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A note to our readers

HRV is YOUR community paper written by readers like YOU who want to share upcoming events and happenings around our community. Feel free to suggest topics or entities for stories, Heart River Gems, or perhaps a new monthly feature. Are you an artist or know of one who might be the perfect fit for our cover? Contact us!

Thank you for your contributions to making Heart River Voice the voice of Stark County and beyond.

To get in touch, email us at kelley@thejileks.com.

Kelley Jilek

Publisher

Cover art, "Lust for Life" an acrylic by Chantel Fugere. For more information about the artist, see page 5.

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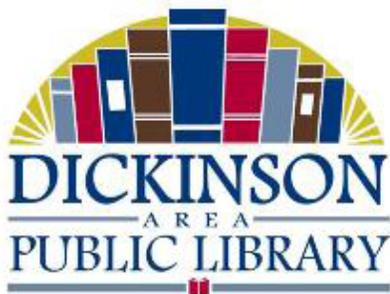
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#BOOKWORM**What's with our call numbers?**

By Cindy Thronburg



For those of you that are frequent patrons of our fiction sections, you may have noticed that our call numbers are different on various books. This is because we are in the middle of a long-range project of changing our fiction call numbers to what we will hope will be a helpful format for patrons.

The best analogy I've heard for call numbers is that they are like the book's address: it tells you where the book is located in the library. Different libraries do them different ways. Ours are probably different from most other

libraries you've seen. Here are some FAQs about call numbers and the project of changing them.

Why are you changing them?

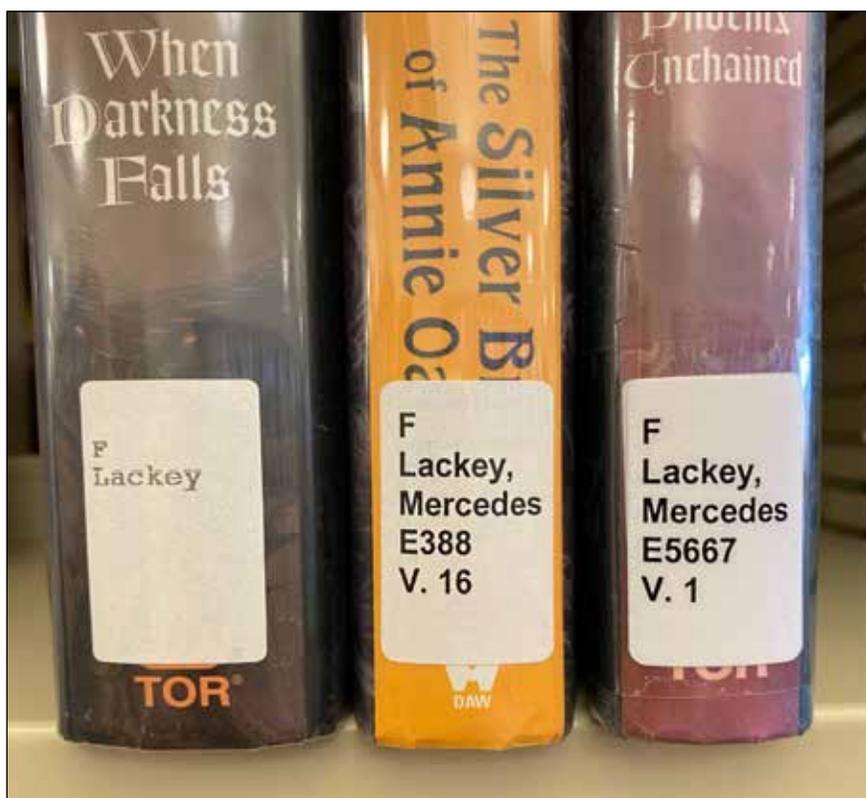
We wanted to create a shelving system where a book has only one location it could be. Most libraries shelf by author, and then the patron has to read through the titles alphabetically to find what they need. Some just intermix the titles and don't put them in order, just grouping them by author. We wanted a patron to be able to have a call number and directly go to the book they need with minimal searching.

