

The Westby Border News

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SCHOOL BOASTS ADULT FITNESS CENTER

In this day and age, we are well aware of the benefits of exercise and its relationship to wellness of body and mind. Exercise on any level is advantageous to all of us, but no matter how dedicated you may be to this concept, implementing it can be difficult enough and then you throw in the expense of equipment, space to house said equipment, and the weather factor. The Westby School Board has just eliminated all of these barriers (excuses) for us. Beginning on Tuesday, October 12th (tentatively), the new Adult Fitness Center will be open to the public. The Center, which will be open from 6:00-8:00 AM and 3:30—9:00 PM -



Jennifer Pulvermacher trying out the new universal machine.

To make this a reality, the board felt it necessary to install automatic locks on the doors and security cameras. The outside doors will automatically lock at 9:00 PM each night allowing patrons to enter until that time.

Several pieces of equipment will be available including 3 treadmills, a universal machine, an elliptical, ½ squat rack, a leg extension bench, and a stationary bike, as well as numerous mats, dumbbells, medicine balls and troy bars.

Monday-Friday, is located in the elementary wing on the lower level of the school. The school board has been working on this project for months and hopes to have the last of the equipment in and the mirrors up for the scheduled opening.

Another area of interest, which requires no equipment, may be combining the upper and lower hallways along with the stairwells into an indoor walking track.

(Continued on next page)

Randy's Restaurant

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Randy & Bonnie Matzke Owners

We Serve Extra Lean
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DINING ROOM ONLY

MONDAY – Chicken Strip Dinner w/ coleslaw & fries

TUESDAY – TACO TUESDAY - \$1.00 Tacos

WEDNESDAY – Shrimp in a Basket w/ coleslaw & fries

THURSDAY – 8 oz. Sirloin

FRIDAY – Chicken Fried Steak w/ fries, toast & salad

SATURDAY – Hamburger Steak w/ baked potato, toast & choice of salad

Chocolate & Vanilla Soft Serve

Chicken to go (potatoes included) 2 pc – Barrel 200 pc

**SCHOOL BOASTS ADULT
FITNESS CENTER**
(Continued)

The Board and Superintendent Holecek have made use of the new facility as easy and convenient as possible. People may come and go as they choose and no sign up is required, however, they do ask common courtesy is used at all times and the area is left as neat and tidy as possible.

To help get things started, the first of two body toning classes will be offered through adult ed and will begin sometime the last of October (for more information, see adult ed classes elsewhere in *WBN*). Both this class and the one scheduled for January will be under the guidance of Sue and Kim Meyer. If there is an interest in any other type of fitness class contact Athletic Director Sue or Superintendent Holecek and they will work on the possibility.

Mr. Holecek and Sue are also compiling a wish list of equipment. If there is any other pieces you would like to see added to the gym, please notify one of them and they will be happy to consider it. A weekend schedule for the Adult Fitness Center may be worked out for future use. For now, you may wish to call 385-2225 and confirm everything is on schedule for the October 12th opening before

A DAY IN THE LIFE By Sandy Elm

The Jolly Twelve Card Club met on September 27th at the Community Center. Irene Nielsen was the hostess. Winners in Whist were: Beatie Petersen - first and Connie Meyer - second. Anita Bjorgen got low.

Renetta Westgard hosted Senior Citizens at the Community Center on September 30th. Marvin Nelson took first in Whist and Eileen Overgaard and Renetta Westgard tied for second. Shirley Quam won the door prize. Guests were Mark Nordhagen, Karen Feld, and Mike Kittelson.

There will be non-denominational Bible talks at the Westby Community Center starting October 6th at 4:00pm MDT .. These are free and no collections will be taken. They also will be held on October 13th, 20th, and 27th, all at 7:30 pm MDT. Everyone is welcome.

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Danny Moore
Westby Manager

SWARTZ

Funeral services for Alden J. Swartz were held at 2:00 PM Saturday, October 2, Pastor Barry Fritts officiated the service at Immanuel Lutheran Church in Westby; interment, with military honors, was in Emmaus Cemetery. Casketbearers were Daryl and Daryn Andersen, Josh and Steve Bowman, and Dick and Jason Johnson; all of Alden's friends were regarded as Honorary Bearers. Alden, 82, died Tuesday September 28 at Kalispell Regional Hospital.

