

The Roundup

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Wednesday, June 26, 2019

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Western North Dakota Native to Present Art at The Pioneer Museum During Homefest 2019

Western North Dakota native Miles Bendixson will present his art at The Pioneer Museum of McKenzie County during Homefest 2019 on July 12-14. The Pioneer Museum and the Long X Art Foundation will host the event. On Friday, July 12th the exhibit will be held from 10 a.m. to 5 p.m. with old-fashioned ice cream for a dime. Saturday, July 13th the exhibit will be held from 10 a.m. to 5 p.m. with a public unveiling of newly commissioned art from 10 a.m. to 10:30 a.m. There will also be an open house with coffee, cookies and ice cream sundaes for a dime. Sunday, July 14th there will be an open house from 10 a.m. to 3 p.m.

Artist Miles Bendixson is a native of North Dakota, born in Williston and grew up in Watford City. The experience of growing up in western North Dakota had a profound influence on him and his way of life. Hunting, fishing and snowmobiling in the outdoors is the way he spent most of his time growing up. It was unbeknown to him at that time, what a huge roll this would play in his development as a wildlife and western artist. To him the west has permeated his soul, gradually becoming a way of life; which has resulted in the subjects he paints today.

Miles started out his career as a freelance artist, after graduating with a degree in commercial art from Bismarck State College. He did many different kinds of graphic art, from brochure & logo design, to sign painting and illustration. Illustration became an area of focus for him, having completed many portraits and caricatures as a result of that. His break into fine art came at the height of his development as an illustrator while competing in the North Dakota Fur- Bearer Art Stamp contest. After the third time competing, fortune smiled on him and he won this coveted competition in 1986. His winning entry, Beaver Pond, a painting of a beaver at streamside became the hunting trapping stamp and limited edition print, for the State of North Dakota in the fall of 1987. Winning this competition gradually moved him away from commercial art into fine art, resulting in his first limited edition print Little Dreamer. Since the release of Little Dreamer in 1989, he has published and marketed several of his prints across the US and Canada.

A major change in Miles' career came about after attending the Pacific Rim Wildlife Art Workshops in Jackson Hole Wyoming in 1995, 1997 and 1998. Each year had a different featured wildlife artist that hosted and taught a group of fledgling wildlife artists from across the world.

Carl Brenders from Belgium taught in 1995, Robert Bateman from Canada in 1997 and Greg Beecham from Wyoming in 1998. Being able to attend workshops taught by world-renowned wildlife artists as these had a profound influence on Miles and the way he approaches his art. He came away with the idea that art should be integrated into his everyday life and in doing so, great art can be achieved. A result of following these practices and disciplines, he believes he has been making better decisions, concerning a paintings design, attention to proportion and color choices. The workshops he attended cemented the idea that a bond should take place between the artist and the subject he paints and draws.

This has resulted in a spiritual connection to his paintings. The goal that he strives for is to strike an emotional chord within himself, as well as the audience he paints for. The Pacific Rim Wildlife Art Workshops enabled Miles to take a closer look at what makes great art that has truth, meaning, depth and purpose.



Miles Bendixson doing a show at the Annual Buffalo Convention in Denver, CO.

Miles latest endeavor has been the pursuit of historical western art. He recently secured the rights to do full color paintings from the Franke B. Fiske Photo Collection located at the North Dakota State Historical Society. The fascination of this photo collection for him is that it captures a moment in historical time that will never occur again. He has a deep interest in the historical western heritage of America, from the Native American, to the cowboy and horse era. The challenge of being able to piece a painting together from the old west is both motivational and inspirational to Miles, as it expands the learning process of doing art. He believes it's critical to keep learning and evolving through these processes and challenges.

Miles and his wife Jackie have resided in Highlands Ranch, Colorado for the past 21 years. His oldest son Ted lives in Park City, Utah and his youngest son Mike is married and lives with his wife Ritah and son Wyatt in Littleton, Colorado. Miles has a deep belief in God and knows he has given him the incredible gift of art. Having been given this incredible gift, he considers it a great privilege to share with others!

Shopping Promotion, June 26, Sidney

By Bill Vander Wee, Sidney Chamber

Sidney's downtown area will be busy with a "Hometown Throwdown" sidewalk sales promotion all day on Wednesday, June 26.

The sidewalk sales type of event will feature special offers from a wide variety of downtown businesses. Hours of the promotion are during regular business hours.

Several stores will have refreshments including Johnson Hardware with lemonade, Silver Junction making snow creams downtown (shaved ice with flavors and ice cream), and the Meadowlark grilling brats!

Other participating Chamber businesses include Anytime Fitness, BOSS Office and Computer Products, J'Z Fashion Trendz, Johnson Hardware and Furniture, LulaRoe-Roxanne Kearn, Meraki Boutique, Merge Fashion and Lifestyle, Party Central and Main Street Popcorn Factory, Planet Hair, Sidney Mercantile, Silver Junction Espresso, Sunny's Family Restaurant, Thee Beautique and White Drug.

Some businesses that aren't located downtown will offer sales in the lot across from Sidney Eye Care Center.

The Chamber encourages the public to take part in the fun and support their local businesses.



Lewis And Clark Trail Museum 50th Anniversary Celebration June 29

Entertainment, history, food and fun to honor the past and look to the future



Clay Jenkinson will be guest speaker at the 50 year celebration on June 29.

By Mary Pat Martell Jones

The 50th anniversary celebration for the Lewis and Clark Trail Museum in Alexander on Saturday, June 29 will be a stellar event befitting the legacy of Lewis and Clark and the president, Thomas Jefferson who sent them. It will be a testament to the character, ambition, ingenuity and perseverance of the pioneers and settlers who followed them. There will be something for every-

one at this great event.

The program will start at 4 p.m.. It will open with the Williston Drum and Bugle Corps playing with Leslie Bieber, Superintendent of the Alexander School, singing the National Anthem. Pastor Kevin Beard will do the invocation. Master of Ceremonies is Dr. Paige Baker. The keynote speaker for the event is Clay Jenkinson, award winning scholar, film maker, author, historian, dramatist, and creator and star of The Jefferson Hour podcast. There is more...Bob Petermann, acclaimed cowboy poet and singer, will also be performing. There will also be a short "tech meets history" presentation about the QR scans. The program will end with the Sixth infantry firing their cannon in salute.

Honored guest will be Grace Link, former First Lady of North Dakota. She and Governor Art Link raised their five children on a farm south of Alexander. Mrs. Link celebrated her 100th birthday last summer.

Following the program, feel free to roam the museum and see updated rooms and historical exhibits with hors d'oeuvres to enjoy as you explore.

We invite you to share in our celebration on June 29 and all of the 2019 season. Watch our Facebook page for upcoming events at <https://www.facebook.com/LewisandClarkTrailMuseum>, and come by and enjoy a specialty drink at James Gang Java located on the grounds in the old Charbonneau School building.

The museum is open Memorial Day through Labor Day, every day except Wednesday, from 10 a.m.-5 p.m. with Sunday hours of 12-5 p.m. and is located at 102 Indiana Ave. E., Alexander, ND.

The 50th anniversary celebration is June 29 beginning at 4 p.m.

For more information about the museum and its history visit <https://writinforthebrand.com/knowning-past-carries-the-future/>.

The MDHC Announces Othello By Montana Shakespeare In The Parks June 28, Sidney

The MonDak Heritage Center partners with Montana Shakespeare in the Parks for its 2019 season to bring a performance of Shakespeare's The Merry Wives of Windsor to Sidney on Friday, June 28 at 6:30 p.m. at Veterans Memorial Park, off S Central Avenue. In the case of inclement weather, join us at Sidney Middle School.

Duels, deceit, and attempted seduction alight in this comedy featuring the beloved Sir John Falstaff. Watch as he tries to fool two clever women and has the tables turned on him instead. Merry Wives of Windsor will be directed by Guest Director Marti Lyons and will bring a night of laughs to our audience.

Free to the public. Sponsored by the MonDak Heritage Center, Best Western Prairie Inn & Suites, and Footers. Many individual donors also contributed to bring MSIP to Sidney. Look for their names in the performance's program.

Montana Shakespeare in the Parks is an outreach program of Montana State University's College of Arts and Architecture. Grants, corporate sponsorships, and individual donors fund it. The 2019 season has shows across Montana, Idaho, Wyoming, Washington, and North Dakota. For the full schedule visit shakespeareintheparks.org or stop by MDHC. For more information about the program in Sidney call 406-433-3500 or email mdhc@richland.org.