What are the other benefits to the call numbers?

In developing the system, it became apparent we would have to group some things by series. So, if your favorite author writes series, all of the books will be grouped in that series and in volume order. Not all series require the books to be read in a certain order, but we still use the volume number system as often as possible to make it easier for us and you patrons.

How do I read the new call numbers?

Reading the call numbers is simple. You start from the top down. They will all start with F (except the children's have a J on the spine as well), then they will have the author's last name and first name or first initial. Then it will have



what is called a Cutter number. This is a letter followed by numbers (and then possibly some lowercase letters) that should be treated as a decimal number. So, H179 would be before H22. Then, if the book is part of a series, it will have a volume number at the end. Some books that are part of a series but do not have a clear volume numbering system have lowercase letters at the end of their Cutter number (ex: H179das). These follow alphabetically. An example of a call number would be F Patterson, J. M6211 V. 14 for James Patterson's 14th Michael Bennett novel, Shattered.

Why do some call number just have F and a name?

These are old call numbers. We are still in the process of changing them. All new materials since the project began (summer of 2018) have gotten the new call numbers, but we are still working on old materials. Items with new call numbers are being shelved at the end of the author's books. All of the old call numbers are grouped by author, then alphabetically by title. The old call numbers are shelved before the new ones.



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**Will you be changing all call numbers?**

No. Call numbers for our DVD collection and our Easy Books collection will not be changing. Children's Fiction, Graphic Novels, and Children's Graphic Novels have all been changed. We are working on Adult Fiction, Large Print Fiction, and Audiobooks. No nonfiction call numbers will be changed.

When will the project be completed?

This is a very hard question to answer. It could take a few more years to complete. In the meantime, all new materials will continue to receive the new call numbers.

If you have any questions about call numbers, please do not hesitate to ask library staff. We are always happy to help! Also, feel free to let us know what you think of the new system! Is it helpful? We always love feedback.

We have lots of fun programs going on in March. Be sure to check our newly updated website and Facebook page to see everything that's happening. We also have calendars available in the library. See you soon! ■

COVER ARTIST**Chantel Fugere**

Chantel Noel Fugere is an award-winning local artist who was born and raised in Dickinson, ND. Coming from humble beginnings, art started out as an outlet for her to explore an imagination that was growing much larger than what her little town could show her. Her passion for creativity grew into a career choice very early in life, and that same passion drove her to improve her skills and explore every facet of art she could. Staying true to her Midwestern roots, Chantel received her Bachelor of Fine Arts from Minnesota State University Moorhead. It is there that she found a new love for Illustration and Painting.

After receiving her college degree, she moved to and worked in Japan for three years teaching English to High-School students as an Assistant Language Teacher. While living abroad, the influences of Japanese culture started to mix into her classical art training, drawing from Japanese pop-culture, manga, and other contemporary Japanese illustrations. She has exhibited in Tokyo, and continues to exhibit her work in the Midwest.

Chantel is currently a full-time graphic designer, and has just begun her long-time dream of becoming a Tattoo Apprentice/Artist at In The Flesh Tattoo Studio. Chantel prides herself as being a well-rounded artist that can use a variety of mediums with



Chantel Fugere

confidence, including paint, digital art, colored pencil, ink, graphite, etc. Her subject matter often consists of feminist themes, women, fantasy characters, and portraits. If interested in her work, check out her online portfolio and other social media accounts.

She is always taking commissions, and most of her work is for sale.

Chantel is also one of the founders of a local art gallery, The Imaginarium, which is located within In The Flesh/Starving Artist Studios Tattoo shop, and is also involved with the Badlands Art Association.



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THE ARTS

Backtrack Vocals

Backtrack Vocals, the 5-person professional a cappella singing group, will be bringing their high energy show to Stickney Auditorium on Sunday, March 5 at 7:30pm as a part of the Dickinson Area Concert Association's 2022-23 season.

