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Wednesday, May 6, 2015

Volume 41 • Number 12





Distracted Driving Presentation Held At MSU Extension Building

Jozi Moore presented her story in a Distracted Driving presentation on April 27 at the MSU Extension Building. There were also presentations by the Richland Country Injury Prevention Team, MT Highway Patrol, and Richland County EMS. This presentation was similar to the Jozi Moore presentations given at Richland County Schools. This presentation was held in efforts to reduce crashes, injuries and deaths related to distracted driving. Above: Officer Nile Obergfell of the MT Highway Patrol talks about the dangers of distracted driving that he has seen on the job.

An Amazing 10th Year Event For Best Kept Secret Bra Auction - \$43,000 Raised In 2015

The 10th annual Best Kept Secret Bra Auction was held on Friday May 1st, at the Richland County Events Center. Funds from the event go directly to the Cancer Coaltion Fund, held by the Foundation for Community Care.

The Cancer Coalition Fund was originally created to help individuals offset costs associated with critical cancer screening tests. Two years ago an assistance account was also created with the fund. The money helps individuals in Richland County who are currently undergoing cancer treatment. The purpose of the fund is to offset the extremely high medical and household expenses associated with cancer treatment. Many of our friends and neighbors undergoing cancer treatment have benefitted from the assistance. To date, 58 individuals have received a total of \$41,250 in funds to help offset costs.

The Foundation for Community Care administers the Cancer Coalition Fund. Applications for assistance can be found at Richland County Health Department, Foundation for Community Care and through the Sidney Health Center Cancer Center.

Each and every year, the community shows it's unending support for those who are affected by cancer.

The 2015 event raised over \$43,000 to help offset the cost of cancer care for local families and individuals. A BIG thank you to all who came out to support or sponsor, volunteer or design an item for auction.

No E-Rase Your E-Waste Event In May

Submitted by Beth Redlin

Members of the E-rase Your E-waste committee announced this week that there will be no e-waste collection in Sidney this spring, but that the event will be held as usual in the fall.

"Our e-cycler recently informed us that they would not be able to take televisions or CRT monitors at our annual spring collection event in May because of a backlog of those items in recycling warehouses across the country," Committee Chair Jackie Couture noted. "We also heard the same thing from Montana DEQ (Department of Environmental Quality). Because those items represent a large part of what we collect at our events, we've decided to wait until September to hold another collection to give us and our e-cycler time to come up with options for local residents.'

The committee is hoping the backlog will be addressed by the time its fall event comes around in September, according to Couture. She added, however, that the group plans to go ahead with the fall event regardless so that residents can safely dispose of their other e-waste items.

If the backlog continues there may have to be a charge for recycling television sets and CRT monitors at future E-rase your E-waste events, Couture said. In cancelling the May event this year, organizers are hoping the backlog for CRT monitors and TVs will be at least partially alleviated by fall potentially curtailing the need for a charge, but if not, the committee will also have had time to consider other options to reduce the expense for area residents.

"When we started these collections more than a decade ago, there was a per pound charge for all the e-waste brought in for recycling," Couture noted. "At that time, the city and the county contributed funds and we raised additional money from local businesses and individuals to help offset the charges for area residents to encourage them to recycle. We may have to do something similar again if the situation remains as is. To date, we've been lucky to be able to offer the event free since 2010."

Couture encouraged local residents to hang on to their outdated electronics and other e-waste items until the September

E-rase Your E-waste event in Sidney, or recycle them with other recycling businesses in the area. For example, in Sidney Pacific Steel & Recycling takes e-waste, and while they, too, are feeling the crunch in recycling televisions and CRT monitors, they can take other e-waste items and in some instances will pay you for them. They may also take some televisions and monitors for a charge, but before hauling those items, interested persons are encouraged to call ahead to see what items are being accepted and what if any charges exist for recycling those items (406-433-1301).

Couture also reminded residents, that one well-known local recycling business, Richland Opportunities Inc., DOES NOT handle electronic waste (just paper, cardboard, some plastics, etc.) so please do not drop your e-waste there. She also discouraged residents from taking their items to the

Richland County landfill. "Given the high lead content in TVs and CRT monitors - up to 4 pounds in the glass - the last thing we want people to do is to dump them in the local landfill," Couture said, noting lead poses a human health hazard. "We're hoping to have a solution by fall. In the meantime, we're very disappointed not to be able to hold our spring event, but will work hard to ensure that September's event goes on as planned."

NRCS Making \$235 Million Available For

Bozeman, Mont., May 4, 2015—The USDA Natural Resources Conservation Service is making \$235 million available through the Regional Conservation Partnership Program (RCPP) to improve the nation's water quality, combat drought, enhance soil health, support wildlife habitat and protect agricultural viability. Pre-proposals are due July 8, 2015.

The RCPP will competitively award funds to conservation projects designed by local partners specifically for their region. Eligible partners include private companies, universities, nonprofit organizations, local and tribal governments and others joining with agricultural and conservation organizations and producers to invest money, manpower and materials to their proposed initiatives.

Innovative New Conservation Partnerships

chairperson Mike Mohl at 406.433.6752.

The RCPP has three funding pools:

 35 percent of total program funding directed to critical conservation areas, chosen by the agriculture

· 40 percent directed to regional or multi-state projects through a national competitive process:

· 25 percent directed to state-level projects through a competitive process established by NRCS state leaders.

RCPP, created by the 2014 Farm Bill, empowers

local leaders to work with multiple

partners-such as private companies, local and tribal governments, universities, nonprofit groups and other non-government partnersalong with farmers, ranchers, and forest landowners to design solutions that work best for their region. Local partners and the federal government both invest funding and manpower to projects to maximize their impact. This will be the second round of projects funded through RCPP.

For more information on applying, visit the RCPP website.

Early Bird Set To Tee Submitted by Mike Mohl

9th Annual

Registrations for the 9th Annual Early Bird Golf Scramble are now being accepted. This year the event is set for May 30th at the Sidney Country Club. Already many area businesses and individuals have committed to make a difference in our communities by golfing for the Sunrise Women's Clinic. The Early Bird Golf Scramble has come to be known as a first class tournament that makes a difference in our world and this year is no exception. Sunrise Women's Clinic is a nonprofit medical clinic

offering early pregnancy confirmation and options education to clients in the MonDak region.

This year features the Shootin' Blanks Virtual Shooting Range/Doris Sundheim Elliott Memorial Foundation Chip Shot Contest. The grand prize is a Traeger Lil' Tex Elite Grill/Smoker with a cover and a bag of pellets worth over \$750 and provided by B & B Sales & Service. Corporate Cup participants will be given a complimentary attempt to chip a ball into a designated "target" to move on to the next round of the chip-off. Additional attempts and non-Corporate Cup Participants may purchase two attempts for \$15 or 4 attempts for \$20. The chip-off to determine the winner will be conducted following the Wood Group PSN/ Mitchell's Oil Field Service Award Dinner.

The Corporate Cup challenge continues to be a huge success. The Corporate Cup is a scramble within the scramble. Corporate Sponsors that donate at least \$500 receive a 4 person team into the Corporate Cup. This year the following businesses have already joined in the Corporate Cup action: Advanced Solutions, Ameriprise Financial, B & B Builders, B & B Sales & Service, Big Sky Siding & Windows, CHS Farmer's Elevator, Corland Construction, Eberline Oil Field Services, EDI, Edward Jones – Nick Lonski, Faith Alliance Church, Hilltop Plus, Jones Construction, R & J Oilfield Service, Sidney Assembly of God Church, and Stockman Bank.