Heritage America Event in Bainville June 28-30

Bainville, MT will play host to its annual Heritage America celebration June 28 through June 30. Fun for everyone is on tap as events start Friday evening with a family friendly movie in the park.

Start Saturday off with breakfast hosted by the Bainville Dollars for Scholars at the fire hall, then catch the parade at 11 a.m., followed by the Bainville FFA alumni's BBQ from noon to 1:30 p.m. at the American Legion. Family entertainment with kids games, prairie golf, water games, farmhand Olympics and bounce houses will take place all afternoon. All day entertainment will be provided by "In It To Win It." Bainville Concrete will host the Pig in the Park BBQ at 5 p.m. and a huge fireworks show will commence at 9:45 p.m.

Finish off the weekend with a community church service at the fire hall at 11 a.m. Sunday followed by a community potluck at noon.

The weekend is sponsored by the Bainville Community Association which invites young and old to this pre 4th of July celebration. With great food, lots of time for visiting old, or new, friends and a fireworks show guaranteed to please, the entire family can look forward to a fun weekend. Remember to bring your lawn chairs.



For more information, contact John Gilligan at 480-717-1776 or Jeanna Adkins at 406-785-7109.




Pickup And Delivery Dates:
Sidney: Wednesday Only
Watford City: Wednesday & Saturday


Serving Watford City At Meyer's Department Store
200 N Main • 701-444-2906 | Mon-Fri: 10am - 6pm • Sat: 10am - 5pm
Serving Sidney At Big Sky Embroidery And Design
108 E Main • 406-433-7679 | Mon-Fri: 10am - 5pm

DRY CLEANING | SHIRTS & JEANS STARCH | WELDERS STARCH
1129 2nd Ave W • Williston, ND | 701-572-3734 | www.willistondrycleaners.com
Mon-Fri: 8am - 6pm • Sat: 9am - 3pm

Check Our Facebook For Weekly Menu or Changes



Breakfast Buffet:
9am-1pm Every Sunday
Salad Bar & Lunch Menu Available
Fri. Steak Night: 6-9pm

Kat's Kitchen
123 3rd St SW • Sidney, MT
406-630-2608 • Check Us Out On 



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Huge Selection of:
Bedding Plants •
Perennials •
Shrubs •
Trees •

Monday - Friday: 9am - 6pm
Saturday: 9am - 5pm
3515 West Front St
Williston, ND | 701-572-6083

AREA RECOVERY GROUPS

MONDAYS:
12 p.m. — AA Monday Noon Group, Matthew House Office, 416 2nd St. NW, Sidney, MT.
1 p.m. - 3 p.m. — Grief Reovery Support group at First Lutheran Church in the music room, Watford City.
6 p.m. — Al-Anon Family Group Meeting, Trinity Lutheran Church Ed. bldg., 214 S. Lincoln Ave., Sidney.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.


TUESDAYS:
7 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.
7 p.m. — 24-hour Women's AA group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.

THURSDAYS:
7:30 p.m. — Al-Anon Meeting, Presbyterian Church, 316 4th Ave. NE, Watford City, ND.
8 p.m. — AA Group, Northern Pump & Compression, Watford City. Call 770-3603 or 770-2675 for directions or ride. Hotline/Info 701-609-8663.

FRIDAYS:
6:30 - 7:30 p.m.- 5 Stones - Faith Based Recovery meeting, Sidney First Church of the Nazarene, 606 9th St. SW, Back door is open.
8 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.

SATURDAYS:
7 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.
7 p.m. — AA 24 group meeting, Northern Pump & Compression, Watford City. Hotline/Info 701-609-8663.

SUNDAYS:
7 p.m. — AA Welcome Home Group, District II Alcohol and Drug Conference Room, 106 2nd St SW, Sidney, MT.



LAKE WATER LEVEL REPORT
Sakakawea
Current Elevation.....1851.5
Last Week's Elev.1851.0
One Year Ago1851.8
Release For Day (C.F.S.)46,000

SIDNEY WEATHER DATA
Source: MSU Eastern Agricultural Research Center

Date	High	Low	Precip.
June 17.....	70	47	0.00
June 18.....	79	44	0.00
June 19.....	74	56	0.08
June 20.....	70	54	0.29
June 21.....	66	51	0.23
June 22.....	64	49	0.01
June 23.....	75	51	0.00
Total YTD Precipitation		5.25	



Roundup
WEB.COM
MOBILE FRIENDLY



OBITUARIES

LaVetta Jean Haugen, 89 Keene, ND

Funeral services for LaVetta Jean Haugen, 89, of Keene, ND were held Tuesday, June 25 at 11 a.m. at First Lutheran Church north of Keene, ND.

Visitation was held on Monday, June 24 from 1-6 p.m. at Fulkerson-Stevenson Funeral Home of Watford City, ND.

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

LaVetta passed away June 19 at Good Shepherd nursing home in Watford City, ND.

Lola Strasheim, 88 Sidney, MT

A memorial service for Lola Strasheim of Sidney, MT was held Saturday, June 22 at 10 a.m. at Pella Lutheran Church in Sidney.

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

Lola passed away on Sunday, June 16 at Sidney Health Center Extended Care, Sidney, MT.

Roland Meidinger, 63 Arnegard, ND

A memorial service for Roland Meidinger, 63, of Arnegard was held at 10 a.m., Tuesday, June 25 at Trinity Lutheran Church in Alexander, ND with Pastor Kevin Beard officiating.

Fulkerson-Stevenson Funeral Home is caring for the family. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Roland passed away June 19 at his home in Arnegard.

Former Teachers And Friends Invited To 1979 Class Reunion, June 28, Sidney

Sidney High School Class of 1979 invites former teachers and SHS friends to drop by the Pizza House Friday, June 28 starting at 6 p.m. to visit with the class of 1979 at its 40th class reunion.

Ag Golf Tournament, July 8

By Bill Vander Weele
Director, Sidney Area Chamber of Commerce & Agriculture

Farmers and ranchers are encouraged to golf for free at the annual Ag Appreciation Golf Tournament on Monday, July 8, at the Sidney County Club.

The Sidney Area Chamber of Commerce and Agriculture's ag committee puts on the scramble that begins at 9 a.m. Registration starts at 7 a.m. Awards end the day at about 4 p.m.

For the 20th year, the tournament pairs businesses with farmers and ranchers for a day of fun and golf. Farmers and ranchers participate for free and businesses that sponsor the tournament, a team, or a hole, play a round with producers. Available Ag Appreciation Golf Tournament sponsorships include team sponsor (\$200), food sponsor (\$500), cart sponsor (\$50) and prize donor. All sponsors receive lunch, name recognition on signage and event marketing.

Participants register by submitting the slip found in their LYREC statements and at local banks, visiting sidneymt.com, calling the Sidney Chamber at 433-1916, or e-mailing admin@sidneymt.com the following information: Name, phone number, golfing average (if possible), and if you will bring your own golf cart. Golfers must be 21 years old or older to take part in the tournament.

Sidney Author to Present Book to Sidney/Richland County Library

Local author, Jaymi Mozeak, will be presenting a copy of her novel, Demon Warrior, to the Sidney/Richland County Library Saturday, June 29 at 1 p.m. Demon Warrior is the first book in her Hounds of Heaven Saga series. After presenting the book to the library for their general collection she will remain in the library until 2 p.m. to sign her novel, have a short discussion on self-worth and discuss future plans for her series.

As a teenager, Jaymi received a series of visions as an answer to prayer. Those visions helped her through a very difficult time in her life and helped her as she struggled through her period of abuse and low self-worth. She saw how the story within the visions could continue to help others through hard times in their lives. The novels of the Hounds of Heaven Series are based on her visions.

Mozeak's novel, Demon Warrior, is about a creature named Silver Fox, who experiences negativity and rejection from the society she is living in. Throughout the story, though, another creature called Shepherd loves her. He wants her around and has a plan, just for her. Demon Warrior is a Christian Fantasy novel packed with action and excitement. With this unique book the author hopes to reach out to those who are bored by the average Christian novel or maybe don't fit in the typical Christian category and those, like herself who've been lied to about their worth. She wishes to remind them that even those who are not typical Christ followers are useful too and loved by God. Jaymi originally wrote the book for young adults but found certain older readers to enjoy reading it as well.

