

The Roundup

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Wednesday, December 20, 2017

Volume 43 • Number 45

Watford City High School Hosts Career & Technical Education Program

By Stephanie Ler

Watford City High School has exciting opportunities for students to receive real-world work experience, while benefitting local employers and the community.

The High School currently offers a Cooperative Work Experience (CWE) program for eligible senior students. The goal of the program is to help students develop skills to prepare for future leadership and career opportunities by pairing classroom learning with real-life work experience. Students apply for employment in one of the Career and Technical Education areas, including agriculture, business/marketing, family and consumer science, and health careers, and work in an actual job position for course credit.

"The program provides a great connection between our school and local businesses," explained CWE school supervisor Scott Wisness. "It has always been an important program for our school, businesses and community. Many students who were once in the program themselves are now supervisors." Many students have been able to obtain technical experience and certifications, and otherwise explore a career in ways they wouldn't be able to with solely classroom learning. Program alumni have earned a pilot license, welding certification, and heavy equipment certifications, among other important training.

Wisness stresses the importance of pairing career and technical education with real-life work experience. "Students benefit by learning what it is like to have a job and to prepare them for their future. In addition to learning the soft skills, they are able to gain technical skills that they didn't learn while in school," Wisness says. "They take real responsibility and it provides a great opportunity to get our students ready for the world of work."

The program is a benefit for local employers as well. "We hear firsthand from employers what skills are needed in the workplace and how we can improve our programs to better prepare our students. This program is a win-win for all involved," Wisness explained. The program traditionally has had business placements at the courthouse, city, and banks, and this year has placements at local day cares, Hegggen Equipment, Ryan Auto & Deisel, and McKenzie Electric, among other local employers. "Our programs really appreciate our businesses and supervisors giving our students such great opportunities," Wisness said of the partnership. On average, the school has students placed in about 26 positions.

Currently, only senior students with enough credits to graduate and room in their course schedules are eligible, and apply to one of the specific Career and Technical Education areas. Students make initial application in the latter half of their junior year. The student works with a teacher and local business to determine a good placement, and both students and supervisors complete an agreement to ensure a positive experience for all parties. The student then works in the actual business for the full senior term, and receives course credit.

To strengthen and expand both the Career and Technical Education and the CWE programs, the school has added a Career Development Counselor, Rachel Meuchel, to the staff. The school hopes to develop pathways that students can take in high school to prepare them for a specific career. This would start students learning the "soft skills" for their chosen career pathway earlier in their high school years, allowing for more comprehensive classroom training.

"We are currently looking at possible pre-apprenticeship programs for our students to be able to gain more technical skills in their chosen career path and even lead to an actual apprenticeship after high school," explained Wisness. The school is also looking at potentially providing CDL training and welding classes, and partnering with Williston State College, the University of Mary and TrainND for additional opportunities.

The school will hold a career fair on January 31st at 1:30 CST at the high school for prospective work experience stations. Local employers will have an opportunity to set up a table and visit with prospective CWE program students. Contact Scott Wisness or Rachel Meuchel at Watford City High School with questions about the program or to set up a table at the January career fair.



Breakfast With Santa

Mucho Si Mexican Restaurant in Sidney held a fundraiser for Sidney Youth Bowling called Breakfast With Santa on Dec. 17 in the Yellowstone Marketplace commons area. Santa was on hand to enjoy French toast, scrambled eggs & sausage while posing for photos with the kids.

Pictured left is Jarida Garcia, age 4, from Sidney, serving Santa his plate of breakfast. Pictured bottom left is 10 month old Karbon Noble of Sidney. Bottom right is 5 year old Deonna Hawkins of Sidney.



Cocktail Chemistry: Don't Get Too Much Sugar From Alcohol This Holiday

By Richland County Nutrition Coalition

With the Christmas holiday looming, you may have started meal planning, and those plans probably include a selection of wine and spirits for your guests. Wine and spirits have been a staple of holiday celebrations for hundreds of years, from mulled wine, to prosecco, to champagne and hard cider. Each of these, however, contains a significant amount of extra sugar, meaning you'll unknowingly consume more calories than you intended at your celebrations.

The type of sugar, as well as the sugar content, differs between alcoholic beverages and from one type to another. For example, due to the way that hard spirits or liquors, such as gin, rum or vodka, are distilled, these liquors do not contain any sugar per serving. Any sugar that was contained in the fruit and grains used to make the spirits is lost in the distillation process. Liqueurs, which are made by infusing fruit and other flavors into liquors, adds as much as 10 grams of sugar, or about two and a half teaspoons per serving.

For comparison, the 2015 Dietary Guidelines for Americans recommends daily intake of added sugars to contribute no more than 10 percent of daily calories. That's about 12 teaspoons (48 grams of sugar) on a 2,000-calorie diet. Added sugar includes sugar, syrups, and any other sweetener that contains calories. Common sweeteners include cane sugar, high-fructose corn syrup, brown sugar, honey and maple syrup. Since these sweeteners are found in many food consumed daily, it's easy to reach that maximum quickly.