The Wood Group PSN/Mitchell's Oil Field Service Awards Dinner will immediately follow play. Participants will receive a commemorative drinking glass and a great meal. Awards will be handed out for flag prizes on every hole. The Scramble champions and randomly drawn 2nd and 3rd place teams will be awarded. The travelling trophy will also be presented to the winning Corporate Cup team. Participants must be present to win the flag prizes.

The Early Bird Golf Scramble is a fundraising event to support the Sunrise Women's Clinic. Sunrise provides early pregnancy verification with ultrasound performed by a trained Nurse Sonographer. Often the pregnancy is unplanned and the woman is not sure of her options. A caring Patient Advocate listens to her concerns and questions, providing education on fetal development, pregnancy, parenting, adoption and abortion. Clients are encouraged to use a Decision Guide to weigh the pros and cons of each choice that is being considered, and to

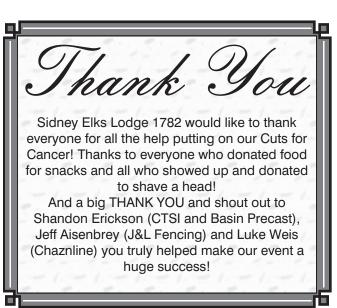
identify the short and long term impacts of each option. Under the direction of their Medical Director Dr. George Scordalakes, the Nurses make referrals for prenatal appointments and provide prenatal vitamins. Clients can earn a free baby Starter Kit and car seat by meeting with a volunteer Client Advocate for pregnancy or parenting education, as well as shop in the Baby Boutique for new or like-new baby clothes, blankets,

In 2014, 156 women accessed the Clinic's services over the course of 422 appointments. More than half of the clients are seen for pregnancy tests, ultrasounds and options education. Sunrise Women's Clinic is a 501(c)3 Christian organization. They are pro-life and do not provide nor refer for abortion. The Clinic is currently looking for additional Patient Advocates and Board

Members. If interested, please contact the clinic at 406.433.7772. Last year we had a full tournament of 32 teams and we are already half way to that number this year so we encourage you to get your registrations submitted. To register, simply pick up a brochure at the Sidney Country Club or call the tournament

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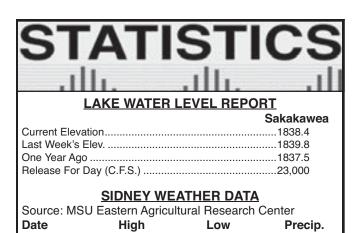












OBITUARIES

Anna Brittain, 78, Sidney, MT

Memorial services for Anna Brittain, 78 of Sidney, MT will be 1:00 p.m., Saturday, May 9, 2015 at the Fulkerson Memorial Chapel in Sidney with Pastor Rolf Preus officiating. Cremation has taken place under the direction of Fulkerson Funeral Home of Sidney, MT. Remembrances, pictures and condolences may be shared with the family at www.fulkersons.com.

Anna died on Thursday, April 30, 2015 at the Sidney Health Center Extended Care Facility.

Ellen Johnson, 74, Watford City, ND

Memorial services for Ellen Johnson, 74, of Watford City, ND were held at 11:00 a.m., Saturday, May 2, 2015, at the First Lutheran Church in Watford City with Pastor Rob Favorite officiating. Cremation has taken place. Interment of her cremains was held at the Schafer Cemetery under the direction of the Fulkerson Funeral Home of Watford City. Remembrances, condolences and pictures can be shared with the family at www.fulkersons.com.

Ellen died early Wednesday morning, April 29, 2015, at the McKenzie Country Hospital, Watford City, ND.

Johnnie Candee, 89, Sidney, MT

Funeral services for Johnnie Candee, 89, of Sidney, MT were held at 2:00 p.m., Saturday, May 2, 2015, at the Faith Alliance Church, Sidney, MT with Pastor Paul Turek officiating. Interment was held in the Richland Memorial Park Cemetery, Sidney, MT under the direction of the Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Johnnie died on Monday, April 27, 2015, at the Sidney Health Center Extended Care Facility, Sidney, MT.

Kenneth "Kenny" Thornton, 83, Sidney, MT

Mass of Christian Burial for Kenneth "Kenny" Thornton, 83, of Sidney, MT will be 10:00 a.m., Wednesday, May 6, 2015 at St. Matthew's Catholic Church with Father Jim O'Neil presider. Wake services were held at 6:00 p.m., May 5, 2015, at the Fulkerson Funeral Memorial Chapel. Interment will take place in Sidney Cemetery, Sidney, MT, under the direction of Fulkerson Funeral Home of Sidney. Remembrances, condolences and pictures may be shared with the family at www.fulkersons.com.

Kenneth "Kenny" died on Friday, May 1, 2015 at the Sidney Health Center, Sidney, MT.

Richey Historical Museum Share Your 'Remember Whens' - Family Stories, History, Special Events, Pictures, News Clippings, And Memories

By Wanda Zuroff, Museum Curator

The Richey Historical Society is publishing a "100 Year Anniversary Book" of Richey and the surrounding community. Our goal is to have the book published in time for the Richey Centennial and All Class Reunion scheduled for July 15-17, 2016.

Our funding is limited, not everyone received the letter that was sent out. It is our hope that those of you who use social media will help in passing the word along.

Your information can be sent to: Richey Historical Society, Box 264, Richey, MT. 59259 or e-mail to wiz@midrivers.com as soon a possible. Address changes would be helpful.

We thank you and appreciate your help. The books will sell for \$50.00 ea. plus \$15.00 extra for postage if we need to mail. For further info call Wanda Zuroff, Curator (406) 773-5825.

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6:30pm • Sidney First Church of the Nazarene 606 9th St. SW • Sidney, MT For more information, please call 406-488-8858

This seminar will revolutionize your prayer life.

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RICHLAND COUNTY

Events in Sidney unless otherwise listed. MT Zone.

Wed., May 6th

8:00 a.m. - Sidney Chamber of Commerce 2015 Assistance for Business Clinic. Registration 7:30 a.m. at the Sidney Elks Lodge. Pre-registration is required. For information call Sidney Chamber of Commerce, 406-433-1916.

Sat., May 9th

8:00 a.m. - Fairview Cleaup Day. Dumpsters available at the Fairview Fire Hall, along with a tree chipper. No e-waste. Any questions, or if assistance is needed call Fairview City Hall at 742-5616 by Friday, Saturday call 489-2624.

7:00 p.m. - 11 p.m. - *ST. MATTHEW'S SPRING FLING*Semi-formal dance for all area youth in grades 6-7-8 at St.
Matthew's Parish Center, Sidney, MT. \$8/person. NO blue jeans, shorts, t-shirts. No short pants or pants for girls.
This dance is a lock-in for safety. Students only allowed to leave early if picked up and signed out by a parent.
DJ: Midnight Express. Photos offered for \$1. Questions please call Colleen Haralson 482-2680.

Mon., May 11th

7:00 p.m. - Sons of Norway will have their regular meeting one day earlier than usual at 714 East Main. Wed., May 13th

1:00 pm - 4:00 pm - Sidney Area Chamber of Commerce hosts a FREE Hospitality Training Seminar by 406 Hospitality, Montana Super Host. This free training seminar will be held at The Elks Lodge, 123 3rd St SW. RSVP to the Chamber of Commerce, 433-1916.

12:00 p.m. – Free resume workshop at Sidney Job Service. Call 406-433-1204 for more information.

Thurs., May 14th

8:00 am - 12:00 pm - Shale Energy Supply Chain Workshop. This workshop is for small businesses currently part of the supply chain or considering new opportunities in the shale industry. This will be held at the Community Service Building at 1201 W Holly.