Born at Coalridge, Montana November 2, 1927, Alden was one of seven children of John and Martha (Christiansen) Swartz. He grew up on the family farm during the depression years of the 1930's, graduated from Westby High School, and joined the U.S. Navy October 22, 1945. After his discharge December 19, 1946, he returned to the Westby area. In 1952 he began working for Great Northern Railway as a telegrapher, stationed at several places along the Montana Hi-Line. He married Dorothy Haugen in Los Angeles March 7, 1954. In 1961 Alden started work as a train dispatcher, stationed in Havre, and moved to Billings in 1984 when the dispatch office was transferred there. In 1989 the dispatch center moved again; this time to Seattle, and Alden and Dorothy lived there for a short time before he retired. They lived with their daughter in Whitefish, Montana before moving to Kalispell where they have lived since.

A loving, gentle, and kindhearted man, Alden lived his life with the frugality and resourcefulness that stemmed from his childhood in the 30's. He was a hardworking man and always put his heart into everything that he did, from restoring his collection of classic Cadillacs, to building and installing access ramps, grab rails, and other building adaptations for the mobility impaired throughout the Kalispell area.

Alden would set his mind to a problem - studying and researching the matter and applying his inventive and innovative mind to create a unique and professionally-done solution. aside from his busy schedule he enjoyed fishing and skiing, and was an avid runner. Later, as his health declined he kept active by walking.

Alden is survived by his wife, Dorothy, of Kalispell; his daughter, Andrea Breuer, and her husband Andy, of Whitefish; his son, Neil Swartz and his wife Angela, of Chester; and by three grandchildren: Alexandria Breuer, of Whitefish, Ben Breuer, of Seattle, and Adrienne Dillard and her husband Kyle, of Salem, Oregon. He is also survived by a great-grandson Logan Dillard. He is also survived by two sisters, Lorraine Haugen, of Phoenix, Arizona; Carol Lowe, of Surprise, Arizona, and brother Duane Swartz and Jan, of Spokane, Washington. Besides his parents. He was preceded in death by a brother, Wallace, infant brother Lyle, and sister Hazel Johnson.

Fulkerson Funeral Home of Plentywood had charge of arrangements.

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Book Club

September 2010

The Help

Author: Kathryn Stockett

Hostess: Connie Meyer

By Arlene Hove

We kicked off the new Book Club year with Kathryn Stockett's debut novel, The Help. Val had recommended this book and thought it would be a good Book Club book. Boy, was she right.

The reader is immediately transported to Jackson, Mississippi. The year is 1962. The entire novel is told in three voices, Aibileen, Miss Leefolt's maid; Minny, who has just landed a job as Miss Celia's maid; and Eugenia "Skeeter" Phelan - a young white woman, once again living with her parents on their cotton farm following college graduation from Ole Miss.

Skeeter is an aspiring journalist who desires nothing more than to be a writer in New York but in the meantime lands a job with the Jackson Journal writing the "Miss Myrna" household advice column. Since Skeeter's family have their own maid, Pascagoula, what does Skeeter know about household advice? She seeks out her friend Elizabeth's maid, Aibileen, to help her with the column.

Aibileen is a wise, regal black woman raising her seventeenth white child. Something has shifted inside her after the loss of her own son, who died while his bosses looked the other way. She is devoted to the little girl she looks after, though she knows both their hearts may be broken.

Minny, Aibileen's best friend, is short, fat and perhaps the sassiest woman in Mississippi. She can cook like nobody's business, but she can't mind her tongue and is fired from job after job on account of it. She's raising five children of her own, works all day and comes home to an abusive, no account husband. We all had to agree that Minnie was our favorite character whose spirit was not diminished or broken at the hands of her husband.

Seemingly as different from one another as can be, these three women will none-the-less come together for a clandestine project that will put them all at risk. When Skeeter's best friend makes an issue of not allowing the "help" to use the toilets in her house, Skeeter decides to write a book in which the community's maids, their names disguised, talk about their experiences. Now she just has to convince "the help" to open up to her. Skeeter is not a racist and she knows they are all suffocating within the lines that define their town and the times.

This novel is about so much more than black maids and the white women they work for. It is about the racial divide, coming to a head in the early years of the civil rights movement. It is about southern whites' guilt for not expressing gratitude to the black maids who raised them. We see the murders of Medgar Evers and Martin Luther King Jr. through African American eyes, at the same time these events go largely unobserved by the white community. The Help will not disappoint and we highly recommend this excellent novel.

Westby Adult Ed. Classes – Fall 2010

The following classes will be offered this session. **You must register** with the Adult Ed. coordinator, Jennifer Pulvermacher, by calling the school (406) 385-2225, or her home (701) 834-2262, or her cell (701) 385-7802, or email her at jenpulvermacher@yahoo.com

Class fees are payable to the school office or the instructor at the first class meeting. The minimum enrollment for a class is five members; if this is not met, the class may be cancelled. Class fees are determined by hours of class instruction. The first hour of instruction is five dollars, plus one dollar for every other hour of instruction.