The trouble with hard liquors begins with the mixers. There are approximately four grams, or one teaspoon, of sugar per ounce of pop, tonic or juice in a mixed drink. That means if you add three ounces of pop to a 1 ounce shot of rum, you're adding about three teaspoons of sugar, per drink. Mixed drinks, like a margarita, can contain over 30 grams of sugar per serving, or more than seven teaspoons of added sugar!

Beer, though not all created equal, does contain sugar, but in a different form than sugary mixed drinks. Beer contains maltose, a more easily digestible form of sugar, which is created during the malting process when starches ferment. Beer contains carbohydrates, but little actual sweetener. For example, a regular



beer has about 12 grams of carbohydrates, but zero grams of sugar, and a light beer has about 6 grams of carbohydrate and less than a half gram of sugar.

The sugar in wine is naturally found in the grapes, but is turned to alcohol during the fermenting process. Any sugar left over is called residual sugar, and is in the form of fructose. Dry wines, like table wines, have fewer grams of sugar than sweet wines. Sweet wines like moscato and sweet Riesling can contain up to four teaspoons of added sugar per serving. Very sweet wines, like dessert wines, contain the most sugar. Dry and very dry, called brut, champagnes, contain little residual sugar, but demi-sec and doux, as well as sparkling wines, can contain up to eight grams of sugar.

So what should you choose? Alcohol-free is always the healthiest option, but if you do choose to imbibe this holiday season, consider clear spirits with soda water and a squeeze of fresh citrus fruit, or limit yourself to one glass of red or white wine, prosecco, or beer. And as always, drink responsibly!

For more information on the Richland County Nutrition Coalition, check out the Facebook page at www.facebook.com/1rcnc1, and our very own Pinterest page at www.pinterest.com/1rcnc1.

Savage School Hosts Montana Conversation "A Visit With An 1879 American Fur Company Trader" With Greg Smith

Savage School will host the Montana Conversations program "A Visit With An 1879 American Fur Company Trader" a living history performance with Greg Smith on January 9th, 2018. The program will be at Savage School at 2:00 p.m. The presentation is free and open to the public. Funding for the Montana Conversations program is provided by Humanities Montana through grants from the National Endowment for the Humanities, Montana's Cultural Trust, and private donations.

Smith brings to life the adventures and stories of James W. Schultz through the fictitious character of Jim Deakins. The year is 1879 and through Jim Deakins you will take part in the hunting of the last of the great bison herds. You will share in the adventures of the Blackfeet and their enemy the Crow. You will be told stories of that "foolishness" called Yellowstone National Park. Finally, Jim Deakins will share a powerful gift given by the Blackfoot medicine warrior Red Eagle. So come on along and join Jim Deakins in the year 1879!

Greg Smith lives in Bozeman, Mont., and was for almost 20 years a Ranger Naturalist and Backcountry Ranger in Glacier National Park. A longtime believer in the power of education, he now works with kids and adults throughout the region in the capacity of storyteller and naturalist/historian. In his spare time, Greg enjoys trail running, backpacking, Nordic skiing, and is especially fond of traveling the world on his bike.

For more information, please call Savage School at 406-776-2317.



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The Deadline For Our Dec. 27th Edition Is Thursday, Dec. 21st at 10am. Classifieds Will Be Welcome Until Noon Friday, Dec. 22th

Deadline for our January 3rd issue is Thursday, Dec. 28th at 10am. Classifieds are welcome until noon Friday, Dec. 29th.



111 West Main • Sidney, MT | 406-433-3306

STATISTICS

LAKE WATER LEVEL REPORT

			Sakakawea
Current Elevation.....			1841.3
Last Week's Elev.....			1841.2
One Year Ago.....			1838.8
Release For Day (C.F.S.)			16,000

SIDNEY WEATHER DATA

Source: MSU Eastern Agricultural Research Center

Date		High	Low	Precip.
December 11.....	42	25		0.00
December 12.....	58	24		0.00
December 13.....	44	32		0.00
December 14.....	39	24		0.00
December 15.....	48	25		0.00
December 16.....	39			0.00
December 17.....	40	16		0.00
Total YTD Precipitation.....			8.22	

OBITUARIES

Petra Candee, 50 Sidney, MT

Funeral services for Petra Candee, 50, of Sidney are at 2:30 p.m., Wednesday, December 20 at Sidney High School Gymnasium with Pastor Joel Westby of Pella Lutheran Church officiating.

Interment will be in Richland Memorial Park Cemetery, Sidney, MT under the direction of Fulkerson-Stevenson Funeral Home of Sidney.

Visitation was held on Tuesday, December 19 from 10 a.m. to 4 p.m. at the funeral home and one hour before services at the school.

Petra died early Saturday morning, December 16 surrounded by her family at her home.

No Family This Christmas? Join Ours!

The Fairview Alliance Church welcomes local residents and visitors to a free Christmas Eve dinner, 4:30-6 p.m., Sunday, December 24. Everyone is welcome, especially those who may be away from their families this season.

Enjoy good food and fellowship along with a candlelight carol service to follow at 6 p.m.