Sat., May 16th

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

COMMENCEMENT CEREMONIES

Sat., May 16th 10:30 am - Lambert HS Graduation

1:00 pm - Savage HS Graduation

Fri., May 22nd 11:30 am -

11:30 am - The Richland Red Hatters will meet for lunch May 22nd in Fairview at Mucho Si. RSVP by May 19th to Sylvia, 406-798-3882 or Margaret, 406-488-4613.

COMMENCEMENT CEREMONIES

Sat., May 24th

2:00 pm - Sidnay HS Graduation 3:00 pm - Fairview HS Graduation

DAWSON COUNTY in Glording upless otherwise listed, MT Zon

Events in Glendive unless otherwise listed. MT Zone.

COMMENCEMENT CEREMONIES

Sat., May 16th

1:00 p.m. - Richey HS Graduation

ROOSEVELT COUNTY

Events in Froid unless otherwise listed. MT Zone.

COMMENCEMENT CEREMONIES

Sat., May 16th

1:00 p.m. - Bainville HS Graduation 1:00 p.m. - Froid HS Graduation

2:15 p.m. - Culbertson HS Graduation

McKenzie County

Events in Watford City unless otherwise listed. CT Zone.

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

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

Fri., May 8th

9:30 am - 2:00 pm – Alexander public school will have pre-registration for both Kindergarten and Preschool on May 8th. For more info pleace call the school at 701-828-3334.

WILLIAMS COUNTY

Events in Williston unless otherwise listed. CT Zone.
Fri. May 8th & Sat. May 9th
BAND DAY

Guests bands this year are Twin Cities Metro pipe band, a bagpipe ensemble & the Denver Broncos Stampede, featuring a stadium worthy drumline and their Colorado Rock & Roll Hall of Fame trumpet master. Both bands will be marching in the Band Day parade on Saturday and performing in Harmon Park in the afternoon.

Fri., May 8th 8 pm - Gl

8 pm - Glow in the Park Fun Run/Walk sponsored by Teton Athletics. Must register and pay online at www. visitwilliston.com/calendar/GlowInThePark/. Check in is at the Fairgrounds and the race starts at 9 pm. The route will be through Spring Lake Park. Participants will receive a t-shirt that glows in the dark plus glow in the dark bands.

Sat., May 9th

10:00 am - Band Day Mile Fun Run sponsored by Teton Athletics. Join us after the Band Day parade for a Mile Fun Run! Medals will be awarded to all who finish the Kids Race (12 & under) with ribbons for the Top 5 Boys and Girls. Prizes will be awarded for first place adult male and female. Refreshments will be provided at the finish line! For more info contact Teton Athletic Dept.

Fri. & Sat. May 15-16 9:00 am - 4:00 pm

9:00 am - 4:00 pm - Confluence Quilters at the Missouri-Yellowstone Confluence Interpretive Center. Sun., May 17th

un., May 17th

3:00 pm - "Little Dalles Bluegrass Band" concert at the

Missouri-Yellowstone Confluence Interpretive Center.

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



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TY CENTRAL



Music At The MonDak May 12th

The Arnstein Killingberg Orchestra from Leksvik, North Trondelag, Norway, will perform in concert at the MonDak Heritage Center on Tuesday, May 12 at 7pm.

The 3-piece family orchestra will be performing traditional Norwegian music.

This event is free and open to the public.

Mother's Day Buffet Sunday, May 10 10am - 3pm Serving turkey & prime rib with all the trimmings, the salad bar & an array of desserts **Reservations Only** Catering At The Elks Lodge 123 3rd St. SW, Sidney 406-433-5005 or 817-403-6487

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

By Meagan Dotson

The Re-Tree Richland County event will be held Saturday, May 16 at the Sidney Country Club from 10:00 am until noon. This is a free workshop which teaches people proper tree planting and care techniques and also gives instructions on how to determine the appropriate tree for a given space, taking into consideration how big the tree will get, how close it's planted to surrounding trees and structures, and power lines. It will be a hands-on class with MDU giving a presentation and Tim Fine from the MSU Extension Office teaching some tree identification techniques. Anyone is welcome to attend the workshop, however those who register in advance will receive one of sixteen different species of free 6' to 8' trees. Stephanie Ridl, City Parks Superintendent and Richland County Tree Board Secretary, will be coming to each location to help determine the best type of tree for the landscape; all

trees planted in Sidney and Fairview must be planted on the city street right-of-way no less than thirty feet from a street corner. Trees planted in Crane, Lambert, and Savage must be planted a minimum of thirty feet from a street corner and those in rural situations can contact Ridl at 406-480-

This is the second Re-Tree event, though last year it was exclusive to Sidney rather than the entirety of Richland County. In 2013 Ridl took part in a tree inventory within the city limits of Sidney, and found that there were 2000 trees, only half of the trees that were inventoried during the late 1970s. A certified Arborist, Ridl is at the forefront of re-treeing the area for future generations, her goal being to diversify the tree canopy so that there is no more than 10% of one species of tree. This rule of thumb means that if ever a devastation such as Dutch Elm Disease or Emerald Ash Board hits our area,

an entire population of trees isn't lost.

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

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

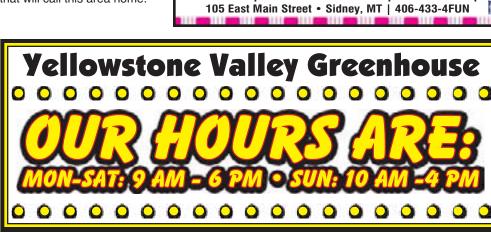
For those interested in

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

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



Mon: 12-5:30pm • Tues-Fri: 10am-5:30pm • Sat: 9am-4pm





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Yellowstone Valley Greenhouse

Mon-Sat: 9am - 6pm • Sun: 10am - 4pm | Rain or Shine 35247 Cty Rd 127 • Sidney, MT | 406-482-8051 2 miles north of Sidney on Fairview Hwy 200, turn east on Cty Rd 127, paved road to 4-way, east 1/2 mile on left



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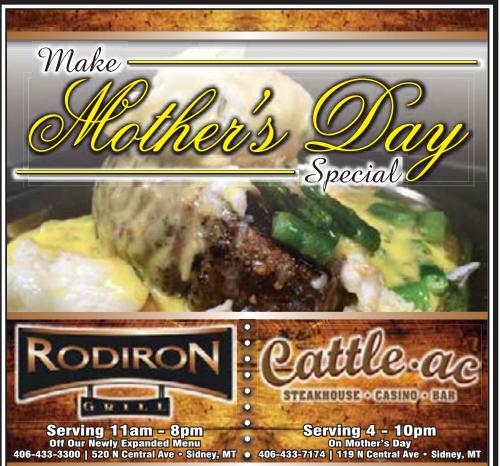
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Sidney Track Action



Above: The Sidney track students were in Miles City last Saturday. Running in the 4 x 400 meter relay were, handing off the baton, Logan Thiel and Trace Jones. The boys took 1st in the relay. Below: Myka Steinbeisser in the 4 x 100 meter



A Steak In Ag

A monthly report by R-CALF USA

R-CALF USA may be defined as a non-profit producer organization, but our work benefits anyone who eats meat and lives in an economy that includes agriculture. We're more than a producer organization; we're your organization!

R-CALF USA continues to fight for COOL. Recently in a meeting with White House Domestic Policy Council staff, R-CALF USA and other farm and consumer groups urged that President Obama direct his U.S. Trade Representative, Michael Froman, and his Secretary of Agriculture, Tom Vilsack, to steadfastly defend the United States' recently implemented country of origin labeling (COOL) law and regulations.