Backtrack Vocals began its musical journey by launching a YouTube channel. Their unique music videos featured new arrangements of familiar songs, bringing millions of new fans. Their fresh sound transforms familiar pop, funk, Motown, standards, and Broadway songs with all-new vocal (and beatbox) arrangements.

The evening's program will include many vocal medleys

including Temptations music, songs from Mary Poppins, I'll Be There-Lean On Me Medley, as well as music from The Greatest Showman, Sweet Caroline, and Walking on Sunshine. The variety of arrangements and music styles appeals to young and old and everyone in between.

For ticket information please contact the Dickinson Area Concert Association at 227-1673. Tickets are available for \$30 for adults and \$10 for students and by Community Concert membership. ■






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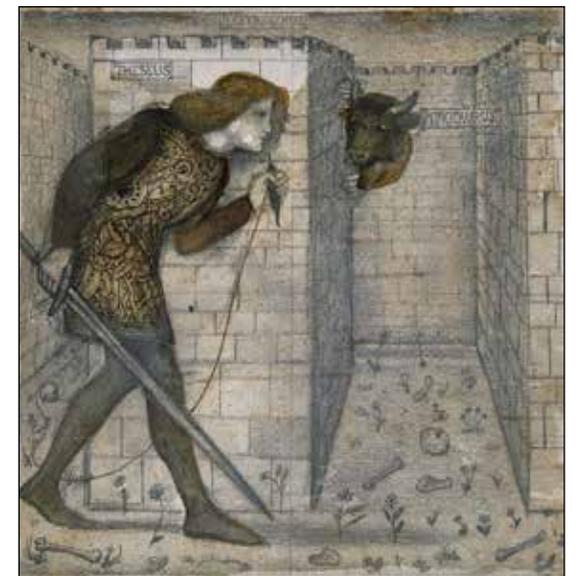


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The word "clue" is derived from the archaic English word "clew," meaning a ball of yarn, because in Greek mythology, Adriadne gives Theseus a ball of yarn to help him find his way out of the Minotaur's labyrinth. ■



Theseus and the Minotaur in the Labyrinth, by Edward Burne-Jones, 1861.

THE ARTS

Dickinson City Band and Strings Ensemble begins rehearsals for spring concert

The Dickinson Community Band and String Ensemble began rehearsing for their spring concert on February 6th in the Dickinson High School band room. The String Ensemble rehearses at 5:30 PM and the Band at 7:00 PM. The spring Band and Strings concert will be held on April 29th at 7:00 PM in the Dickinson High School Auditorium with refreshments after the concert.

Community members are invited to participate in the band and string ensemble. Dr. Rich Brauhn, President of the Band/Strings Board of Directors, says, "We are always looking for new players in both band and strings. Right now, the band numbers over 40 members with a good representation of all instruments. The string ensemble has 12 members and anybody who plays the violin, viola, cello or bass is invited to participate. Members of both groups range in age from the teens to 80, and you don't have to be a highly-skilled player to be part of the group. You just have to like to make music!"



Both ensembles play a wide repertoire including classical music, Broadway musicals, movie music, pop and even polkas. Some of the recent pieces played by the band include Tchaikovsky's 1812 Overture, Themes from the Sound of Music, John William's Star Wars Themes, the Purple Pageant March by Karl King, "Monday-Monday" made popular by the Mamas and the Papas, and the "Chit Chat Polka" by Strauss. Recent selections by the strings include "The Moldau" by Smetana, "Capriccio Italien" by Tchaikovsky, "And So It Goes" by Billy Joel and "Pizzicato Polka" by Strauss. As part of each concert the band and strings combine to perform orchestral selections. According to Dr. Brauhn, "There is something for everybody to enjoy playing and listening to in both the band and strings."