Don't spend the holidays alone. Please join us at 702 Western Avenue across from Fairview High School. For Fairview residents who cannot make it in, church members will be delivering meals around the community. Please call Pastor Kelly Sloan at 406-742-5425 for more information.

In Debt

By Melissa Boyer

I read a story once about a distinguished professor who gave a lecture about his sabbatical travels in Europe. During his presentation, he announced that the trip had placed him in debt. Instead of talking about the sights and expenses of his trip, he told of the kindnesses people had offered along the way. And his sense of indebtedness.

When he was lost in Paris, a young man took time to personally lead him to his destination. In a village, an elderly couple invited him to their home for dinner. He told about the patience and helpfulness of a store clerk, a waitress, a policeman and others. One kind deed after another.

He said he returned home with an overflowing sense of gratitude. And with a desire to pay back his debt by expressing kindness to others -- especially strangers.

The professor continued. He spoke of the journey of life and the debt we all owe to parents and loved ones, to teachers and doctors and other professionals, to friends and kindly strangers, to organizations and institutions and other positive influences. "In fact," he said, "we are all terribly in debt. Our only reasonable response is to invest in individuals and organizations that need our help."

One of the reasons people give to the Foundation for Community Care is to express gratitude and to give back to the community they love so very much. Some give because they, or someone they know, have been a recipient of a Medical Emergency Grant, or one of our education or healthcare scholarships. They know their gift to the Foundation for Community Care is needed and appreciated.

I am Melissa Boyer, the Planned Giving Officer at the Foundation for Community Care. I am ready to talk with you not only about your reasons for making a gift, but about the various methods of giving. As a Certified Planned Giving Associate, I am able to provide tax-wise gift illustrations and other helpful information. Chatting with me entails no cost or obligation whatsoever and may be well worth your time. I'll even spring for the coffee.

Williston To Host Opioid Town Hall Meeting Dec. 20 At The ARC

The City of Williston is calling on residents to help find solutions to the problems caused by opioid addiction.

The North Dakota Department of Human Services and City of Williston are presenting an Opioid Town Hall Meeting on Wednesday, Dec. 20 at 6 p.m., at the Williston Area Recreation Center. The meeting is free and open to the public.

The City of Williston, NDDHS, and other city, county and state agencies, law enforcement groups and health care organizations will be present for the Opioid Town Hall. The meeting was called in response to the Williston Police Department's recent announcement that four Williston residents had died of suspected opioid overdose in October and November. Since the announcement, the WPD has received confirmation that the first death was fentanyl-related; results from the other three are still pending.

"We know it's happening locally; and we (Williston Police Department) sat down and said 'ok, this is four suspected opioid deaths and the first thing we needed to do was notify the community,'" said Danielle Hendricks, Williston Police Department Detective. "The second thing the department did was to authorize overtime shifts and partner with other law enforcement entities for the sole purpose of identifying narcotic violations with a focus of removing the drugs from the community."

While law enforcement is increasing efforts to reduce drug activity, city leaders are working to increase awareness about opioid addiction, the signs of abuse and what to do if you or a loved one is having a problem with opioids.

This is a community issue and the community will need to work together to come up with a solution with the current resources that are available," said Laurie Gotvaslee, Regional Director of the Northwest/North Center Human Service Centers.

The Opioid Town Hall Meeting will begin at 6 p.m. at the Williston Area Recreation Center in the meeting rooms. The public is welcome to participate, share stories and offer solutions.

"We are aware that there are dangerous drugs within our community and we need everyone to combat this problem together," said Hendricks.

If you would like to report a drug crime anonymously, please contact Crimestoppers.

MNAXLP



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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.
Wed., Dec. 20
Cape Air Food Drive - Donate any non-perishable food item and be entered into a drawing to win a pair of round trip tickets on Cape Air. Donations can be made at the Sidney Richland Airport and will be accepted through Dec. 21.
10 a.m. - 4 p.m. - **Miniature Art Show** - Viewing is free and open to the public. This event will continue through Jan. 20. MonDak Heritage Center, 120 3rd St. SE, Sidney, 406-433-3500. Tuesday-Friday, 10 a.m.-4 p.m.; Saturdays, 1-4 p.m. 5-10 p.m. - **Community Pint Night**- Meadowlark Public House. \$1 for every pint sold will go to support a community organization.
4-5 p.m. - **Teen Craft & Book Club** - Sidney-Richland County Library, 406-4331917.
6 p.m. - **Richland County Food Bank Dinner Fundraiser** - A free will donation ham and turkey dinner with all the trimmings put on by Thrivent and Pella Lutheran Church. Pella Lutheran Church, 418 W. Main St., Sidney, MT.
Fri., Dec. 22
9 a.m. - 12 p.m. - **Senior Commodities Distribution** - Back door of the Nutter building, 123 W. Main, Sidney. Message phone 406-433-4353.
Sun., Dec. 24
4:30-6 p.m. - **Fairview Christmas Eve Dinner** - Everyone welcome. Candlelight carol service to follow dinner at 6 p.m. Meals will be delivered for those unable to attend. Fairview Alliance Church, 702 Western Ave., Fairview, MT. For more information call Pastor Kelly Sloan, 406-742-5425.
7 p.m. - **Candlelight Service** - Candlelight, communion and carols. Everyone welcome. Lonsdale United Methodist Church, 205 3rd Ave. NE, Sidney, MT. (No morning service.)
Fri., Dec. 29
10:30 a.m. - **Storytime** - Ages 2-5, finger plays, stories (bears) and crafts. Sidney-Richland County Library, 406-433-1917.
Tues., Jan. 9
7-8:30 p.m. - **A Visit With An 1879 American Fur Co. Trader** - Greg Smith brings to life the adventures and stories of James W. Schultz through the fictitious character of Jim Deakins. Free to the public. MonDak Heritage Center, 406-433-3500.
Mon., Jan. 15
6 p.m. - **Sidney Area Chamber of Commerce & Agriculture Annual Awards Banquet** - No host social, 6 p.m.; dinner and program, 6:30 p.m. The Elks Lodge, Sidney, MT.