Referencing the President's abandonment of his campaign promises to better enforce antitrust laws and restore competition in U.S. livestock markets, R-CALF USA said COOL is the only significant livestock competition reform still on the table.

Also, in written testimony submitted for a recent hearing on meat labeling requirements

held by the U.S. House Agriculture Subcommittee on Livestock and Foreign Agriculture, R-CALF USA urged subcommittee members to take no action that would in any way undermine the U.S. country of origin labeling (COOL) law.

First, the group argued that disclosure of country of origin information matters in a free and competitive society. R-CALF USA cited the official rules of the U.S. House Committee on Agriculture that require witnesses to disclose the country of origin of any payment or contract received by a witness that appears before the Committee.

Second, the group argued that any weakening of COOL would severely reduce marketplace competition that has already been severely eroded by unprecedented marketplace consolidation.

R-CALF USA also argued that because the World Trade Organization (WTO) was an advocacy group that was actively promoting its own "Made in the World" label, and because the WTO assigned a Mexican national to preside over the COOL case in which Mexico was a party, the WTO was conflicted and should not be relied upon to make an unbiased ruling regarding COOL.

Finally, R-CALF USA ar-

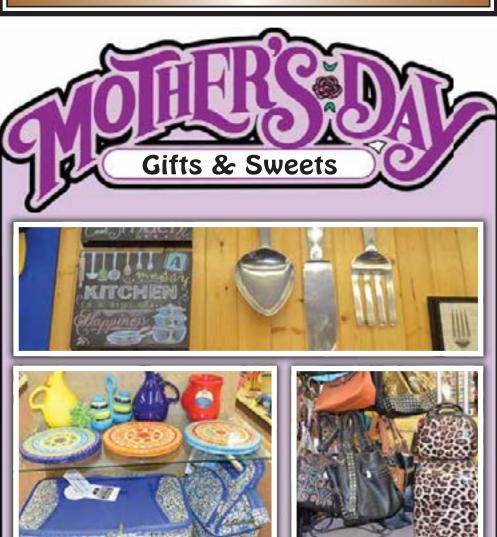
gued that Congress must continue upholding COOL to ensure that imported meat is no longer allowed to deceptively assume the positive reputations of U.S. farmers and ranchers through non-disclosure of the meat's origins.

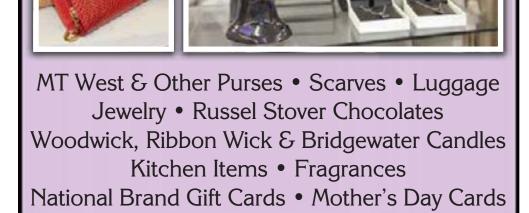
While COOL has been upheld by U.S. courts, an appeal is underway at the WTO to determine if the international tribunal will recognize the United States' sovereign right to inform consumers about the origins of their food.

With COOL, consumers know under which country's production regime the animal from which the meat they purchase for their families was born, raised and slaughtered. No longer can meat from animals born and/or raised in a foreign country be passed off to unsuspecting U.S. consumers as meat deserving of the U.S. farmers' and ranchers'

Mark your calendars for this year's annual convention: Aug. 14-15, 2015 in Denver,

R-CALF USA is solely funded by donations and membership dues. Please consider becoming a member or giving a donation. For more info or to join, go to www.r-calfusa.com, 406-252-2516.

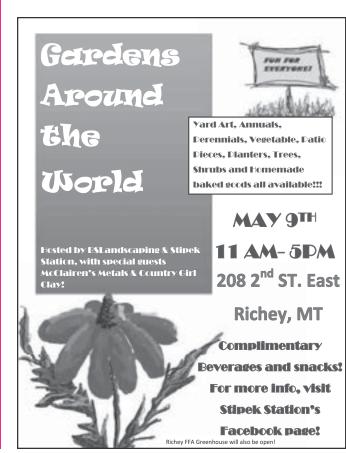




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Mon - Fri: 9am - 6pm Sat: 9am - 5pm





Milestone Achieved **MNAXLP** In North Dakota – **USDA** Wildlife Habitat **Conservation Program** Reaches 1 Million Acres

FARGO, ND — The U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) Administrator Val Dolcini today announced that a major national conservation program that restores high-priority wildlife habitat has now surpassed 1 million acres with the recent enrollment of land in La Moure County, North Dakota.

The initiative, known as State Acres for Wildlife Enhancement (SAFE), is a part of the USDA Conservation Reserve Program (CRP), a federally-funded voluntary program that contracts with agricultural producers so that environmentally-sensitive land is not farmed or ranched, but instead used for conservation benefits. With SAFE, wildlife that may be endangered, suffering population declines, or that provide value to the local community, is identified by nonfederal partners. Agricultural producers within an approved SAFE area then can submit offers to voluntarily enroll acres in CRP contracts for 10-15 years. In exchange, these producers receive annual CRP rental payments, incentives and cost-share assistance focused on establishing, improving, or creating higher-quality wildlife habitat.

"We're celebrating the 30th anniversary of the Conservation Reserve Program this year, so one million acres of new wildlife habitat is another parallel milestone for the program," said Dolcini. "SAFE began in 2007 as an offshoot to focus on establishing key plant species that help not just soil and water, but also are beneficial to selected rural wildlife habitat. And as it enhances the flora and fauna of the countryside, it can also create recreational opportunities for the sportsman, which is an investment in the rural economy as well."

Four of the 98 SAFE projects nationwide can be found in North Dakota, covering more than 122,000 acres. The one millionth national SAFE acre was enrolled as part of the Coteau-Drift project, which creates waterfowl, shorebird and terrestrial bird habitat the Missouri Plateau and Drift Prairie region.

According to FSA State Executive Director for North Dakota, Aaron Krauter, "Since the Coteau-Drift project was established, we've worked with producers to enroll more than 69,000 acres in SAFE that have helped improve habitat and maintain excellent numbers of waterfowl, which in turn draws more hunters and nature enthusiasts that contribute to our local economies, so it's altogether fitting that this milestone occurred in North Dakota."

Producers can offer land for enrollment in SAFE and other CRP programs by contacting their local FSA county office at http://offices.usda.gov. To learn more about Farm Service Agency conservation programs, visit www.fsa.usda.gov/conservation.

The 2014 Farm Bill continues the Conservation Reserve

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





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http://www.mcfoodpantry.com. Pantry includes a wide variety of frozen meats, canned goods, personal care

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Hunters, Anglers Take Note Of New Legislation

Submitted by ND Game & Fish Dept.

The North Dakota Game and Fish Department tracked 23 outdoors-related bills during the 2015 legislative session, 12 of which were passed by both chambers and signed into law. The following bills take effect this year, unless otherwise noted.

House Bill 1081 - Makes available to the Outdoor Adventure Foundation up to two spring turkey, one any-elk, one anymoose, seven deer and two pronghorn licenses for youth who have been diagnosed with cancer or a life-threatening illness. In addition, provides for a study, during the 2015-16 interim, of North Dakota Game and Fish Department licenses provided to entities for the purpose of fundraising.

HB 1156 - Beginning in 2016, allows an unsuccessful applicant in the deer gun lottery to donate the refund to the Game and Fish Department's Private Land Open to Sportsmen program.

HB 1158 - Effective April 1, 2016, county auditors will no longer be responsible for allocating and tracking hunting and fishing license sales within their respective counties. That responsibility will become the Game and Fish Department's. A county auditor upon request, may continue to sell hunting and fishing licenses.

