opening below the highway that is wider than the highway and approximately 60 to 75 feet long. The opening is 40 feet below the surface and a space of 4 to 6 feet was found.
Due to the hazard involved a recommendation for the road to be closed was submitted to the county commissioners Friday after dinner. By three o'clock Friday afternoon the road was closed. The Fairview School buses were immediately re-routed to the detour road. The detour is expected to last only a short time.
Some have expressed that the detour road is an inconvenience. They also state that the safety hazard involved does make it worth the hassle. Therefore most have mixed emotions about using the detour route.

Cheryl Tveit for one ended up spending quite a while on the road as she got caught behind a Caterpillar traveling five miles an hour.
Due to the extra traffic dust has become a problem. The road has been graded and oil is going to be used to ease the situation.
Boyce Drilling is still punching holes in the highway. Monday they located a hole but feel that it is already filling itself in.
The area has been termed an emergency. Therefore work will continue until the highway is no longer termed a hazard.
At this time the road is really a mess because they are drilling holes through the paved surface.
Boyce Drilling will continue to explore the highway until all of the broken areas have been checked.
Every effort is being made to eliminate the hazard. The Abandoned Mine Reclamation Bureau was planning to apply for grant money to work on the land north and south of the highway in 1984. They are still planning to do so but they will continue the all out effort to take care of the highway situation and get it back in working order as soon as possible. The hazard zone has been given top priority and will be taken care of first.

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Does Your Joint Pain Level Predict The Weather?

Accuweather.Com Offers Arthritis Alerts With Daily Forecast

By Tie Shank
People with arthritis often claim they can predict the weather, based on their joint pain level, and with good reason. Studies show a variety of weather factors can increase pain, especially changes. A study from Tufts University in 2007 found that every 10-degree drop in temperature corresponded with an incremental increase in arthritis pain. In addition, relatively low barometric pressure, low temperatures and precipitation can increase pain. Researchers aren't sure why this happens. They suspect certain atmospheric conditions increase swelling in the joint capsule.




Image courtesy
OneSmallSquare /
Shutterstock

It's typical for pain to start even before the first raindrops fall, says David Borenstein, MD, FACP,

FACR, a rheumatologist and clinical professor of medicine at George Washington University Medical Center and past president of the American College of Rheumatology. When weather-related pain strikes, "It isn't a permanent change. It's short-lived." In fact, people will begin to adjust to the barometric changes. "The body is acclimating to the change and will move fluid from the joint into the circulation, so the patient feels less stiff

and less achy. These are physiological changes that occur in relationship to these barometric changes, and they will in fact resolve," says Dr. Borenstein. Would you like to see if your arthritis is impacted by the weather?

For those of you interested in viewing the weather and arthritis forecast, visit www.AccuWeather.com - type in your zip code and then click on the arthritis link at the top of the page.




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The Foundation For Community Care Begins Process To Award Community Grants

Ensuring the Continuance & Quality of Local Healthcare Services is the mission of the Foundation for Community Care. Each year, the volunteer Board of Directors and staff strive to achieve that goal. The community is extremely fortunate to have great quality healthcare and by providing grants for health and medical equipment, as well as healthcare services throughout Richland County, we can help keep it that way.

Each May the Foundation's Board votes to distribute grants to provide financial support for local healthcare in Richland county and surrounding areas. These grants equal a percentage of the Endowment Fund, funded through local donations, typically totaling close to \$230,000 a year. The Board also supports the future of healthcare through distributions from the annual Healthcare Scholarship program. Area residents pursuing a college degree in a healthcare field who intend to live and work in the area are encouraged to apply for funding. The scholarship program exists to encourage local individuals to become healthcare professionals and return to the area post-graduation. Requests for grant funding must be related to a project or equipment that will benefit healthcare for a large number of residents in Richland County and the surrounding area, not medical funding for an individual. Qualified applicants can apply by contacting the Foundation for Community Care at 406-488-2273. Applications, requirements and guidelines are available at the Foundation office or on their website at www.foundationforcommunitycare.org. Applications must be received by the Foundation by April 30, 2015 to be considered.

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What: Mercy Medical Center Lunch and Learn Event
Enjoy a free lunch as we dive into topics that may affect you.

Who: Our guest speaker is Nurse Practitioner Heidi Grondahl, Obstetrics and Gynecology at Women's Health Clinic

When: April 21, 2015 from 12pm - 1pm (CT)

Where: The Williston Area Recreation Center (A.R.C.) meeting room.
Located at 822 18th St. Street
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