McKENZIE COUNTY

Events in Watford City unless otherwise listed. CT Zone
Wed., Dec. 20
10:30 a.m. - **Gingerbread Man Party For Tots And Parents** - Treats, story time and crafts. Pioneer Museum, 100 2nd Ave. SW, Watford City, ND.
7:30 p.m. - **A Magical Medora Christmas** - Features vocal performances by Emily Walter, Jared Mason and Job Christenson. Watford City High School Performing Arts Center. Tickets available for \$25 at First International Bank & Trust or online at <https://tickets.medora.com/shows/a%20magical%20medora%20christmas/events>.
Sat., Dec. 23
11 a.m.-4 p.m. - **Gingerbread Christmas Fun & Open House** - Children's story time and crafts, Pride of Dakota food tasting, cider and coffee. Visit from Santa, 12:30-2:30 p.m. Long X Visitor Center and Pioneer Museum, 100 2nd Ave. SW, Watford City, ND, 701-444-2990.
Sun., Dec. 31
5 p.m. - **New Year's Eve Fireman's Ball** - Social, silent auction, dinner and dance. Everyone welcome, public invited, 21 and over. Formal/non-formal attire. Outlaws Bar and Grill Ballroom, Watford City, ND. Tickets on sale at First International Bank & Trust, BNC National Bank, Dakota West Credit Union and Cornerstone Bank.
Sat., Jan. 20
12-4 p.m. - **#Unbullied** - Speakers and instruction for youth, activities, games, prizes, food and fun. Summit Counseling services will be raising awareness and funds for education, prevention strategies and resources for local youth by partnering with local school systems and other community stakeholders. Additional money raised will be put into a fund for young people to receive complimentary counseling services. Rough Rider Center, Watford City, ND. For more information visit <https://summitnd.org/unbullied/> or call 701-334-6242.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.
Wed., Dec. 20
5:30-9:30 p.m. **Spring Lake Park Holiday Lights Drive** - Featuring lighted displays, activity nights and more. This event continues through Dec. 31. **Dec. 20**, 5:30-8:30 p.m., Photos with Santa and craft night; **Dec. 28-29**: 6 p.m. and 7:30 p.m., Science guy at the keel boat. For more information contact the Williston Convention and Visitors Bureau, 701-774-9041.
6 p.m. - **Opioid Education Meeting** - The City of Williston is calling on residents to help find solutions to problems caused by opioid addiction. The meeting is free and open to the public. Williston Area Recreation Center.
Thurs., Dec. 21
7 p.m. - **Fort Buford History Book Club** - Join history buffs in a discussion of this month's selected book, "Lies My Teacher Told Me," by James Loewen. Free refreshments. Please call in advance, 701-572-9034. Missouri-Yellowstone Confluence Interpretive Center.
Fri., Dec. 29
1-3 p.m. - **Snowman Competition** - Cocoa and cookies provided, you bring the creativity. Show up with all your props and clothes to make the best snowman. A winner will be announced and a prize will be awarded. James Memorial Art Center, Williston, ND. For more information or to register call 701-774-3601.
5 p.m. - **Pippenger Family Benefit** - Taco in a bag followed by a live auction at 7 p.m. Old Armory, Williston, ND. Proceeds will benefit the family of 15-year-old Kailin Pippenger. Old Armory, Williston, ND.
Tues., Jan. 9
7 p.m. - **Autism Support Group** - Support group for parents, foster parents and caretakers of children with autism. The Williston ARC, 822 18th St. East, Williston, ND. For more information contact Valerie Goldade, 701-570-4646, valerie@dakotafamilysolutions.org.
Thurs., Jan. 18
4-6 p.m. - **North Dakota Student Art Show Reception** - See all the wonderful art the youth of North Dakota has created. Art work will be displayed in both galleries. Refreshments will be served. James Memorial Art Center, Williston, ND.