Demon Warrior is Jaymi Mozeak's first novel, although, several future novels are planned in the series. Learn more about the author and read a few of her short stories at confessionsofchristianshaman.wordpress.com. Also, look up the series to find out about future events and book signings at www.facebook.com/houndsofheavensaga.

Signup For The Roundup

The Roundup offers free weekly mail delivery in Sidney, MT. If you have a Sidney mailing address and currently do not receive The Roundup newspaper at home (and would like to) sign up today! Stop by 111 West Main, call 406-433-3306 or send your name and address to us at either classads@esidney.com or PO Box 1207, Sidney, MT 59270.



SEND US YOUR EVENTS!
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RICHLAND COUNTY
Events in Sidney unless otherwise listed. MT Zone.
Wed., June 26
10 a.m.-4 p.m. - **Confluence of Creativity** - This event continues through July 27. - **The Surging, Thundering Herd: Vintage Bison Engravings, 1766-1910** - This event continues through Aug. 31. Viewing is free and open to the public. MonDak Heritage Center, Sidney, 406-433-3500. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m.
6- 8 p.m. - **Car Show** - Everyone is welcome to come and show off your cars and view the area's cars and trucks. Between Rod Iron and Burger King. Weather permitting.
Thurs., June 27
11 a.m. - **Sidney CVB Task Force Meeting** - Sidney Chamber Office. For more information call 406-433-1916.
3:30 - 6 p.m. - **Book Buddies** - For grades PreK-8th. Sidney-Richland County Library, 406-433-1917.
5:30 p.m. - **Painting Party** - Stop by and paint a rock for the Cancer Coalition Relief Fund. \$20 per person, \$100 for table of 6. Ranger Lounge, Sidney, MT. Reserve a table by calling Foundation for Community Care, 406-488-2273 or visit www.foundationforcommunitycare.org.
6 p.m. - **Sidney Run Club** - Free event for the entire family. New members welcome. Signup at 6 p.m. run starts at 6:15, meet at Cattle-ac, Sidney. Must run or walk at least a mile. For more information visit <https://sidneyrunclub.weebly.com/>.
7:30 p.m. - **Summer Movie Night "Back To The Future"** - Yard games, music, movie starts at dusk. Snacks available for purchase, free will donations encouraged. Boys & Girls Club lawn, corner of 3rd Ave & 3rd St. SE. Weather permitting.
Fri., June 28
10:30 a.m. - **Universe of Stories Summer Reading Program** - Ages 0-5. Sidney-Richland County Library, 406-433-1917.
6 p.m. - **Sidney High School Class of 1979 40th Class Reunion Invite** - Former teachers and SHS friends are invited to drop by the Pizza House to visit with the class of 1979 during their 40th class reunion.
6:30 p.m. - **Shakespeare In The Park The Merry Wives of Windsor** - Free to the public. Veterans Memorial Park, Sidney, MT.
Sat., June 29
8 a.m. - **Vision Of Hope 5K Run/Walk For Autism Awareness** - Peterson Park, Sidney, MT. Registration 8 a.m.; race, 9 a.m.-noon. Register at www.visionoffhope.net.
10:30 a.m. - **Bilingual Story Time** - Sidney-Richland County Library, 406-433-1917.
Mon., July 1
7-8 p.m. - **Sidney City Council Meeting** - Public welcome. City Hall, 115 2nd St. SE, Sidney, MT. For more information call 406-433-2809.
Thurs., July 4
Lambert 4th Of July
Community BBQ, car show, music, parades, street dance, kids activities and more. Lambert, MT.
4th Annual Quilt Show Lambert, MT - Lambert Community Center. For more information call Joan, 480-1319 or Sheela 480-5367.
Mon., July 8
7 a.m.-4 p.m. - **Ag Appreciation Golf Tournament** - Cost is free to participate. Enter by submitting the slip found in LYREC statements or email director@sidneymt.com, the following information: Name, phone number, golfing average and if you have a golf cart available for your use. Golfers must be 21 years old or older and involved in agriculture to play in the tournament. Sidney Country Club, Sidney.
Fri., July 12
10:30 a.m.-1:30 p.m. - **Kiwanis Pie Social** - Brats, burgers, homemade beans and lots of pies. South entrance of the Sidney Middle School/Veteran's Park, Sidney.
Sat., July 13
Sunrise Festival of the Arts - Free event but you can purchase a button for a chance to win prizes. Fashion show, music, dance, tae kwon do, gymnastics, Arch's Kids Corner and lots more. Veteran's Memorial Park, Sidney, MT.
12-6 p.m. - **Classic Wheels Car Show** - Cars, trucks, motorcycles, tractors. Moose Park, Sidney. For more information call Larry Christensen, 406-489-0589.
Fri., July 19-Sun., July 21
Fairview's 73rd Annual Old Timer's Reunion & Summer Festival - July 19: 5 p.m.-2 a.m. - Hamburgers in the park \$5, live music. **July 20:** 7 a.m.-2 a.m. - Vendors, fun run, free will breakfast, car show, history display, kiddie parade, free lunch, grand parade, ice cream social, duck race, street dance. **July 21:** 10:30 a.m. - Church in the park.

ROOSEVELT COUNTY
Events in Bainville listed. MT Zone
Heritage America! Family-Farm-Friends, Bainville, MT
- **Fri., June 28:** dusk, Movie in the park. **Sat., June 29:** 7 a.m., Breakfast at the firehall, vendors, parade, FFA BBQ at American Legion, family entertainment, pig in the park BBQ, fireworks. **Sun., June 30:** 11 a.m. Church at firehall; community pot-luck. For more information contact John Gilligan, 480-717-1776 or Jeanna Adkins, 406-785-7109.

McKENZIE COUNTY
Events in Watford City unless otherwise listed. CT Zone
Sat., June 29
8 a.m. - **BTMA Outdoor Arenacross** - McKenzie County Fairgrounds, Watford City, ND. For more information contact Ryan Pederson, 701-495-1053.
4 p.m. - **Lewis & Clark Trail Museum 50 Years Celebration**
Alexander, ND - Guest speaker Clay Jenkinson.
Thurs., July 4
Arnegard 4th of July - Parade, BBQ, yard games, vendors, fireworks and more. Arnegard, ND.
Fri., July 12 & Sat., July 13
Homefest, Watford City, ND - July 12: **Miles Bendixson Art Exhibit**, 10 a.m.-2 p.m. Long X Visitors Center; **McKenzie County Healthcare Systems Facility Tours**, 2-4 p.m.; **Food & Music on Main**, 5 p.m.-1 a.m.; **Trish Gravos Memorial Golf Scramble**, Fox Hills Golf Course, 5 p.m.; **Missoula Children's Theater Performance**, Intermediate school, 7 p.m.; **Fireworks** at dark. July 13: **Relay For Life Homefest 5k Run/Walk** - 9 a.m. Main Street, go to RunReg.com to register online; **Missoula Children's Theater Performance**, Intermediate school, 10 a.m.; **Sand Volleyball & Family Kickball Tournaments**, 11 a.m.-5 p.m., Children's Park & Legion Field; **Food & Music on Main**, 5-11 p.m. For more information visit watfordcitychamber.com, email wccchamber@ruggedwest.com or call 701-570-5084.

WILLIAMS COUNTY
Events in Williston unless otherwise listed. CT Zone.
Tues., July 2
5-9 p.m. - **Summer Nights On Main - 32 Below** - Free concert, food vendors, kids activities, beer garden, fun for the whole family. Main Street, Downtown Williston.
Sat., July 13
7 a.m.-12 p.m. - **4th Annual Williston Fly In** - Featuring airplane rides, static aircraft displays, model aircraft, and equipment displays. Kids can play on inflatable attractions and play laser tag and then stop in the aircraft hangar for a bite to eat. Free admission with a free-will donation inside. The Airport will provide free parking the day of the event in the frontage road lot located next to Highway 2. Soulin Field International Airport, Williston.
Tues., July 16
3rd Annual Williams County Soil Conservation District Women's Farm To Table Event - Guest speaker Katie Pinke. Free to all women but RSVP is required to attend. Williams County Soil Conservation District Tree Building, 14120 Hwy 2. To RSVP call 701-572-6729 EXT. 3 OR 701-770-7887 by July 1.