HB 1197 - Prohibits a government agency from providing funds to a nonprofit organization for the purpose of holding any interest in real property or an easement for wildlife or conservation purposes. However, does not apply to a state government

agency in partnership with a nonprofit organization if the state agency also benefits.

HB 1241 - Makes a short-barreled rifle legal for hunting. HB 1356 - This bill clarifies Century Code language pertaining to wildlife depredation. Allows the Game and Fish Director to authorize individual landowners to carry out certain hazing practices to help alleviate or prevent wildlife depredation to livestock forage supplies.

HB 1381 – Prohibits a drone from being used to intentionally harass hunters and anglers.

HB 1409 - Provides direction on finances provided through the Outdoor Heritage Fund, with \$20 million available in a fiscal vear and \$40 million for the biennium.

HB 1456 - Encourages Congress to pass federal legislation to return uplands of the Oahe Reservoir in Emmons and Morton counties above 1,620 feet mean sea level to the state of North Dakota.

Senate Bill 2017 – Appropriates \$77,231,739 to the Game and Fish Department for the 2015-17 biennium. In addition, provides for one elk license available for raffle to Annie's House at Bottineau Winter Park.

SB 2077 - Regulates criminal history record checks for Game and Fish volunteers and final applicants for employment. SB 2093 - Guide and outfitter licenses expire March 31 if

issued after March 31 of the previous year.

National Nurses Week Wednesday, May 6th - Tuesday, May 12th

The work of America's 2.9 million registered nurses to save lives and to maintain the health of millions of individuals is the focus of this year's National Nurses Week, celebrated annually May 6 – 12 throughout the United States. This year, the American Nurses Association has selected "Ethical Practice" as the theme for 2015. The ANA supports and encourages National Nurses Week recognition, programs through the state and district nurses associations, other specialty nursing educational facilities, and independent health care companies and institutions.

Annually, National Nurses Week begins on May 6, marked as RN Recognition Day, and ends on May 12, the birthday of Florence Nightingale, founder of nursing as a modern profession. In honor of National Nurses Week and RN Recognition Day, nurses around the country are encouraged to wear their school nursing pin, or any special nursing pin that day.

ANA, through its 54 constituent member associations, advances the nursing profession by fostering high standards of nursing practice, promoting economic and general welfare, promoting a positive and realistic view of nursing, and lobbying Congress and the regulatory agencies on health care issues affecting nurses and the public.

Traditionally, National Nurses Week is devoted to highlighting the diverse ways in which nurses, the largest health care profession, are working to improve health care. From bedside nursing in hospitals and long-term care facilities, to the halls of research institutions, state legislatures, and Congress, the depth and breadth of the nursing profession is meeting the expanding health care needs of American society.

























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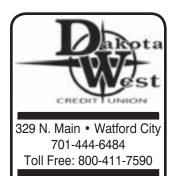
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Study Defines Brain And Behavioral Effects Of Teen Binge Drinking

Submitted by Missy Smies District II Alcohol and Drug Program

Episodes of heavy alcohol consumption leading to intoxication are associated with many health and safety problems, including unintentional injuries, sexual assault, domestic violence and alcohol poisoning. Binge drinking, as defined by SAMHSA (Substance Abuse and Mental Health Services Administration), is drinking 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days, and this study shows just how dangerous it is for underage drinkers.

Adolescent binge drinking can disrupt gene regulation and brain development in ways that promote anxiety and excessive drinking behaviors that can persist into adulthood, according to a new study supported by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health. A report of the study, conducted in animals by researchers at the University of Illinois at Chicago College of Medicine, appears online in the journal Neurobiology of Disease.

"These findings are an important contribution to our understanding of the alcohol-induced brain changes that make alcohol problems in adulthood more likely among young people who abuse alcohol," said NIAAA Director George F. Koob, Ph.D.

Previous studies have shown that people who start drinking before the age of 15 are 4 times more likely to meet the criteria for alcohol dependence at some point in their lives, and young people consume more than 90 percent of their alcohol by binge drinking. Currently, the age that youth in Richland County start drinking alcohol is 12 years old. (MPNA, 2014)

Researchers investigated the effects of intermittent binge alcohol exposure during the adolescent stage of development in rats. To model adolescent binge-drinking in humans, the researchers gave 28-day-old rats alcohol for two days in a row, followed by two days off, and repeated this pattern for 13 days. Some rats were followed into adulthood and observed for abnormal behaviors. They were offered both alcohol and water, and their alcohol-drinking behavior was monitored.

Rats exposed to alcohol during adolescence exhibited changes in behavior that lasted into adulthood, long after their adolescent binge exposure to alcohol had ended. For example, they showed increased anxiety-like behaviors and drank more alcohol in adulthood.

Prior research has implicated a brain structure known as the amygdala in anxiety and alcohol-drinking behaviors. When the amygdala of alcohol-exposed rats were studied, they found that a complex of DNA appeared to be tightly wrapped due to increased levels of a protein that causes DNA to be wound tighter around them. Collectively, these kinds of changes to DNA or its associated proteins that change its function do not affect the DNA sequence.

"Genes that lie within DNA that is tightly wrapped around the histones are less active than they are if the DNA is loosely wrapped," explains Dr. Pandey. "The looser the DNA is coiled, the more accessible are the genes to the cellular machinery that makes relevant proteins."

Dr. Pandey and his team found that the genetic changes they observed in alcohol-exposed rats were linked to the brain being derived of nerve cells needed to form new connections with each other. This persisted in adulthood, even if alcohol exposure was stopped weeks before. But they then showed that a drug, that blocks the activity of the protein that affects the DNA nega-

tively, could "loosen" the DNA that increases the gene needed for nerve cell connectivity in those animals. These animals then also exhibited less anxiety and reduced alcohol intake.

The National Institute on Alcohol Abuse and Alcoholism, part of the National Institutes of Health, is the primary U.S. agency for conducting and supporting research on the causes, consequences, prevention, and treatment of alcohol abuse, alcoholism, and alcohol problems. NIAAA also disseminates research findings to general, professional, and academic audiences. (NIAAA, 2015)

If you would like more information on preventing youth alcohol use and what you can do to help someone, contact District II Alcohol and Drug Program, 102 N. Central Suite B in Sidney, 433-4097, or check out our prevention program on Facebook! Richland County STAND or Stand4youth.



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 The legal description is too long to print.

•HOUSE DESCRIPTION: House has 1264 sq ft on main floor w/full daylight basement 3-bedrooms & 1½ baths on main floor and 1-bedroom & 1 bath in basement. The basement is 85% finished. Natural gas heat, 26x36 insulated nattached garage w/cement floor, 30x60 shop w/2 overhead doors w/gravel

· OWNERS: The final bid will be subject to Steve Decker's approval. The Owner erves the right to accept or reject any and all bids.

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be the proper legal description; it was taken from the Dawson County Tax

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 TERMS: Cash. 5% down sale day, the balance due at closing approximately 30 days from sale date at the office of First American Title Holding Company, 204 N Kendrick Ave, Suite 205, Glendive, MT (406)365-5482 \bullet BUYERS PREMIUM: A 2 % Buyers premium will be added to the winning bid price to arrive at the total contract price paid by the purchaser.