DAWSON COUNTY

Events in Glendive unless otherwise listed. MT Zone
Mon., Dec. 25
11 a.m.-3 p.m. - **Community Christmas Dinner** - A full Christmas meal, Christmas music from local musicians and Santa Claus spreading Christmas cheer. EPEC, Glendive, MT. If you are interested in donating or volunteering call Katy 406-687-7387 or email, katy.peterson@midrivers.coop.
Mon., Jan. 1
11 a.m. - **First Day Hike** - Makoshika State Park, meet at the visitor center, 1301 Snyder St., Glendive, MT and enjoy a hike along the Bluebird Trail. Learn about the park's unique geology, wildlife and history. Lunch will be provided following the hike. No dogs, please. All hikers should dress appropriately for the weather, bring a water bottle, and wear sturdy boots. Foot traction devices are recommended. For more information, call 406-377-6256.

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Merry Christmas

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Jazzy Christmas



The Sidney High School jazz band, directed by Kilee Sundt, provided delightful Christmas medleys for the enjoyment of Kiwanis Club members last Thursday.

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New Kiwanis Member
Loren Kutzler, right, became the newest member of the Sidney Kiwanis Club last Thursday. Kutzler is the assistant manager of Reynolds Market and was sponsored by Gary Schoepp.

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CHRYSLER DODGE Jeep RAM

Give a Gift That Can be Unwrapped Forever

By Mary Rutherford
Imagine this. You wake up Christmas morning and there it is – the biggest gift under the tree has your name on it. Yes, yours. You grab it, place it in front of you, and without even needing to unwrap it, you instinctually know this is going to be the greatest gift you’ve ever received. Moved by this unfamiliar, yet heart-warming feeling, you set in on the task in front of you. Side by side, you carefully peel back the wrapping paper, slowly revealing what’s inside. Vast and rugged, but beautiful and snowy, you begin to see the mountain range that you first conquered with your dad. And the river, wide and flowing, that you caught your first trout in. You see your childhood home sitting high up on the hill, and your grandchildren playing in the park down by the valley. You see your friends, your family, and your neighbors. And then all at once, that feeling, that feeling that you couldn’t quite place your finger on before, becomes instantly recognizable. Home. The feel-

ing is home.
Just like you, there are more than a million others who love to call Montana home. That’s a million more memories, a million more childhood homes, and a million more reasons to help preserve the state we love. This Christmas, you can help ensure Montana’s future by giving a gift that can be unwrapped forever.
Everyone can be a philanthropist. Many are. And many have entrusted MCF with their philanthropy so that more than \$41 million has been given across Montana from generous people like you and me. What’s your legacy? Montana Community Foundation can help you give back to the causes and organizations that you care about.
Why give now? From 2010 to 2020, it is estimated that \$12 billion will transfer from one generation to the next. But where will that money go? Your support for the places you rely on and love – local hospitals, parks, churches, businesses, youth and senior centers, theaters,

can be helped forever through your generosity. By giving now, you are ensuring the home you love will continue to give back to others for generations.
There are hundreds of existing charitable funds to choose from, or you can even create your own which gives you the freedom to support many different organizations and causes you care most about. Montana may be the state we were born and raised in, or the state you chose as your home. It’s where the mountains run high, the rivers run long, and the days never end. With more than a million people who love to call Montana home, we make great things happen together. Before the year is up, let us help you give a gift that will last for many Christmases to come.
Author: Mary Rutherford of Helena, MCF President and CEO, has more than 20 years of philanthropic leadership experience and leads Montana Community Foundation in its mission of cultivating a culture of giving so Montana communities can flourish.



Mary Rutherford

Bring This Coupon In For An Oil Change

\$34.95* Expires 12-31-17

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*SEE DEALER FOR DETAILS. OIL CHANGE PRICE EXCLUDES DIESEL ENGINES

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Sidney Middle School Wrestling Holds Invitational Tourney

Submitted by Lisa Gordor
The Sidney Middle School wrestlers hosted their own invitational here on Saturday, Dec. 16 at the Sidney High School . Our team placed 1st with a score of 108 points followed by Glendive in 2nd with 49.
Individual results are as follows:
1st place: Zander Dean – 90A; Owen Lonski - 90B; Kaden Wise – 95; Deegan Carranza – 105–1 10B; Tucker Nevins – 115; Aden Graves - 120-125A; Zander Burnison -130-135A; Nathan Romo -130-135B; Shandon Gurney – 140; Chace Waters – 155.
2nd place: Ben Carlson –

95; Blake Benson – 120-125B; Caleb Klinker – 175B; Cole Humphries – 215-Hwt.
3rd place: Teagan Cutler.

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Everyone Is Welcome

CANDLELIGHT SERVICE

Lonsdale United Methodist Church
205 3rd Ave NE Sidney MT 59270
Dec 24th, 7:00 p.m. (No morning service)

Join Us

NEW YEAR'S EVE

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Party Favors at Midnight

Dinner Special: 20oz Lobster with 8oz Sirloin Steak
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⇒ Each sessions features entertaining videos, discussions, and in-class activities

Classes Starting January 8th, 2018

Time: 5:30pm to 7:30pm
(Please bring your own snacks and drinks)

Conducted By: Carrie Krug, FCS Extension Agent

Venue: 106 2nd St SW, Sidney, MT

Program Sponsored by: District II Alcohol and Drug Program & MSU Richland County Extension Office

For more information or to register, please contact District II:
Call us at 406-433-4097 or Email us at adsidney@midrivers.com



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Every weekend for the month of December, get half off any one appetizer or one large or small breadstick with the purchase of one 16" pizza or two 12" pizzas!