DAWSON COUNTY
Events in Glendive unless otherwise listed. MT Zone
Fri., June 28, 5:30 p.m. & Sat., June 29, 9 a.m.
Cars In The Park Car Show - Cruise, poker run, registration and gearhead gathering, June 28. Registration, car show, supper, June 29. Eyer Park, Glendive, MT. For more information 406-365-3516, 365-5342, 377-4703 or visit www.badlandsdrifters.com.
Sat., June 29
9 a.m.-12 p.m. - **Paleo Experience** - \$10 per person. Meet at the Visitor Center, Makoshika State Park, Glendive.
7 p.m. - **Shakespeare In The Park Henry IV Part 1** - Free to the public. Makoshika State Park, Glendive, MT.

Barbie's 60th Birthday Bash, June 27, Watford City



60th Anniversary Barbies on sale at Larsen Drug in Watford City.

That iconic doll, Barbie, is turning 60 this year. Coincidentally, so is Debbie Larsen, manager of Larsen's Service Drug. So Larsen's is throwing a Barbie's Birthday Bash, Thursday, June 27, from 5 to 7 p.m., in their back parking lot. Barbie fans of all ages are invited to gather up their vintage or modern Barbies and favorite accessories and join the Larsen's staff for games, trivia, hot dogs and birthday cake, and sharing your favorite Barbie memories. Plus – get your picture taken with your Barbie, or your best friend, or both at Larsen's Barbie Photo Booth. So, dig out your Barbie stuff and join the fun!

Barbie fun facts

Barbie was born March 9, 1959.
She was created by an engineer who used to work for the pentagon, and was named after his daughter.
More than 100 Barbie's are sold every minute, with 58 million being sold annually.
The average girl age 3-6 owns 12 Barbie dolls.

Classic Wheels Car Show, July 13, Sidney

By Bill Vander Weele, Sidney Chamber

An exciting new addition is being offered during Sunrise Festival of the Arts weekend in Sidney on July 13.

The Richland County Sportsmen's Club is presenting the Classic Wheels Car Show at Moose Park on that same day. Moose Park is within a short walking distance of the Sunrise Festival of the Arts at Veterans Memorial Park.

"We felt it will help not only with the crowd coming to the car show but also with the Sunrise Festival," said Larry Christensen of the Richland County Sportsmen's Club.

Christensen said there seems to be a shortage of car shows currently in eastern Montana.

"People want to show their cars off," Christensen said. "So, we decided to put on a show."

He noted there's a purpose why the event is being called Classic Wheels. "The reason we call it that is you can bring anything you want – cars, trucks, motorcycles, tractors," Christensen said.

Registration is 9:30-11:30 a.m. Cost is \$25 for the judged category and \$5 just to show your vehicle. The show opens at noon and closes at 6 p.m. An awards presentation is scheduled for 4 p.m. For more information, call Christensen at 406-489-0589.

Honors will be given to the top three participants along with a People's Choice award.

This is the third year of the Richland County Sportsmen's Club. There are currently about 150 members. The organization's main goal is to develop a shooting range in the area.

"We're doing pretty well," Christensen said of the club.



Prom King and Queen

The ROI prom was held at the Sidney High School on Saturday, June 22 with the Grand March starting at 7 p.m. Following the Grand March Jon Foster (right) and Caitlyn Pope (left) were named king and queen. (Photo by Jaymi Loobey)

CELEBRATE CHRISTMAS IN JUNE with our
2ND ANNIVERSARY SALE!
SAT & SUN, JUNE 29 & 30 • 10AM - 4PM

Free BBQ Sun, 11am - 1pm (or while it lasts)

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Firework show at 11pm

9am ...Parade check-in (at the Ball Diamond)
11am Parade begins on N Main
12pmGoodwill Donation BBQ
Served by the Arnegard Lions Club
Homemade Pies
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Craft Vendors in Nelson Park
Tractor Pull
11pm Fireworks Show & Food Vendors

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4-H Consumer Decision Making Contest Held, June 10 Watford City



The McKenzie County 4-H Consumer Decision Making Contest was held June 10 at the NDSU Extension Office/McKenzie County. Winners from this contest are front from left, Clara Wisness, Gavyn Darrington and Gracyn Darrington; middle, Ephaim Arnold, Trey Larimer, Jayden Murphy and Kyle Best; back, Amelia Wisness, Gabby Larimer and Jessica Goetz.

The 2019 McKenzie County 4-H Consumer Decision Making Contest was held on June 10 at the NDSU Extension Office/McKenzie County in Watford City.

Jessica Goetz of Killdeer was awarded the Grand Champion award in the Senior Division (14 to 18 years old). Gabby Larimer, also of Killdeer, followed with Reserve Champion honors.

Jaden Murphy of Williston received a Grand Champion ribbon in the Junior Division (10 to 13 year olds) and Trey Larimer of Killdeer followed with the Reserve. Ephraim Arnold and Kyle Best, both of Watford City, and Amelia Wisness of Keene were recipients of blue ribbons.

Beginner Division (8 and 9 year olds) participants Clara Wisness of Keene and Gracyn Darrington of Arnegard were awarded Grand and Reserve Champion honors respectively.

Also participating in the contest was noncompetitive Cloverbud (5 to 7 year olds) Gavyn Darrington of Arnegard.

Kari Korslien of Watford City served as the judge for the event.

The 4-H Consumer Decision Making program is designed to help youth develop decision making skills. Their ability to observe and evaluate written materials determines their success in the program.

For more information, please contact NDSU Extension/McKenzie County at 701-444-3451.

4-H Clothing Revue Held, June 14, Watford City



The 4-H Clothing Revue was held Friday, June 14 at first Lutheran Church in Watford City. Pictured are contest winners, front from left, Tylee Thorne, Gavyn Darrington, Bella Wolff, Audrey Wolff and Gracyn Darrington; middle, Kaydee Ceynar, Lenora Arnold, Harlee Jacobson and Clara Wisness; back, Annabelle Coughlin, Emma Coughlin and Amelia Wisness.

The 2019 4-H Clothing Revue was held on Friday, June 14 at First Lutheran Church in Watford City. This event is designed to develop leadership abilities, build character and assume citizenship responsibilities in youth. Participants will also have the opportunity to grow by experiencing the skills they need to plan, select and create clothing representative of their personality. Young 4-Hers can acquire poise, good posture and grooming habits through this event.

The Sew and Show category is a traditional area of constructed garment entries. Sew and Show preteen Grand Champion was Amelia Wisness of Keene. Amelia created a flowy chevron kimono. Reserve Champion was Gracyn Darrington of Arnegard with a 4th of July outfit. Receiving a participation ribbon in this category was Clara Wisness of Keene with her navy and teal kimono.

Decorate Your Duds category consists of decorated clothing items. Preteen Harlee Jacobson of Watford City received Grand Champion honors in this category. She embellished a t-shirt and shorts with cacti and flowers. Reserve Champion went to Lenora Arnold of Watford City. Lenora embellished a dress, backpack and shoes with a galaxy theme utilizing gems, sharpie markers and more. Gracyn Darrington was awarded a participation ribbon in this category with her 4th of July theme embellished flip flops.

Five cloverbuds (5 to 7 year olds) participated in this year's event. Their entries were as follows:

- KayDee Ceynar of Arnegard with embellished ombre dyed shorts
- Audrey Wolff of Watford City with tie-died shirt and bibs with embellishments
- Bella Wolff of Watford City with tie-died shirt and shorts with embellishments
- Tylee Thorne of Watford City with a lace dress, shoes, necklace and sandals
- Gavyn Darrington with "Girly Flip Flops" and striped sundress

In addition to these girls, Emma and Annabelle Coughlin of Sidney, MT joined the girls. These twin sisters and relatives of the Arnolds modeled purchased outfits.

Lenora, Cracyn, Harlee, Amelia and Clara were invited to advance to the State 4-H Clothing Revue set for July 22 at the North Dakota State Fair in Minot.

Assisting with the 2019 program were: Pati Wolff, Hair Styling; Malinda Reeves, Program Director and Carol Kieson, Judge.

For more information, please contact NDSU Extension/McKenzie County at 701-444-3451.

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Sunrise Festival Of The Arts Entertainment, July 13, Sidney

By Bill Vander Weele,
Sidney Chamber

The largest variety of entertainment for the event in some time will take the stage during this year's Sunrise Festival of the Arts in Sidney on Saturday, July 13.

From a fashion show to historical music to current music, all that entertainment and more will be offered on the stage during the annual event at Veterans Memorial Park.

A fashion show featuring items from area boutiques is scheduled from 12:20-1 p.m. on the stage. This first-time program will demonstrate the options that shoppers have in Sidney.