Your bid is considered acceptance of the terms of this auction. If you the Buyer fails to close, the down payment is non-refundable. If the Sellers fail to close, 100% of the down payment will be returned. At this time, there is no known reason that the Seller would not be able to close. All funds are held in the escrow account of First American Title Holding Company, 204 N Kendrick

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17' Aluminum Extension Ladder 26' Wood Extension Ladder • (40) Bricks (16) Cement Blocks
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• (2) Microwave Stands • Roll-top Desk

• Executive Desk, 36"x72" Small Desk File Cabinet (2-drawer) File Cabinet (1-drawer, 1-door)

• 5-shelf Bookcase • Small Safe Desk & Floor Fans
 Couch w/matching Love Seat
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 Black leather Recliner
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 (2) Stationary Chairs
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• Hassock • (4) Sets of Coffee & End Tables

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(2) Coffee Percolators (12 a Slow Cooker
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Energy Share Appreciates its Volunteers

Submitted by Rachel Haberman

One might think the worst of winter is over for the year, and that is true for most Montanans. However, thousands of families in this state are still struggling to catch up from their winter energy bills and many of them are facing loss of heat or lights right now, having no resources to pay their bill themselves. Even though the coldest temperatures are behind us, it is still very chilly if your furnace is out. Energy Share of Montana is a statewide, private, nonprofit organization whose main purpose is to help these folks before they lose their heat. Information on how to apply in eastern Montana can be obtained

by calling Action for Eastern Montana in Glendive at 377-3564 or 1-800-227-0703, or by visiting Energy Share's website at www.energysharemt. com/BillAssist. Energy Share could not fulfill its mission without the dedication of the ten volunteer Local Energy Share Committees across the state. One such Committee works with Action for Eastern Montana to review each application individually. This group is made up of volunteers representing Rural Employment Opportunities, senior citizens, Housing/Emergency Services, and Action for Eastern Montana. These volunteers donate many hours on behalf of the organizations they represent. Energy Share helps people no

matter what their heat source, but the assistance is usually only once every ten years or so because the organization is truly a source of emergency funds. Energy Share is designed to complement a household's own efforts to meet their utility bill needs. If you're interested in helping a neighbor stay warm, donate online at www.energysharemt. com or send a check to Energy Share, PO Box 5959, Helena, MT 59604. Gifts are used first in the area from which they came so you truly are helping a neighbor when you give to Energy Share. Donations are tax-deductible and 100% of private donations are used for bill assistance unless otherwise designated by the donor.

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Energy Roundup

ability Workshops For MT & ND

The Pennsylvania SBDC is excited to partner with the Colorado, North Dakota, and Montana SBDCs to hold a series of events for business owners involved in the shale supply chain in May 2015.

Three half-day workshops will be offered to small businesses currently part of the supply chain or considering new opportunities in the shale industry.

North Dakota Shale Energy Supply Chain Sustainability Workshop, Wed, May 13, 2015 1:00 p.m. - 4:00 p.m. Strom Center at Dickinson State University, 1679 6th Ave. West, Dickinson, ND 58601.

Montana Shale Energy Supply Chain Sustainability Workshop, May 14, 2015 8:30 am - 12 noon. Community Service Building, 1201 West Holly Street, Sidney, Montana 59270

Each workshop will discuss the following topics: Shale Energy Industry Overview, Current status and industry tends, Supply chain opportunities - downstream, midstream, upstream, Industry expectations - overview of culture, safety, compliance, training, Natural gas & shale oil utilization opportunities,

Business Sustainability, Smart steps to sustainability, Improving efficiency & reducing risk, Best practices sharing & networking, Panel Discussion with National and Local Experts, Weathering the boom/ bust industry cycle, Success stories, words of wisdom and cautionary tales, Additional resources to help your small

All workshops are available at no-cost to attend, to register please go to www. pasbdc.org/shaleevents. Pre-registration is required.



Shale Energy Supply Chain Sustain- "Boomtowners" Featuring The Bakken Airing Daily **On Smithsonian Channel**



"Boomtowners" plunges into a modern-day "gold rush" that's attracting thousands of people from all over the country to the Bakken, a region of North Dakota. An oil boom has turned the area into the epicenter of a white-hot industrial revolution, but a rise in jobs has also led to a surge in population and living costs. Experience this phenomenon first-hand through the eyes of newcomers and longtime residents trying to make a living

there in this groundbreaking new docu-series about tapping

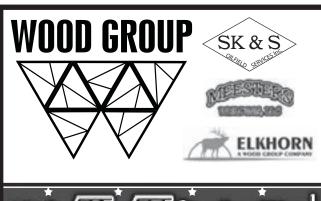
into the American dream. This week is Episode 3 of "Boomtowners" titled 'Closed Wednesdays' - When one of Liberty Oil's sites creates problems for a well nearby, the work stops and the frustration, and costs, begin to mount. Equally frustrated are Ben and Phoebe as they search for available childcare in their growing town. For Jennifer, it's skilled labor that's in short supply, forcing family and friends to come together to make her storybook wedding a reality. Haley and Larysa aren't so lucky. With no one to help out with their struggling trucking business, Haley comes up with a very risky plan, one that makes Larysa very nervous.

For full schedule of times and episode descriptions for "Boomtowners" go to http:// www.smithsonianchannel. com/shows/boomtowners/1003787

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The Roundup is looking for a full-time writer/editor/reporter. Salary DOE. Apply at the Sidney Job Service.

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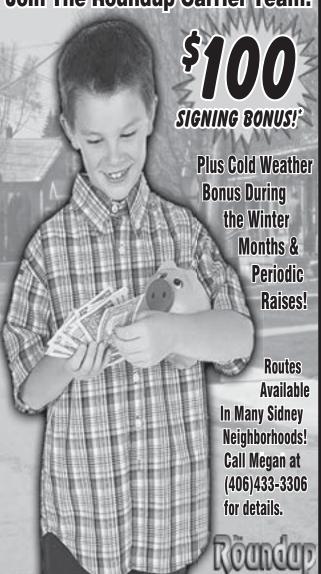
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Fri, May 8 Sidney at Glendive

Sat, May 9 Froid/Lake JH/Elem at Fairview Culbertson & R&L JH/Elem at Lambert **Watford City at Minot** Watford City at Sturgis

Mon, May 11 Watford City at Velva

Tues, May 12 Watford City at hazen **Watford City at Dickinson**

Thurs, May 14 Froid/Lake & Savage at Divisionals Culbertson, Fairview, Bainville & R&L at Glasgow

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Thurs, May 14
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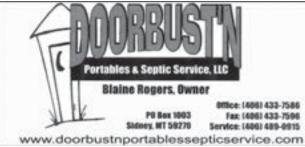
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Roosevelt Medical Center Moves To Next Stage of Electronic **Health Records**



By Jaimee Green

As operational expenses continue to increase and stricter regulatory standards have come into place, automated data collection has become a necessity in the healthcare industry. For Roosevelt Medical Center, incorporating a barcode system for tracking supplies is the next logical phase of implementation of their electronic health records system. This further expands RMC's use of integrated technology, going beyond the mandated federal requirements outlined through the Health Information Technology for Economic and Clinical Health Act (HITECH).

"Both inexpensive and user-friendly, barcodes provide a reliable tool for tracking a variety of data, from pricing to inventory and even overconsumption. The ultimate result of a comprehensive bar coding system is reduction in overhead and savings in time and money," said Sharon Schmitz, Better Health Improvements Specialist for RMC.

Hospital materials man-

agement can be extremely time-consuming and prone to human error from manual data entry. By introducing barcodes to mobile terminals, RMC can now easily control inventory supply areas, track equipment in use and make sure that the right supplies are available and delivered on time to the

Before the system was implemented last month, nursing staff had to count their supplies twice a week to report to the Materials Management Department what items needed to be ordered. Now, as nurses go about their day scanning the materials as they use them, that information is instantly stored into the Tech Time EHR system, and can be easily retrieved.