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Closed: December 24-26. Open: New Year's Eve

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Health Officials Report Increase In Norovirus Outbreaks

Local and state public health officials across the state are seeing an increase in outbreaks of gastrointestinal illnesses—investigating eight norovirus outbreaks in the last six weeks. Outbreaks of norovirus often increase in winter months and this year’s activity is similar to outbreaks seen in 2016. This year’s outbreaks have occurred in the counties of Cascade, Fergus, Flathead, Gallatin, Meagher, Missoula, Silver Bow and Yellowstone.

Norovirus, a very contagious virus that can affect anyone, is the most common cause of gastroenteritis in Montana and the US. In fact, the average American gets infected with this virus five times in their lifetime.

“Different strains of norovirus can circulate through the state and there is no vaccine,” said Dana Fejes of the DPHHS Communicable Disease Epidemiology Section. “Your best method of prevention is to wash your hands often with soap and water. Once infected, stay hydrated to avoid complications.”

The usual symptoms of norovirus include diarrhea, vomiting, nausea, and stomach pain. There is no specific treatment for this illness and most individuals recover in 1 to 3 days. The illness can last longer and be more severe in young children, older people, or people who have other chronic health conditions.

The virus is highly contagious and can spread rapidly between persons and through contaminated food or water. Norovirus can survive on surfaces and be transferred to other people when they touch the contaminated surface.

DPHHS and local authorities are reminding individuals to do their part to protect the community. “Stay home when you

are ill and don’t prepare food for others,” Fejes said.

Public health officials advise following simple tips to prevent the spread of norovirus and many other infectious illnesses:

- Practice proper hand hygiene: Wash your hands carefully with soap and water, especially after using the bathroom or changing diapers and always before eating or preparing food. Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.
- Take care in the kitchen: Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them.
- Do not prepare food while ill: People who are infected with norovirus should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.
- Clean and disinfect contaminated surfaces: After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 parts per million (generally 5 to 25 tablespoons of standard household bleach per gallon of water) or other disinfectant labeled as effective against norovirus.
- Wash laundry thoroughly: Immediately remove clothing or linens that may be contaminated and wash with detergent at the maximum length available cycle, then machine dry. Handle soiled items carefully—without agitating them—to avoid spreading virus.

More information is available on the state health department website at: <http://dphhs.mt.gov/>

Netzer Law Office Expands To Billings; Announces Additions Of Attorneys Russell Hart And Chase Brown

Netzer Law Office, P.C., is pleased to announce the opening of its Billings, Montana office, and the hiring of Billings attorneys Russell Hart and Chase E. Brown. Since its inception, Netzer Law Office has been a Sidney, Montana law firm focused on serving clients throughout eastern Montana and western North Dakota. With the opening of the Billings office, located at 3203 3rd Avenue N., Ste. 303, Billings, MT 59101, Netzer Law Office is pleased to expand its commitment to serve clients throughout eastern and central Montana.

Mr. Hart, a native of Laurel, Montana, and graduate of Liberty University School of Law, began his legal career at the Law Office of Karl Knuchel, P.C., in Livingston, where he worked in criminal defense and civil litigation. He left private practice to serve as a Deputy Gallatin County Attorney in Bozeman. Mr. Hart then joined the Bozeman firm of Kasting, Kauffman, & Mersen, PC, where he worked on civil litigation, municipal law and landlord-tenant law.

Mr. Brown, a native of Billings and Creighton University School of Law graduate,

has worked at the Billings law firms of Harper & Lee, P.C., Halverson, Mahlen & Wright, P.C., and most recently Matovich, Keller & Murphy, P.C. Mr. Brown’s practice primarily consists of family law, personal injury law and civil litigation.

“We are incredibly fortunate to have Russ Hart and Chase Brown join our team. Their experience, knowledge, and aptitude towards Montana law make them incredible assets to our growing law practice,” said Donald L. Netzer, founding attorney of Netzer Law Office, P.C. “My office has served the people of eastern Montana for many years, and we look forward to expanding to Billings.” Associate attorney Joel Krautter is excited about the Netzer firm’s movement towards becoming a regional law practice.



Chase Brown



Russell Hart

in between. For more information, please contact Netzer Law Office, P.C., at (406) 433-5511 or visit www.netzer-lawoffice.com.