Other entertainment includes Leif Halvorson and Cedric Halvorson performing their highly regarded "Eric and Artie of the Upper Missouri" act from 1-1:20 p.m. The Halvorson brothers provide authentic fur trade era and other 19th century music along

with historical information in a delightful format.

Outstanding young pianist Felixe Becker will entertain the crowd from 8:40-9 a.m.

A traditional highlight is a performance from the Sunrise Brass group. The band will perform from 11-11:45 a.m. this year.

The Sunrise Festival of the Arts is also a time for area youngsters to show off their talents. Performances will include the Cutting Edge Dance Studio from 9:30-9:50 a.m., Sidney Tendo from 10:30-10:50 a.m. and the Sidney Gymnastics Club from 11:55 a.m. to 12:15 p.m.

The day of fun on the stage will begin with Anya Schwartz of The Merge offering yoga/barre flow instruction from 7:40 a.m. to 8:30 a.m.

Other entertainment includes Blake Benson providing rap music from 9:05-9:25 a.m., Vernon Milender singing from 10-10:20 a.m., Justin

Redick offering guitar/singing entertainment from 1:30-1:50 p.m., A Capital in Ruin providing soft rock from 2:30-3:30 p.m. and Jordyn Flournoy singing from 3:40-4 p.m.

Entertainment Schedule
7:40 a.m. Barre Session with Anya Schwarz
8 a.m. Festival Kickoff
8:10 a.m. - Barre Session
2 with Anya Schwarz
8:40 a.m. - Felix Becker (Pianist)
9:05 a.m. - Blake Benson (Rap Musician)
9:30 a.m. - Cutting Edge Dance Studio Performance
10 a.m. - Vernon Milender (Soloist)
10:30 a.m. - Sidney Tendo (Tae Kwon Do Demonstration)
11 a.m. - Sunrise Brass Performance
11:55 a.m. - Sidney Gymnastics Club
12:20 p.m. - Local Fashion Show
1 p.m. - Halvorson Brothers

1:30 p.m. - Justin Redick
2 p.m. - Chamber Bingo
2:30 p.m. - A Capital in Ruin
3:40 p.m. - Jordyn Flournoy (soloist)

THANK YOU

We want to say a heartfelt thank you to Fairview Alliance Church and the Fairview community for your overwhelming support as Paul undergoes cancer treatment and a stem cell transplant at Mayo Clinic.

The very generous gift of proceeds from the Blessings Sale is both humbling to receive and deeply appreciated. We have been so blessed by your kindness!

- With sincere thanks, Paul & Cindy Sponheim & Family

Nick Lonski Receives Edward Jones Award For Exceptional Achievement In Building Client Relationships

Nick Lonski of the financial services firm Edward Jones in Sidney MT recently won the firm's Jim Phillips Award for his exceptional achievement in building client relationships.

Edward Jones, a Fortune 500 company headquartered in St. Louis, provides financial services in the U.S. and, through its affiliate, in Canada. Every aspect of the firm's business, from the investments its financial advisors offer to the location of its branch offices, caters to individual investors. The firm's 18,000-plus financial advisors serve more than 7 million clients and care for \$1 trillion in assets under management. Visit our website at edwardjones.com and recruiting website at careers.edwardjones.com. Member SIPC.



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Weeds, Weed Management Featured At Froid Field Day, June 27

Farmers and ranchers wage a continuous battle with weeds in their crops and pastures, battles that have grown fiercer with new weed species popping up and the development of herbicide resistance in existing weeds. Knowing your enemy is key for combating resistance and preventing introduction of new

species and area producers have an opportunity to brush up on their weed skills at the 2019 Froid Research Farm Field Day on Thursday, June 27, from 1-5 p.m.

The day's program features discussions on new herbicide research and formulations, and on herbicide carryover and how to avoid plant injury by MSU Cropland Weed Extension Specialist Dr. Tim Seipel. And that's not all; other weed topics presented include a weed ID and bio-control update, and a sprayer calibration demonstration.

Also on tap for the day are handy demonstrations showing producers how they can test their soil for infiltration, compaction and acidification characteristics. The compaction demonstration includes a shallow soil pit showing underground impacts resulting from compacted soils. Other features at this year's event include a talk on pulse crop diseases and presentations on cover crop yield and forage quality; pest and beneficial insects found in oilseed and cover crop forage rotations, and another demonstration test looking at soil respiration and carbon dioxide's potential as a soil health indicator. Presenters include USDA, MSU and NDSU scientists, Extension staff and more.

The day concludes with a free steak dinner at 5 p.m. sponsored by the Sheridan and Roosevelt County Conservation Districts. Other event sponsors include the Sheridan and Roosevelt County Extension offices, and the USDA-ARS Northern Plains Agricultural Research Laboratory in Sidney.

The Froid Research Farm is located eight miles north of Culbertson on MT Highway 16. Three private and three commercial pesticide points are available.

For more information, contact Beth Redlin at 406-433-9427 or beth.redlin@ars.usda.gov.

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NDSU-Williston Research and Extension Center Agronomist Gautam Pradham demonstrates using a drone to characterize spring wheat during the MSU EARC and Sidney ARS Dryland Field Day on June 20, 2019.

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Sidney Tiger Sharks Results Roundup Invitational, June 22-23

The Sidney Tiger Sharks took a total of 19 swimmers to Roundup Invitational on June 22 and 23. Overall the Sidney swim team took 4th place. It was a rainy Saturday but Sunday was great weather and many Sharks shaved time and placed up.

Boys 200 IM 11-12: Hunter Sanders, 4th place.

Girls 200 IM 11-12: Lily Herbst, 3rd place.

Boys 25 Free 8 & Under: Beckett Norby, 1st place; Colton Johns, 10th place.

Girls 25 Free 8 & Under: Skylar Rodgers, 1st place; Payton Bauer, 3rd place; Harlee Moran, 6th place.

Girls 50 Free 9-10: Kylee Rodgers, 3rd place.

Boys 50 Free 11-12: Corben Holler, 2nd place; Parker Wunder, 6th place; Paul Gonzalez, 11th place.

Girls 50 Free 11-12: Brooklyn Wunder, 9th place.

Girls 50 Free 13-14: Ella Norby, 4th place.

Girls 50 Breast 9-10: Mariyah Bauer, 10th place.

Boys 50 Breast 11-12: Hunter Sanders, 4th place; Paul Gonzalez, 5th place.

Boys 50 Free 8 & Under: Beckett Norby, 2nd place.

Girls 50 Free 8 & Under: Skylar Rodgers, 1st place; Payton Bauer, 2nd place; Har-

lee Moran, 7th place.

Girls 100 Free 9-10: Kylee Rodgers, 4th place.

Boys 100 Free 11-12: Corben Holler, 3rd place; Parker Wunder, 5th place; Paul Gonzalez, 7th place.

Girls 100 Free 11-12: Avé Norby, 4th place; Lily Herbst, 6th place.

Boys 25 Back 8 & Under: Beckett Norby, 2nd place; Colton Johns, 8th place; Wyatt Johns, 12th place.

Girls 25 Back 8 & Under: Skylar Rodgers, 4th place; Payton Bauer, 6th place; Harlee Moran, 9th place.

Girls 50 Back 9-10: Kylee Rodgers, 3rd place; Mariyah

Bauer, 6th place.

Boys 50 Back 11-12: Corben Holler, 3rd place; Hunter Sanders, 5th place; Parker Wunder, 9th place.

Girls 50 Back 11-12: Lily Herbst, 1st place; Avé Norby, 4th place; Brooklyn Wunder, 12th place.

Girls 100 Back 13-14: Ella Norby, 4th place.

Girls 50 Fly 13-14: Railyn Herbst, 5th place.

Girls 200 Free 13-14: Ella Norby, 4th place; Railyn Herbst, 5th place.

Girls 100 Fly 13-14: Railyn Herbst, 2nd place.

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MEDORA, N.D. - The Chateau de Mores State Historic Site, in partnership with The Busy Buffalo Carriage Company, is offering carriage rides through the historic site property. Rides are offered upon request Wednesday-Saturday, 10 a.m. to 4:30 p.m. (MT) weather permitting. Visitors are encouraged to call 701-623-4355 prior to arriving

to check availability.

The trail is approximately 2 miles long, and guests should allow 30-45 minutes for the ride. Tickets can be purchased at the Chateau de Mores Interpretive Center through 4:30 p.m. (MT). Adult tickets are \$20, and children 5-15 are \$15. Children 4 and under ride free.