Matt Goettle is the Community Band director and is also the Dickinson High School Band Director. Priscilla Keogh is the Director of the String Ensemble. If you are interested in more information about either of these groups, you can contact either Mr. Goettle at 406-783-8909 or Mrs. Keogh at 701-483-9630. ■

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COMMUNITY

Scrubs Camp for students in grades 10-12

The current and projected shortage of healthcare professionals in North Dakota and across the nation is creating a critical demand for an increased healthcare workforce. Some of the most exciting careers, for both men and women, are in health information technology,

nursing, pharmacy, and many more areas. Thousands of additional healthcare workers will be needed in the coming years. Exposing young children to healthcare professions and encouraging older youth to explore health careers is fundamental to successfully 'growing our own'

rural healthcare workforce. Therefore, CHI, RACTC, and Dickinson Public Schools applied for and received \$2,500 to hold a Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL-Health) Scrubs Camp. This is an exciting program supported by the Center for Rural Health (CRH) at The University of North Dakota School of Medicine and Health Sciences focused on

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rural students in grades 5-12. The overall purpose of the program is to build awareness, spark interest, and increase understanding of the variety of health careers available in rural North Dakota through creative and interactive activities.

We will be holding an R-COOL Health Scrubs Camp on Thursday, March 16th from 8:00 am MT-3:00 pm MT at the Biesiot Activities Center, 398 State Ave N, Dickinson, ND. The focus of this event will be for students in grades 10-12.

Applications can be found with your local school administration or online here: <https://www.chistalexiushealth.org/dickinson/>

scrubs-camp-application-2023. The online application shows a deadline of February 22, 2023, but please check with Site Coordinator, Pat Billings, to see if they have openings available. Late applicants (or for more information) should inquire with Pat as soon as possible by emailing patricia.billings@commonspirit.org or calling 701.456.4469.

We look forward to having your child participate in this exciting opportunity. You never know who the next doctor, nurse, pharmacist, radiology technologist or health information technology expert will be! ■

CONVENTION AND VISITORS BUREAU

Embrace springtime on the western edge of North Dakota

The Spring Equinox – the first day of spring – is Monday, March 20. While North Dakota can be known for its fickleness with the weather when it comes to getting warmer and staying warmer, springtime on the western edge of North Dakota can be absolutely breathtaking.

If the fresh air and extra three minutes of sunlight per day in March is calling you outside, take a hike on one of the trails! The Crooked Crane Trail near Dickinson, the Theodore Roosevelt National Park (North and South Units), Sully Creek State Park near Medora, and the Little Missouri State Park near Killdeer are calling your name. Can you spot the first blades of fresh, green grass? Can you hear the sweet sounds of birds returning to sing? Are you an early riser? Take in an early morning sunrise and welcome the day!

If the spring air is still a little cool for your liking, there are a myriad of options

available indoors to suit your tastes. In March, you could drive on over to Medora to take in the spring concert series or nab your ticket to the Your Town Tour Concert featuring Deana Carter right here in Dickinson. There are several opportunities to eat, drink, and support local charities in March, too. Rounding out the month is the Spring Show sponsored by the Dickinson Area Builders Association. Maybe it's time to start planning for a home or garden renovation!

Whether you choose outdoor or indoor recreation (or if the weather chooses for you!), there are many options to play, shop, and dine and always something to do on the Western Edge of North Dakota. Discover all the events taking place at visitdickinson.com/events.

Don't forget to tell us about your adventures! Use the hashtag #visitdickinson to share your stories. ■



DICKINSON PUBLIC SCHOOL FOUNDATION DPS Foundation highlights

Although we are only a few months into the new year, the Dickinson Public Schools Foundation, Inc. has been bustling with activities! Here are some of the highlights:

Annual Teacher Grant Program:

In January, the Foundation awarded over \$47,000 in grants to staff members in the DPS district. The Foundation funds projects that enrich the quality of education that go above and beyond what the district provides. Some of this year's grants included funding for a 5th grade career day, communication boards for all school playgrounds, a Bookworm vending machine, and a district Family Code Night. The annual grant program was established in 1989 and has awarded over \$620,000 to teachers in the DPS district.