Coming This Spring:

Instructor: April Wallner
Date: Spring Session

Place: Westby School

Mosaic Stepping Stones

Body Toning Class

Instructor: Sue Meyer
Date: starting end of October
DEADLINE TO SIGN UP: Oct. 15
Place: Westby School Weight room

Time to “shape-up!” Learn weight lifting and aerobic techniques to help tone up your body.



Quilting Class

Instructor: Kathy Johnson

Dates: October 30, 2010
Continued November 13, 2010
Saturday, 9-4 with break for lunch

DEADLINE TO SIGN UP: Oct. 15

Place: Westby School, Cafeteria

Swizzle Sticks



If anyone has ideas for Adult Ed., please call Jennifer at home or school so she can get the class set up and an instructor. It is very important that the people in the community give her ideas if they want or need a class.

Choice Property For Sale

Ron and Ruth Moericke residence.



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WESTBY AMERICAN LEGION AUXILIARY

The American Legion Auxiliary held their meeting on October 4th at 1:30 at the Community Center. Christine Schmidt conducted the meeting and Chaplain Irene Stageberg led devotions. We followed this with a silent prayer for our fallen soldiers and peace in our world.

Those in attendance remembered their country by reciting the Pledge of Allegiance. We sang "The National Anthem" and repeated the Auxiliary Preamble.



Adeline Lagerquist called roll with 5 members present. Joylene Novota of East Helena was our guest. Adeline read the minutes of the September meeting. Treasurer Ethel Harshbarger gave her report. Both were approved and placed on file. A Field Home Volunteer Service Certificate was given. Items for Miles City VA, "Caps", and 40 items taken to Miles City, Ronald McDonald gifts, and pop tabs

Donations were approved as follows: Miles City Veterans Hospital, Glendive Veterans Hospital, Emergency fund, Children and Youth, and the Miles City Christmas fund for Veterans. Ethel made payments for all these donations, as well as reimbursing Adeline for the Memorial Day wreath. Poppies have been ordered.

Christine and Adeline will get together on October 11th to fill in reports.

The ladies of Plentywood will be in charge of the sandwiches for the October 20th luncheon at the Sheridan Memorial Nursing Home. Music will be provided.

A reminder: Pop tabs are being collected for the Ronald Mc Donald House. They may be dropped at the Westby Community Center.

The meeting closed with the auxiliary song followed by giving the "peace prayer" and ended with singing "America". Christine served Apple pie for lunch. The next meeting will be held on November 1st at 10:15 AM (notice time change) at the Community Center. Christine Barstad will be hostess.

Secretary, Adeline Lagerquist

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Our new centennial column will keep you informed of the plans, progress, and updates for the reunion, as well as bring you interesting stories, past and present, and tidbits of Westby's history. Anyone wishing to share pictures, stories, or pieces of the puzzle may contact the Border News. Cathy Nordhagen will be our new correspondent for the history portion of this column and she may be reached at rcnjunk@nemont.net or 385-2364.

FUN(D)RAISING HAS BEGUN!!

First up is a \$1,000.00 cash prize raffle to be drawn for at Prairie Fest 2011. Tickets are available from committee members and many local businesses and sell for \$10.00 each. Anyone wanting to purchase tickets, willing to sell a book of tickets, or preferably both, may contact Marlene Anderson at marlene_bazil@yahoo.com or Karen Meyer at 385-2351.

Donations for 2013 Westby Centennial will also be accepted with any denomination greatly appreciated.

Individual and Business 2013 Centennial Donors will be recognized at the following levels and periodically published (unless specified as anonymous), as well as displayed on a donor board at the 2013 Centennial.

\$100 - Bronze

\$250 - Silver

\$500 - Gold

\$1000 - Platinum

\$5000 - Platinum Plus

Donations may be sent to: 2013 Centennial Fund - P. O. Box 61 - Westby, MT 59275

A variety of fundraisers are planned for the future and many of them with the idea of having some fun along the way.

WESTBY LION'S CLUB

ANNUAL CRAFT & BAKE SALE

SATURDAY OCTOBER 30th, 2010

10:00 AM - 2:00 PM

WESTBY COMMUNITY CENTER

LUNCH WILL BE SERVED

To reserve a table call Kim Rust

701-834-2227 or at AL's Meat 385-2349

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IMMANUEL WELCA FALL BAZAAR

SUNDAY OCTOBER 17TH

AUCTION BEGINS AT 2:30

DOLLAR KIDS GRAB BAGS

AND LYO CANDY SALE

Through out the afternoon Supper following auction

SLUSHBURGERS, SALAD, PIE, COFFEE & LEMONADE

EVERYONE WELCOME





Oh, my! It is fall; and what a breathtaking one it has been. Things are starting to wrap up in the fields and one can only hope there is time for one and all to enjoy a moment of its splendor. The colors are gorgeous and any blooms saved from our one and only hard frost are still thriving. With temps in the eighties and the middle of October, but a few days away, seems another one for the record book (mind you, with my memory, sometimes it all seems one for the record book).