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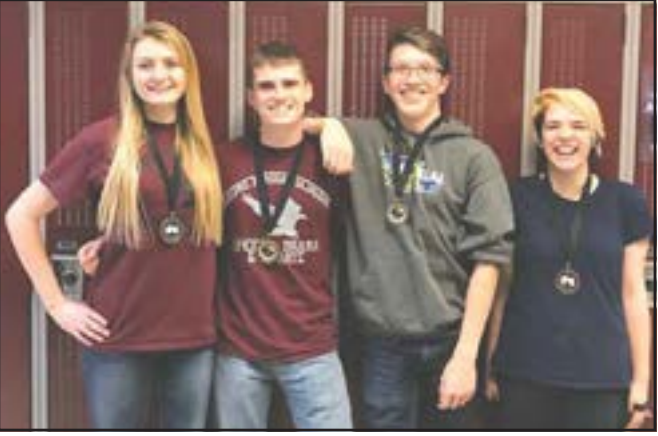
Fairview School Christmas Play

First graders at Fairview school make cute little trees, and delightful music, at the Christmas program last Thursday night. Pictured from left to right: Evan Gerbracht, Emmalyn Romero, Cole Bryan, Haylie Jensen, Jarredd Shaffer, Darius Hockhalter, Jaiden Kaline, Elena Thomas, Brooklyn Dean and Bryson Smith.

Left: Santa Claus was a big hit at the Fairview Schools Christmas program last Thursday.

SHS Speech & Drama Competes in Colstrip

Submitted by Christy Pierce
Sidney High School's Speech, Drama and Debate Team competed against 21 schools on Saturday. The Drama Team Seniors, Kyle Topp and Atlas Hill placing 1st and 3rd in Dramatic Solo helped the team place 3rd overall. Freshman Classic Duos Daniel Schneider and Shoua Vang placed 6th, Noah Kyle and Isaac Quiroz placed 7th. In Debate Yarenci Gonzalez placed 8th in Lincoln Douglas. The Speech Team brought home the 2nd place trophy with seniors Alex Messer and Luke Turek placing 1st and 3rd in Original Oratory. Shanyn Reidle placed 5th in Extemp, Christine Turek placed 5th in MPA, Josie Yockim placed 7th in Informative, Naomi Mata placed 5th and Brandon Smith placed 8th in Impromptu. If you are interested in seeing what the team does, we will be having a dessert theatre on January 7, 2018 at 2pm at Pella Lutheran. This is a free will donation. Come check out the awesomeness of these talented kids!



Kyle Topp, Alex Messer, Luke Turek, Atlas Hill

Merry Christmas

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Wednesday Dec. 20-Saturday Dec. 23
Gift Wrapping Service Available

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Our sincere wishes for a glorious holiday that gladdens your heart and leaves you with wonderful memories to last a lifetime. Customers like you have given us so much to be thankful for, and we greatly appreciate your patronage.

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HAPPY HOLIDAYS

Everyone at Crestwood would like to thank those that have donated, volunteered their time, or done anything for us here at Crestwood. May you have a Merry Christmas!

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December 25th CLOSED

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Don't forget to use your coffee rewards before December 31st!

A BOOK FOR EVERY TASTE!

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THE MERMAID
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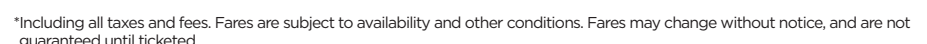
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Morgan Kindopp performing her floor routine.



Bethany Wells on the uneven bars.



Kylie Schoepp on the balance beam.



Tayten Bright on the still rings.

Sidney Gymnastics Club Competes At Crystal Classic

Fargo, ND
December 16 and 17
Women's Meet Results:
Kenzie Gaffield: Vault: 8.500 (49); Uneven Bars: 8.325 (32); Balance Beam: 8.200 (23); Floor Exercise: 8.200 (47); All Around 33.225 (33).
Natalie Judd: Vault: 8.600 (40); Uneven Bars: 7.725 (48); Balance Beam: 8.000 (32); Floor Exercise: 8.825 (28); All Around 33.150 (35).
Morgan Kindopp: Vault: 7.600 (48); Uneven Bars: 7.300 (54); Balance Beam: 8.100 (43); Floor Exercise: 9.150 (15); All Around 32.150 (47).
Kambre Kloker: Vault: 7.350 (11); Uneven Bars: 6.400 (12); Balance Beam: 8.850 (6); Floor Exercise: 8.750 (7); All Around 31.350 (8).
Averi Riedel: Vault: 8.775 (28); Uneven Bars: 8.575 (21); Balance Beam: 8.400 (18); Floor Exercise: 8.900 (26); All Around 34.650 (16).
Kylie Schoepp: Vault: 7.050 (60); Uneven Bars: 7.200 (56); Balance Beam: 7.450 (68); Floor Exercise: 9.075 (21); All Around 30.775 (57).
Sophia Schoepp: Vault: 8.725 (32); Uneven Bars: 7.750 (47); Balance Beam: 7.800 (39); Floor Exercise: 9.000 (22); All Around 33.275 (30).
Brooke Skov: Vault: 8.400 (55); Uneven Bars: 8.350 (30); Balance Beam: 7.900 (36); Floor Exercise: 7.425 (61); All Around 32.075 (52).