Supplies used by patients can also be directly scanned to the patients ID bracelet, helping ensure an accurate account of charges. Items not chargeable to patients, such as tissues and gloves, can also be tracked. The scanning also makes it easier to track

items that arrive damaged or become outdated and have to be sent out of the facility.

Also, at the end of the fiscal year, it will no longer be necessary to conduct large, year-end supply counts, because all of that information will be retrievable from the

As another part of RMC's diligence in keeping pace with technology, they continue to encourage patients to sign up for the Health Vault, an internet portal system that enables patients to view and access their medical records on-line from anywhere, at anytime. The Health Vault contains many functions that ultimately enable patients to be more directly involved in their care.

Once a patient is signed up, they can privately exchange messages with their provider, access critical health information in an emergency and manage, see, and share records securely. Patients can even track their weight, nutrition and the amount of steps they take each day if they are on a fitness or healthy eating regiment. There are also printable health information cards that can be used when traveling.

"We are hoping more people will take advantage of this convenient technology because it is helpful and completely confidential," said Brian Fordyce, Information Systems Director for RMC. By logging onto healthvault. com, patients can get started at any time.

Through the three Meaningful Use stages of the HI-TECH Act, technology is supposed to improve quality, coordination, safety and efficiency while engaging and empowering patients by creating a superhighway of electronic information that can be accessed with the touch of a button.

Once all of the stages of implementation are completed in 2016, it is hoped that meaningful use compliance will result in better outcomes for patients and more robust patient information.

North Dakota Boat Course

By ND Game & Fish

Boat owners are reminded that children ages 12-15 who want to operate a boat or personal watercraft this summer must first take the state's boating basics course.

State law requires youngsters ages 12-15 to pass the course before they operate a boat or personal watercraft with at least a 10 horsepower motor. In addition, major insurance companies give adult boat owners who pass the course a premium discount on boat insurance.

The course is available for home-study from the North Dakota Game and Fish Department's Bismarck office. Two commercial providers also offer the course online, and links to those sites are found on the department's website at gf.nd.gov.

While the home-study course is free, students will be charged a fee to take it online. The online provider charges for the course, not the Game and Fish Department. The fee stays with the online provider.

Upon completion of the online test, and providing a credit card number, students will be able to print out a temporary certification card, and within 10 days a permanent card will be mailed.

The course covers legal requirements, navigation rules, getting underway, accidents and special topics such as weather, rules of the road, laws, life saving and first aid.

For more information contact Nancy Boldt, North Dakota Game and Fish Department, by email at ndgf@nd.gov; or call 701-328-6300.



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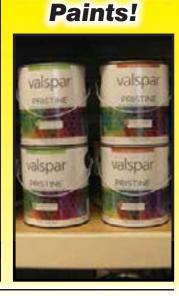
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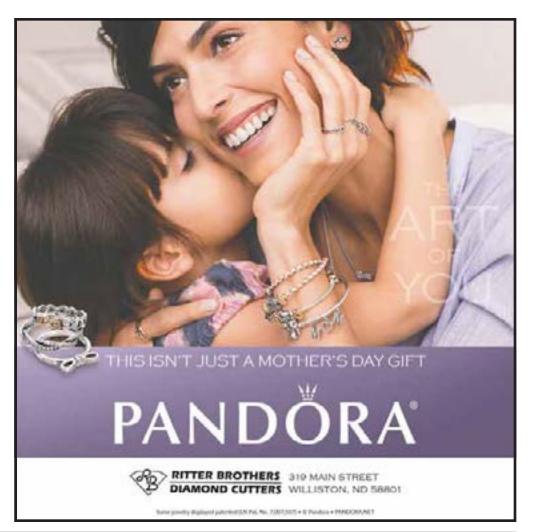
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- Jessica Burns & Linda Casey



unch

Sidney School

Thurs., May 7th: Lasagna, tossed salad, garlic toast, pears. Fri., May 8th: COOKS CHOICE. Mon., May 11th: Chicken patty, oven wedges, pears.

Tues., May 12th: Soft shell tacos, mandarin oranges.

Wed., May 13th: BBQ pork riblet, cheesy potatoes, peaches.

Rau School

Thurs., May 7th: COOKS CHOICE.

Fri., May 8th: Pizza, salad, fruit. Mon., May 11th: COOKS CHOICE.

Tues., May 12th: COOKS

CHOICE. Wed., May 13th: COOKS

Savage School

CHOICE.

Thurs., May 7th: COOKS

Fri., May 8th: Chicken patty. Mon., May 11th: Hamburger & gravy.

Tues., May 12th: Drummies. Wed., May 13th: Super nachos.

Lambert School

Thurs., May 7th: Egg rolls, rice, stir fry, veggies, pineapple, fortune cookie, milk.

Fri., May 8th: Super potato oles, fresh veggies, pudding, milk. Mon., May 11th: Meatloaf, mashed potatoes, gravy, green beans, pears, milk.

Tues., May 12th: Super nachos, fresh veggies, muffin, milk.

Wed., May 13th: Hamburger gravy, mashed potatoes, peas, buns, grapes, milk.

<u>Culbertson School</u>

Thurs., May 7th: Loaded baked potato, fruit, milk.

Fri., May 8th: Macaroni and cheese, little smokies, peas, fruit, milk.

Mon., May 11th: Fish tacos, french fries, fruit, milk.

Tues., May 12th: Pot pie with biscuits, fruit, milk.

Wed., May 13th: Chicken legs, potato salad, fruit, milk.

Richey School

Thurs., May 7th: Taco pockets, peas, applesauce. Fri., May 8th: Chicken nuggets,

fries, orange wedges. Mon., May 11th: Cheeseburger mac, pears, peas, bread & butter. Tues., May 12th: Pulled pork on bun, corn chips, coleslaw,

Wed., May 13th: Hot dogs, baked beans, peaches.

pineapple.

Fairview School

Thurs., May 7th: Baked potato, beans, pineapple, breadstick. Fri., May 8th: NO SCHOOL. Mon., May 11th: Tomato soup, grilled cheese, peas, peaches. Tues., May 12th: Beef tips over mashed potatoes, corn, pears, whole grain bread.

Wed., May 13th: Chicken alfredo casserole, tossed salad, apples, breadstick.

East Fairview

Thurs., May 7th: COOKS CHOICE

Fri., May 8th: COOKS CHOICE. Mon., May 11th: COOKS CHOICE.

Tues., May 12th: COOKS CHOICE.

Wed., May 13th: COOKS CHOICE.

Froid School

Thurs., May 7th: Pepperoni pizza/cheese pizza, salad bar, fruit, milk.

Fri., May 8th: Taco salad, taco bar, fruit, milk. Mon., May 11th: Chicken fajita

salad, taco bar, fruit, milk. Tues., May 12th: BANK APPRE-CIATION DAY DINNER.

Wed., May 13th: Super nachos, taco bar, cinnamon rolls, fruit, milk.

Bainville School

Thurs., May 7th: Slush burgers, smiley potatoes, pears.

Fri., May 8th: Chicken noodle hotdish w/ peas, apples w/ sugar & cinnamon.

Mon., May 11th: Mac & cheese, corn, peaches.

Tues., May 12th: Chicken strips,

rice pilaf, peas, oranges. Wed., May 13th: Ham & cheese sandwich, broccoli, pineapple.