The beauty of October also lies in the fruits and vegetables we associate with fall. Apples, squash, carrots, potatoes, rutabagas (Danny's favorite), parsnips, and pumpkins, to name a few. Pumpkins are front and center right now and are especially fun. They not only run the gamut in our seasonal decorating, but our taste buds, too. We group, paint, carve, bake, boil, roast and toast them much to our delight. A month ago, there appeared to be a shortage of canned pumpkin and I've not heard if the problem has been rectified, but with the abundance of fresh pumpkins in the stores there is no need to depend on the local super market to provide you with the store bought version of the main ingredient for the all time favorite Thanksgiving dessert.

Cooking pumpkin is very easy and can be done any number of ways. For eating pumpkins, select one deep, rich and uniform in color with a healthy, stiff stem. Prep it by cutting around the stem about two inches out. Scoop out the stringy fibers and seeds (save the seeds to toast). Cut the pumpkin in half and scrape the flesh with a spoon to remove any remaining fibers.



Pictured: The crab apple tree in Danny & Val Moore's front yard, courtesy of the September frost

There are four basic ways to cook pumpkin: to **bake**-place halved pumpkins, cut sides down in a 350 degree oven for 1-2 hours, depending on size, or until tender. Cool, scrap off the flesh. **Roast**-leave pumpkin whole after removing seeds and fibers, roast as above. You can scoop out the flesh or use the whole pumpkin as a serving vessel. **Boil**-after halving pumpkin, peel pumpkin and cut the flesh into uniform cubes. Boil until tender, 15-20 minutes depending on size. **Microwave**-Cut pumpkin halves into wedges. Place pieces in a glass bowl; cover with plastic wrap and cook on high until tender about 15 minutes. Cool, remove flesh from rind. Cooked pumpkin may be used as is, or for pie, puree until smooth in a food processor and strain in a sieve for about 1 hour to remove excess water. Refrigerate or freeze for future use. Toasted pumpkin seeds are a great snack and easy as can be to prepare. To remove the stringy pulp, place seeds in a bowl of water and swish them around. Pulp sinks and seeds float. Remove seeds and blot dry. Spread on a cooking sheet coated the cooking spray and lightly sprinkle with any or all of the following: sea salt, cumin, garlic powder. Some even prefer them plain. Roast at 300 degrees for 30 minutes, stirring occasionally. Cool. The seeds may be eaten as is after roasting or hull them for pepitas.

The recipes today are old standbys of my Mothers, but still the best version of either one of these sweets I have ever tried.

PUMPKIN BARS

Preheat oven 325 degrees-

4 eggs
2 cups sugar
2 cups flour
2 cups pumpkin
1 cup oil
2 tsp cinnamon
2 tsp baking powder
1 tsp soda
½ tsp salt
1 cup chopped nut

Mix eggs and sugar in large bowl. Add remaining ingredients and mix until well blended. Pour into greased and floured large sheet pan. Bake 25-30 minutes.

FROSTING

6 ounces cream cheese, softened
½ cup butter, softened
3 cups powdered sugar
1 tsp vanilla
Mix cream cheese and butter stir in powdered sugar and vanilla. Spread over cooled bars.

CARROT CAKE

Preheat oven 325 degrees.

2 cups sugar
1 ½ cups oil
4 eggs
2 cups flour
2 tsp soda
1 tsp cinnamon
1 tsp salt
½ tsp all spice
3 cups grated raw carrots
½ cup nuts

In large bowl, lightly beat eggs, add sugar and oil. Stir in remaining ingredients, adding nuts and carrots last. Pour in prepared 9X13 cake pan. Bake 40 minutes or until toothpick comes out clean.

CREAM CHEESE FROSTING

6 ounces cream cheese, softened
½ cup butter, softened
3 cups powdered sugar
1 tsp vanilla
Mix cream cheese and butter stir in powdered sugar and vanilla. Spread over cooled cake.

*Enjoy
For
Life is Good!*





Westby Border News
P.O. Box 36
Westby, MT 59275

Westby Border News
Contact Information

Editor:

Val Moore
P.O. Box 36
Westby, MT 59275
E-mail: dvmoore@nemontel.net

Publisher:

Tracy Johanson
P.O. Box 124
Westby, MT 59275
E-mail: loopy_fruits@hotmail.com

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