Allison Thiel: Vault: 7.150 (13); Uneven Bars: 6.100 (13); Balance Beam: 8.150 (9); Floor Exercise: 7.150 (13); All Around 28.550 (13).
Bethany Wells: Vault: 8.600 (4); Uneven Bars: 6.900 (61); Balance Beam: 7.950 (51); Floor Exercise: 9.000 (27); All Around 32.450 (45).
Men's Meet Results:
Tayten Bright: Floor Exercise: 8.500 (3); Pommel Horse: 8.600 (5); Still Rings: 7.900 (6); Vault: 9.400 (2); Parallel Bars: 8.900 (4); Horizontal (High) Bar: 8.000 (4); All Around: 51.300 (4).

Happy Holidays!
All we want for Christmas is to thank our loyal customers for their generous support. We hope this holiday season brings you many blessings in the company of family and friends.

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Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas
and
Happy New Year

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Front L-R: Jeff Reiter, Kraig Blahoski, Jeff Meyer, Tammy Kalberer, Susan Keller.

Back Row L-R: Tashnia Pinero, Stef Russell, Kiley Bartlett, Shelbi Almgren, Erin Forbes, Nathan Stoker, Sandy Bakke, Londa Fossum, Jan Dancer, Angie Baldwin, Tre Santangelo, Debbie Riely, TJ Brown, Vonnie Johnsrud, Sherrie Ridl, Kelsey Gaukel, Susan Jesse.

Not pictured: Dennis Keller, Charlene Frick, Jenae Hunter, Kendra Foreman

Dakota West CREDIT UNION

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Holiday Greetings



First Row L-R: Stacey Arndt, Taylor Undlin, Kayla Frick, Chelby Frazier. **Middle Row L-R:** Elizabeth Langerud, Nancy Lee, Michelle Schrieber, Vicki Monsen, Heather Olheiser. **Back Row L-R:** Bobby Kaloustian, Jeff Gronos, David Tschetter, Dia Northrop, Janel Lee, Wade Elder, Jenni-Rose Kirchoff. **Not Pictured:** Susie Lundin, Jane Swenson, Scott Swenson.

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CENEX

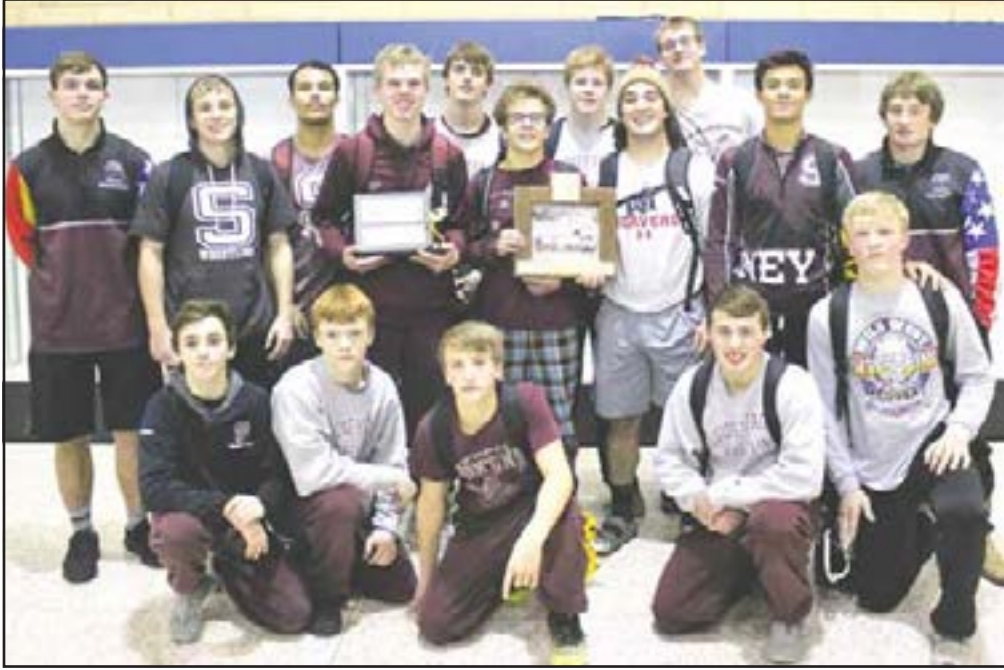
Sidney Wrestlers Compete in Gillette

The varsity team traveled to Gillette for the annual Pat Weede Memorial Dual Tourney. The team swept the competition winning all of their duals to take home the 1st place team honors. Kade Graves and Jett Jones went undefeated. Graves competed at 120# and Jones pinned his way to the 160# title.

Pat Weede Memorial Gillette, WY

- Round 1: Sidney defeated Natrona County 42-37.
- Round 2: Sidney defeated Scottsbluff 60-21.
- Round 3: Sidney defeated Campbell County 81-0.
- Round 4: Sidney defeated Moorcroft 56-15.

- Round 5: Sidney defeated Rapid City Central 36-32.
- Round 6: Sidney defeated Bismarck Century 51-12.
- Round 7: Sidney defeated Thunder Basin 43-27.
- Go to roundupweb.com for individual results.



Sidney poses with their 1st place team plaque.



Jordan Darby on his way to a pin.



Kade Graves defends a takedown.



Jett Jones scores a takedown on his Natrona County opponent. (Photos by Kari Jones)

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