The Chateau de Mores is

a state historic site managed by the State Historical Society of North Dakota. The Chateau de Mores site and Interpretive Center near Medora is open daily, 8:30 a.m.-5:30 p.m. (MT). Find additional upcoming educational programs sponsored by the State Historical Society of North Dakota at history.nd.gov/events.

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Lambert 4th of July Celebration

July 3rd

5:00pm Car Show in Lambert Park (Sponsored by Lambert's Main Drag)
5:00pm BBQ Meal outside Lion's Den
8:00pm S'mores at Lion's Den
8:00pm Street Dance by Vernon's DJ and Karaoke at CQ Bar

****Fireworks Booth Open! July 1st - 4th****

July 4th

5:00am Wake up call
9:00am All Faith Praise and Prayer at Fox Lake Center (Everyone Welcome)
11:00am Kids Bike Parade and Main Parade
*10:15 Registration for parade line up at Nortana parking lot.
*10:30 Kids bike parade.
12:00pm BBQ by Lambert Volunteer Fire Department
*Free Will Donation
12:00pm Fox Lake Senior Center will be serving pie, ice cream and Root Beer floats
1:00pm Ball Drop sponsored by Pepsi and Bryan Prevost
All Day *CQ Bar and Grill Open
*Lion's Den Open
*Fox Lake Senior Center will have open Mic and a Quilt Show
Museum and Country Store Open
*Dunk Booth
*Vendors (Burlys Kettle Corn, Mini Brewster, Gyros)
*4th of July yard decor contest! Pick up your map and voting card at The Den. Prizes will be awarded for the most festively decorated house and yard.
Noon-2:00 Kids Activities in the Park
3:00pm Softball Game located on the practice field behind teacher housing.
6:00pm Team USA Scrimmage held at the Lambert Sports Complex. Team USA is made up of high school boys from Texas, Nebraska, Wyoming and Montana. The players will be playing in the Can-Am Game held on July 6th in Wakaw, Saskatchewan Canada.
8:00pm Street Dance by Vernon's DJ and Karaoke at CQ Bar
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Richland County Crimestoppers Wanted Person Of The Week

On May 22, 2017 a Warrant Upon Information was issued out of Montana Seventh Judicial District Court, in Richland County for the arrest of Derek Todd Adams for Criminal Distribution of Dangerous Drugs- Methamphetamine-By Accountability, a felony. Crimestoppers would like to remind everyone that it is a crime to knowingly harbor a person that is wanted by a law enforcement agency.

On May 22, 2017 the Richland County Attorney's Office filed an Information in Montana Seventh Judicial District Court that the defendant, Derek Todd Adams committed the crime of Criminal Distribution of Dangerous Drugs, by Accountability, a felony when he promoted or facilitated the commission, solicited, aided, abetted, agreed, or attempted to aid in the planning or commission of the offense

of Criminal Distribution of Dangerous Drugs when Methamphetamine, a Schedule II dangerous drug was sold to a confidential informant in December of 2015. Derek Todd Adams is 43 years of age, white male, 5'11", 195 lbs. with green eyes and brown hair. He has been known to live in the Sidney area, states of California and Idaho. He was born in the state of North Carolina. Bond has been set at \$15,000. It is felt that Adams has left the Richland County area and may now be living in the Twin Falls, Idaho area. If you know this person or where he is living contact Crimestoppers or your local law enforcement agency. This warrant can be served in Washington, Oregon, Nevada, Idaho, Utah, Arizona, Montana, Colorado, New Mexico, North Dakota, South Dakota, Nebraska, Kansas and Oklahoma.

If you have any information about Derek Todd Adams, you are urged to call CRIMESTOPPERS at 433-6666 Monday through Friday between 8 a.m. and 5 p.m., you may be eligible for a cash reward of up to \$1,000. You can also contact Crimestoppers in Richland County anytime (24/7) by going to our New Crimestoppers website at www.richlandcs.com then going to Submit a Web Tip or by texting the code "CSRC plus your message to: 274637 (CRIMES). You can also contact the Richland County Sheriff's Office at 406-433-2919 or Sidney Police Department at 406-433-2210.

Check out and Join our Richland County Crimestoppers, Facebook page. Cash reward of up to \$1,000. Richland County Crimestoppers is Working.



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Sidney Girls Compete in Glendive Tourney

Sidney Girls Basketball participated in the Dawson Community College High School Tournament Friday, June 21-Sunday, June 23 in Glendive. Pictured are front from left, Zoe Morrill, Karissa Martinez and Sophie Peters; back, Olivia Schoepp, Cassidy Larson, Ali Merritt and Maddie Peters. (Photo submitted)

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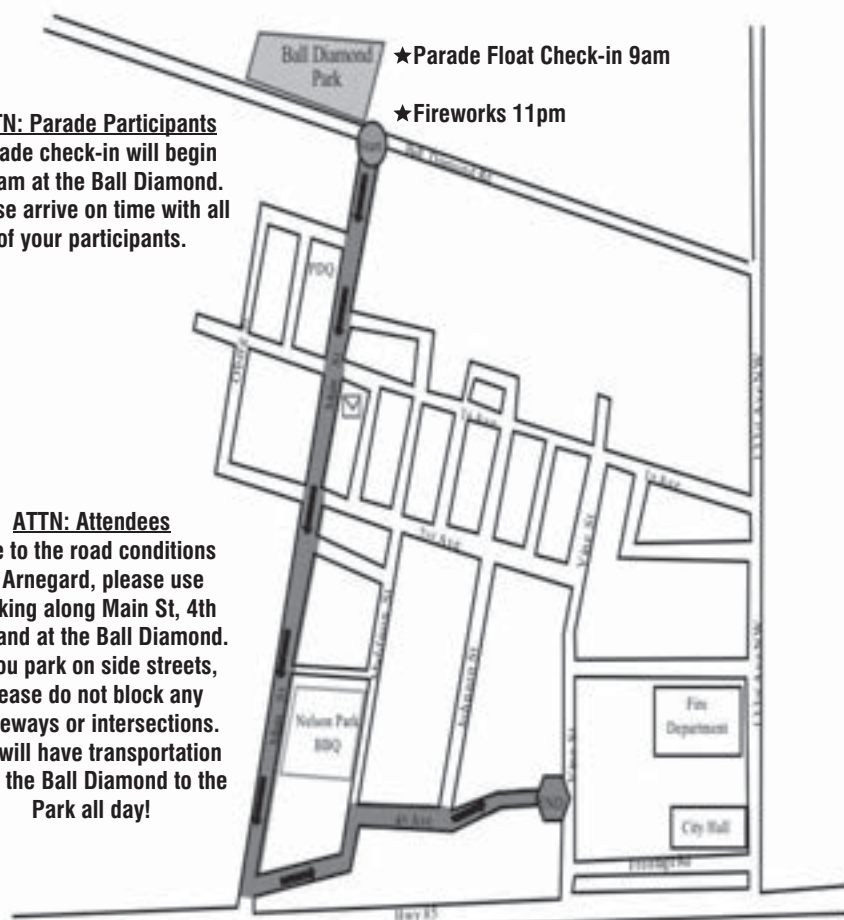
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Arnegard 4th of July Celebration!

We would like to thank the Moen Family for sponsoring the Beef BBQ

ATTN: Parade Participants
Parade check-in will begin at 9am at the Ball Diamond. Please arrive on time with all of your participants.

ATTN: Attendees
Due to the road conditions in Arnegard, please use parking along Main St, 4th Ave and at the Ball Diamond. If you park on side streets, please do not block any driveways or intersections. We will have transportation from the Ball Diamond to the Park all day!



Scheduled list of Events

- 9:00 – Parade check in for all floats (at the ball Diamond)
- 11:00 – Parade begins on North Main St down to 4th Ave.
- 12:00 – Good Will Donation BBQ served by the Arnegard Lions Club
Homemade Pies Sold by the Lutheran Church
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Tractor Pull

11pm – Fireworks Show and Food Vendors

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MonDak 4th Of July Events

By Stephanie Ler
The MonDak region has something to offer for everyone this 4th of July season, from parades and barbecues, to pies and fireworks.