Sidney Band and Choir

The Sidney band and choir was at the state music festival last Friday and Saturday. Pictured is Jared Steinbeisser and Matt Dey singing their duet. They received 1st place on it. Matt also received a 1st on his solo. The boys ensemble received a 1st place also and consisted of Jacob Rogers, Matt Dey, Jerren Jensen, Jared Steinbeisser, Cody Johnson, John Beyer and Chase Moorehouse. Photo by Kathy Johnson.

Finding Your **Home's History**

In celebration of Historic Preservation Month, the State Historic Preservation Office and the North Dakota Archaeology Association (NDAA) are co-hosting the presentation "Finding your Home's History" by Architectural Historian Lorna Meiding er. Meidinger will begin by formally recognizing all of the North Dakota properties listed in the National Register of Historic Places during 2014 and then talk about where the history usec in those nominations came from and where to go to find your own property's history.

The presentation will be Saturday, May 23 at 9:45 a.m. at the ND Heritage Center in Bismarck. After Meidinger's presentation, the NDAA has a full line-up of other interesting activities and presentations being held at the ND Heritage Center. More information about the additional activities is available at www ndarchaeology.org

All presentations are free and the public is welcome. For more information, contact the State Historic Preservation Office at 701.328.3088.













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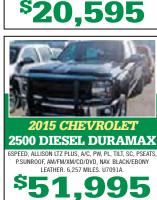
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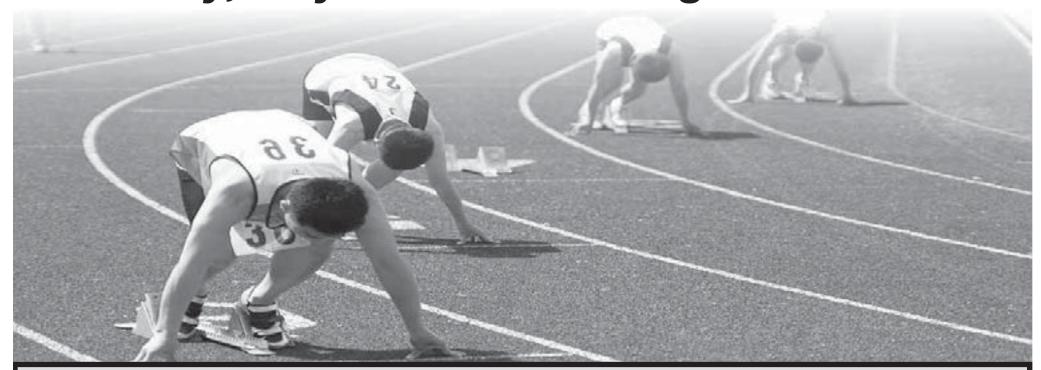


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Eastern C Divisional Track & Field Meet

Thursday, May 14th At The Glasgow Track Field



Schedule of Events:

Track Ever	<u>nts</u>	
10:00am	100 Meter Hurdles Trials	Girls
	110 Meter Hurdles Trials	Boys
10:30am	100 Meter Dash Trials	Girls
	100 Meter Dash Trials	Boys
10:50am	1600 Meter Run	Girls
	1600 Meter Run	Boys
11:20am	200 Meter Dash Trials	
	200 Meter Dash Trials	Boys
11:50am	400 Meter Relay	Girls
	400 Meter Relay	
12:20pm	400 Meter Dash	Girls
	400 Meter Dash	Boys
Lunch Break		
2:00pm	100 Meter Hurdles Finals	Girls
·	110 Meter Hurdles Finals	Boys
2:20pm	800 Meter Run	
·	800 Meter Run	Boys
2:40pm	100 Meter Dash Finals	Girls
	100 Meter Dash Finals	Boys
3:00pm	300 Meter Hurdles	Girls
	300 Meter Hurdles	Boys
		~

3:50pm	3200 Meter Run	Girls
	3200 Meter Run	Boys
4:30pm	1600 Meter Relay	Girls
	1600 Meter Relay	Boys
Field Ever	<u>1ts</u>	
10:00am	Pole Vault	Girls
	Shot Put	
	Javelin	Boys
	High Jump	Boys
11:30am	Discus	Girls
	Triple Jump	Girls
	Long Jump	Boys
Lunch Break		
1:15pm	Javelin	Girls
	High Jump	Girls
	Pole Vault	
	Shot Put	Boys
2:45pm	Long Jump	Girls

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Montana Lifespan Respite Coalition Summit To Be Held In Helena

The Montana Lifespan Respite Coalition and the Department of Public Health and Human Services (DPHHS) are hosting a Lifespan Respite Summit May 12-14 at the Red Lion Colonial Inn in Helena from 1:45 to 5 p.m.

The event is being held in conjunction with the 47th Annual Governor's Conference on Aging.

Keynote speaker Jill Kagan of Virginia, Program Director of ARCH Lifespan Respite Network and Resource Center, will kick off the Summit on Tuesday, May 12 at 1:45 p.m.

Kagan's presentation, Lifespan Respite Lifts All Boats, will explore best practices, discuss how to engage collaborative partners, and look to future possibilities and innovations in sustaining respite services in economically challenging times. She will also address the pressing needs of family caregivers of individuals with dementia, including Alzheimer's.

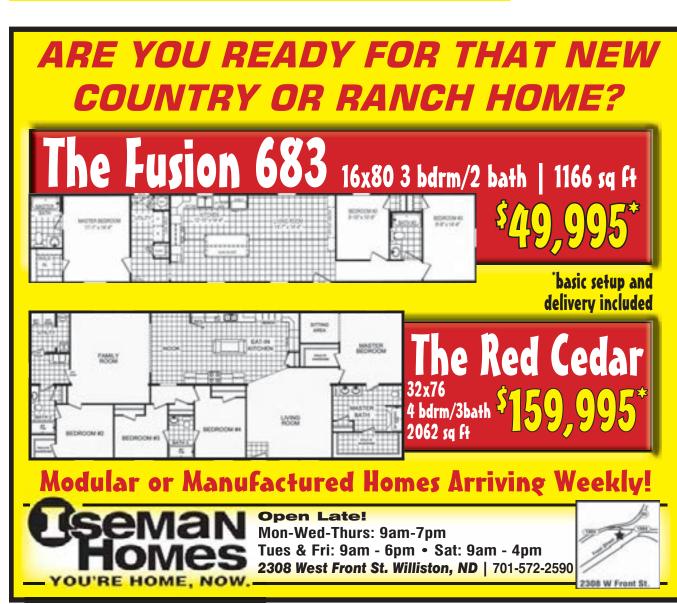
Following Kagan's address, attendees will then receive an overview of the grant, and participate in a roundtable discussion. The respite track will continue with educational sessions offered on the 13th and 14th, including: Powerful Tools for Caregivers, How Stress Effects the Caregiver's Brain, Disability Etiquette, Finding Humor in Caregiving, and an overview of the family caregiver respite funding application process.

"The need for respite for family caregivers is growing with the aging of the baby boom generation and increasing movement toward home and community based services," said Kerrie Reidelbach of the DPHHS Office on Aging. "At the same time, quality respite options are in short supply for all family caregivers, regardless of the age or disability of the person in care."

The goal of the Summit is to address needs such as caregiver education, public awareness and better access to respite for Montana caregivers, Reidelbach added.

There is no cost for the Summit.

To register for the Summit, go to www.respite.mt.gov. For more information, contact Kerrie Reidelbach, Aging Services at kreidelbach@mt.gov or 406-444-0998.







6pm Til Gone

Beer \$22

Saturday: BBQ Burger, Home

Fries & Salad, 11am - 4pm

Sunday: Pizza & Bucket of