Bainville
Start 4th of July celebrations early with Bainville, Montana's Heritage America event, beginning Friday, June 28, with a family movie in the park at dusk. On Saturday, breakfast is hosted by the Bainville Dollars for Scholars at the fire hall from 7-10 a.m., followed by the annual parade at 11 a.m. Parade registration is required, and is available on the Bainville Community Association's event page on Facebook. Vendors will be set up from 11a.m. to 4 p.m., and must register and pay fees prior to setting up. The Bainville FFA alumni BBQ is at the American Legion from noon to 1:30 p.m. Family entertainment, including bounce houses, is available from 1 to 5 p.m. A pig barbeque dinner hosted by Bainville Concrete begins at 5 p.m. The evening wraps up with fireworks at 9:45 p.m. and a street dance.

Lambert
Lambert truly offers something for everyone around the 4th of July. A community barbeque to benefit Tony Verschot will take place at the Lambert Lion's Den at 5 p.m. on Wednesday, July 3,

"Uncle Sam" (Colton Daly of Watford City) hands out popsicles during the Arnegard 4th of July parade.

paired with a car show, music, and maybe even a cornhole game or two. Be sure to bring your favorite bars or cookies to share. Later that evening, visit the CQ Bar & Grill for the annual street dance, with DJ and karaoke, starting around 8 p.m. On the 4th, the annual parade lineup begins at 10 a.m., with the parade kicking off at 11 a.m. with a kid's bike parade. Lunch is available at the fire hall for a free will donation to benefit the Lambert Fire Department, or the Fox Lake Senior Center. Kids' activities will be available in the park, and the annual ball drop will be at 1 p.m. The beautifully crafted quilts will be on display at the 4th annual quilt show at the Lambert Community Center. Quilts should be dropped off on July 2 between 10 a.m. and 3 p.m. Contact Joan at 480-1319 or Sheela at 480-5367 for more information.

Arnegard
The annual Arnegard 4th of July celebration will continue this year, despite downtown road construction. The Arnegard celebration is one of the few 4th of July events in McKenzie County, attracting people from Williston to New Town, and the surrounding areas. The parade begins for spectators at 11 a.m. CST, and for participants at the Ball Diamond at 9 a.m. for check in. "Anybody can be in the parade," said Arnegard Booster Club member Maurine Davenport. "They can be sports groups, mom and pop businesses or large companies, anyone is welcome." The parade will head south on Main Street, and take a left hand turn to head east on

Continued on page 15.



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5 Mistakes to Avoid When Having Fun in the Sun

(BPT) - Spending time outside is what makes summer so enjoyable. Whether you plan to spend a day at the pool, mill about a music festival or relax at a family barbecue, everyone looks forward to a beautiful, sunny day.

Before you head out, don't forget to pack your sunscreen! Leading dermatologists everywhere recommend that people of all skin types wear sunscreen as part of their plan to protect themselves from exposure to the sun's UV radiation, which can lead to skin cancer, including melanoma. Unfortunately, it seems most Americans are not heeding this advice. According to a recent Harris Omnibus poll, only 19% of Americans wear sunscreen on a daily basis.

But the verdict among experts is loud and clear: wearing sunscreen is one of the most effective, accessible ways to combat the risk of skin cancer. And along with other sun safety measures - including seeking shade and covering up where possible - you can enjoy warm weather and protect your health at the same time. Now that you know why it's important to protect yourself while enjoying fun in the sun, here are five common sun-protection missteps to be aware of before you head out.

Assuming all sunscreens are alike: Sunscreen isn't one size fits all. Everyone needs a different sunscreen that's tailored to their lifestyle and favorite activities, skin type and aesthetic preferences. Before you buy, read the label and factor your planned activities and likely time in the sun into your choice of sunscreen. One option that meets a wide range of outdoor needs is Neutrogena® Ultra Sheer® Dry-Touch SPF 100+ sunscreen. Its lightweight, non-greasy formula goes on easily, and the 100+ SPF ensures maximum broad spectrum protection from those sunburn-inducing UVB rays and harmful UVA rays.

Skipping sunscreen on cloudy days: Don't be fooled! If you're spending time outdoors, there's no question about taking along your fa-



vorite sunscreen, even when the sun's not shining brightly. If you're prone to forgetting, try storing your sunscreen next to your tube of toothpaste. This small adjustment leads to a 20 percent increase in sunscreen use, according to a study published in 2017.

Missed spots: It happens to just about everyone from time to time. After a day of fun in the sun, that telltale redness on the shoulder or tricep reveals you missed a spot while applying sunscreen. Take care to apply and reapply sunscreen to all exposed areas. Enlist a friend's help to ensure all the hard-to-reach areas get covered. Don't ignore commonly forgotten areas like ears and the tops of feet. And if you're using a spray sunscreen, always rub it into your skin after spraying!

Thinking you're one-and-done: If you have plans to spend any length of time outdoors, that first application of sunscreen will not protect your skin for the entire day - even

when using the highest SPF sunscreens. The best way to stay sun safe is to reapply according to the directions on the package. To keep you on track, set an alarm so you always remember when to apply a fresh layer.

Forgetting your hat: Equally as important as wearing sunscreen is seeking cover from the sun's UV rays. To limit your skin's direct exposure to the sun, accessorize with a brimmed hat and protect your eyes with sunglasses. Take advantage of opportunities to seek shade under a tree, umbrella or wherever it's available. But remember, sunscreen isn't optional in shade - studies have shown that beach umbrellas do not thoroughly block UV rays.

To learn more about the importance of having a full array of sunscreen options, visit ProtectMySunscreen.com. Find the perfect sunscreens for you and your family at Neutrogena.com/Sun.

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Sweet Cherries: Your On-The-Go, Healthy Summertime Snack

(BPT) - Summer is peak vacation season. According to a recent AAA Travel survey, nearly 100 million Americans will take a vacation in 2019, with 68% of those vacations occurring in the summer. While vacations are fun, traveling can be hectic, making it that much more important to have healthy on-the-go snacks to keep you energized throughout your trip.

Sweet cherries are an ideal grab-and-go summer snack, with high concentrations of nutrients and bioactive components like fiber, polyphenols, carotenoids, vitamin C and potassium. Long praised for their many health benefits, they can help tackle several chronic health issues, according to a review of nearly 30 published studies. Read on to learn how this snack can help you manage five common health concerns.

1. Oxidative stress

Oxidative stress occurs when free radicals and antioxidants are out of balance in your body. Under normal conditions, free radicals help the body by fighting off pathogens that can lead to infection or disease. But when antioxidants are far outnumbered, free radicals can go rogue and attack the body's fatty tissue, protein or even DNA. Once compromised, the body becomes more susceptible to various diseases over time, such as heart disease, diabetes and hypertension, to name a few.

Sweet cherries are rich in polyphenols and vitamin C, which have powerful antioxidant properties. Studies have shown that eating sweet cherries can increase antioxidant capacity and reduce oxidative stress, bringing the body back into a healthy balance.

2. Inflammation

If you're among the 54 million Americans who suffer from arthritis or another rheumatic disease, sweet cherries may be able to provide some relief. Research shows that their anti-inflammatory properties can have the same effect as ibuprofen.

3. Gout

Gout is a form of arthritis, and sufferers tend to experience severe pain, redness and tenderness in their joints. The condition is associated with elevated levels of uric acid in the blood, levels that have been reduced with a diet

incorporating sweet cherries. A recent study with gout patients found a 35% lower risk of gout attacks among those who consumed the fruit over two days. When that was combined with their prescribed medicine, specifically allopurinol, the risk of a gout attack was 75% lower.

4. Sleep

Vacation and travel can throw off your sleep patterns, and a good night's sleep is essential in a great vacation. With sweet cherries, you have a reliable source of tryptophan, serotonin and melatonin. Tryptophan is necessary to the development of serotonin, which, in turn, plays an important role in regulating sleep, mood and appetite. Adequate levels of serotonin can contribute to feelings of well-being, while depression has been linked to low measures. Additionally, melatonin helps maintain your body's internal clock, regulating your sleep and wakefulness patterns.

Studies show that along with this enhanced sleep quality and quantity, mood and anxiety also display improvement. Researchers say enjoying the fruit about an hour before bedtime can help stabilize your sleep cycle.

5. Blood pressure

Finally, studies point to a link between the consumption of sweet cherries and lower blood pressure, both systolic and diastolic measures. Prolonged consumption correlates with a decrease in a potent vasoconstrictor, a compound that narrows blood vessels and restricts blood flow. The fruit is also associated with increased effectiveness of vasodilators, which help widen blood vessels and reduce blood pressure.

The addition of sweet cherries to your diet can reduce common health concerns and minimize the risk for developing illnesses such as cardiovascular disease and diabetes. Best of all, they are delicious! They are only in season for a short time, so grab them while they're at their freshest, then freeze, dry or preserve them to enjoy throughout the year.

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Help To Save the Maah Daah Hey Trail, July 5-22



Visit www.Experienceland.org to sign up to volunteer at The Big Push, July 5-22. (Photo submitted)

By Stephanie Ler
Families, individuals, and businesses are invited to help with the annual upkeep of the Maah Daah Hey Trail during July.

The nearly month-long event is the second annual Big Push, though the event was only officially named last summer, according to Lindsey Ybarra, who co-founded Save the Maah Daah Hey with her husband Nick. The event gathers volunteers to upkeep all 100 miles of the Trail. That's 200 miles of mowing, weed whacking, trimming and hand shoveling, work entirely completed by volunteers through as many as 700 combined volunteer hours annually.

Because of the dedication of volunteers, the condition of the Trail has improved significantly in the past several years. Between 2010 and 2015, the "perfect storm" of circumstances, including the rise in the oil boom and limited Forest Service staff, left the Trail largely unmanaged. "The trail was underused, overgrown, washed out, unenjoyable, and in some places un-usable or even unfindable due to overgrown vegetation and erosion," Nick said on his blog.

"Due to the vegetation of the Little Missouri National Grasslands and the erosive nature of the badlands

soil, the MDH will forever need annual maintenance," he explained. In past years, Nick and sometimes only one other volunteer would spend a weekend throughout the summer working on the trail, but more recently, with the help of many, many additional

volunteers, the work has been condensed, and completed during the month of July.

"It's such a shorter time line because we keep getting more groups and more people to help," said Lindsey. Anyone can help, she says.

Continued on page 14.



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Help To Save the Maah Daah Hey...

Volunteers from 2018 clean up event. (Photo submitted)

Continued from page 13.

"Sometimes the guys will push the brush mowers; there are ladies who come out and help; there are people who come just to drive food out. There's a lot of different ways to help," she explained. Volunteers are well-coordinated, and sign up through a form on the non-profit's website. "You'd select specifically the trail work, and let us know who you are. We'll keep families together, and place you with more experienced volunteers. We do have several volunteers that come back every year," Lindsey said.

Volunteers aren't expected to bring their own equipment. Save the Maah Daah Hey maintains the trails through a volunteer agreement with the US Forest Service. The Forest Service lends them their brush mowers, and the non-profit has purchased three of their own brush mowers, five string trimmers, trailers, and other equipment through grants and donations.

Many wonder what would motivate a group to mow 200 miles of trails. Nick's answer is "dedication," he said in a blog post. "The volunteers who worked on this trail did it because they are dedicated individuals who love the trail. Without these volunteer efforts, there are parts of the trail that would be completely impassable. Without these volunteer efforts, this trail would cease to exist. Nobody would be able travel across Devil's Pass, gaze at the Little Missouri River from the switchbacks they're climbing, or any other unforgettable memory from the trail," he explained.

Now, the Maah Daah Hey Trail is home to several well-known extreme bike races, including the Maah Daah Hey 100 and the Badlands Gravel Battle, and foot races like the Bull Moose Mud Run, and is enjoyed by countless visitors every year.

If you, your family, or your business is interested in helping to make the Maah Daah Hey findable, useable, and enjoyable for all trail users, visit www.Experienceland.org to sign up to volunteer at The Big Push, July 5-22.

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Sidney Run Club Offers Exercise and Fun

By Dianne Swanson

The Sidney Run Club offers a great opportunity for exercise and fellowship once a week in Sidney. The group meets every Thursday at 6 p.m. at a different location to start and end the run. This Thursday, June 27, they will get together at the Cattle-ac, which alternates with Mucho Si on the last Thursday. The first Thursday of each month finds runners at the Tap House, with the second Thursday at the Meadowlark, and the third Thursday at Pizza House. Runs occur each Thursday from mid-March through early November, depending on the weather.

The entire route covers five miles on the bike path with runners, and walkers expected to travel at least one mile, then meet back at the starting point to socialize if they wish. Most of the venues offer a discount to the runners. Bike riders are also welcome with their distance counting for half.

The club is now in its fourth year, with an average of 10 to 15 runners each time. On

great days, there are up to 30. Participants are usually adults but all ages are welcome, including babies in strollers. After 15 runs, the member receives a Run Club T-shirt; after 50, a zippered jacket, with a patch coming after 100 runs.

No dues are charged but the club does put on a paid event once a year where they invite other clubs from Williston, Billings and Glendive. The entry fees are necessary to cover the expenses of the run, including insurance.

Vice-president Chris Waters encourages everyone to come and join in on the fun. "It's great exercise and good companionship," he said. He said the club includes everyone from ultra-marathoners



who run 5 to 10 K, and others who just do the mile, all in a fun activity in the great outdoors. "It's great training for longer runs but you can be as active as you want to be," Waters explained.

Several members participated in the Torch Run, the Brodie Gorder Memorial Run and will do the Turkey Trot on Thanksgiving Day as well as the Santa Run in early December.

For more information on this fun and active club, and for updates to the schedule, call 406-539-9240 or check their Facebook page.

MonDak 4th Of July Events...

Continued from page 10.

4th Ave, and wrap up between 11:30 a.m. and noon. City officials confirm that those two roads will be fully paved, with sidewalks to stand on. Nelson Park will be the location of the annual free-will donation beef BBQ. This year, the Moen family donated the beef. The ladies from the Lutheran church will have pie for sale, and yard games will be set up on the lawn. Local fire departments and first responders will have trucks available to explore. Crafters and direct sellers are welcome to set up with no vendor fee, though booth space is first come,

first served. Fireworks will be launched from the Ball Diamond at 11:30 p.m., with the best views around the PDQ. Davenport stresses that most of the roads will be opened up, and though some will still be unpaved, the city is doing their best to ensure they are safe for people to drive and walk on. Please be courteous of road crews who may be driving equipment.

Medora

If you needed another reason to visit Medora beside the famous Medora Musical, Medora is host to a top notch 4th of July celebration. This

year, Medora hosts a parade on both July 4th and 6th, at 3:30 p.m. MST. Both parades begin on the east end of town, and finish in the same spot. All floats are welcome, and lineup starts at 2:30 p.m. Following the Medora Musical performance on July 4th, a professional fireworks show will light up the buttes surrounding Medora. Fireworks will be shot from the west side of the Little Missouri River, near the Medora Campground. Spectators can watch from the east side of the river at Chimney Park for the best viewing.

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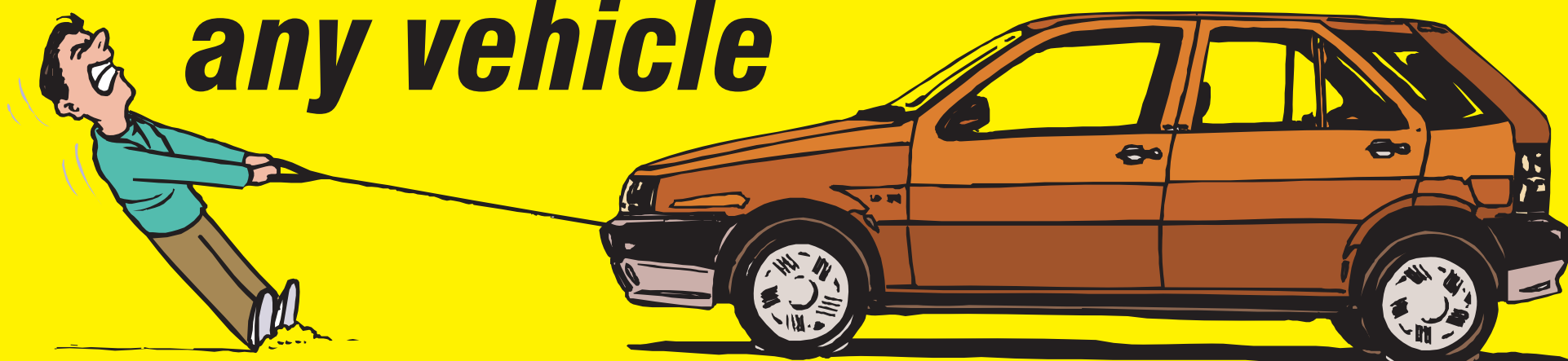
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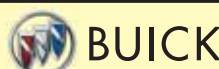
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