The annual grant program was established in 1989 and has awarded over \$620,000 to teachers in the DPS district.

Mystery Dinner Theater: The signature event was back for its 17th season with "Murder at the Retirement Community." This sold-out show was written by Josh Nichols and cast with community volunteers. Over three nights of sleuthing fun, guests partook in the interactive play and awards were given for solving the mystery and best dressed.



Jan Fields Education Scholarship: The scholarship was recently established to honor Jan Fields who dedicated her life to teaching and helping others in our community. Our hope is to continue to embody her enthusiasm, strength, and loyalty for generations to come. Therefore, the first Mrs.

Fields Education Scholarship will be awarded in the spring of 2023 to a Dickinson High School senior that is going into education. To find out how you can support this scholarship visit <https://www.dickinson.k12.nd.us/dps-entities/foundation> or contact Karen at kheidt@dpsnd.org or Marisa at mriesinger@dpsnd.org. ■



VOICING SOME THOUGHTS Nature's blessings

By Nancy Hoff

I have the fortune of being married to a Nature Guy.

He lives on the farm he was raised on and knows the landscape well. When we began dating, he invited me out for a spring afternoon explore. He handed me a pair of waders and said "We are going to the quicksand flats." I did inform him that first, I needed to let my son at the Dickinson police department know where I was going ... just in case I'd go missin'.

I had only seen quicksand in westerns, so I was curious. I thought it would suck in anything close to it, like a giant sinkhole. Actually it is like a bunch of bowls of quivering jello. There is dry land around the soft areas ... just be careful! The marsh is frequented with marbled godwits with long bills upturned like a kids' nose, willets picking through water gingerly on their long legs. My favorite is the avocets with precise neat markings of black, white and tan which remind me of a tuxedo, except in tan. They instinctively knew to navigate around the hazardous areas. And we were treated to other perks like coyotes, grass shyly blushing the first hint of green and crocuses.

On another early morning explore, there was a heavy dew. We came upon a pasture – the dew clung to grasses with hundreds of spider webs woven in, glistening in the rising sun- a trampoline

of gossamer and diamonds of dew. How intricate, strong and orderly, all from a creature smaller than an eraser. This tiny being knows innately how to create a home and how to survive by trapping prey. Another time, on one of the first warm spring days, we watched spiders ballooning – imagine making a parachute of your own to travel to a far corner.

We would ride horse near the Schnell ranch public lands by Richardton for a "cloud day." Stretch out on the side of a hill and watch the clouds drift by. We'd search the prairie for different plants and a succession of wildflowers – scarlet mallow, prairie smoke (a pale pink, feathery plume) and vibrant purple



vetch – and watch for mule deer with their enormous ears, although hubby prefers enormous antlers.

Once, in a clearing behind a campground at the Schnell ranch, we discovered twin fawns, just a couple of hours old and still wet. Mom had bugged out when she heard us coming to draw attention to her and danger away from her young.

So as these winter days extend by a few minutes a day, a new spring is around the corner with the promise of new discoveries. ■

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COMMUNITY

Thousands of pilgrims march to the Capitol to fight for the right to life

By Abby Scheeler (THS, '22), University of Mary

For the past 49 years, pilgrims from across the country have been marching to Washington D.C. to fight for the right to life. This year marks the 50th anniversary of Roe v. Wade, the infamous Supreme Court Case that legalized abortion, and nearly one year since its overturning. The official March for Life website states that "Sadly, the number of abortions annually is still well over 900,000 each year and that number is expected to decrease by roughly 200,000 each year in a post-Roe America." Thousands of students rallied and marched to the United States capitol on Friday, Jan. 20, 2023. These pro-Life Activists will continue to march at the beginning of January every year until a culture of life is restored to the

United States of America. To support the momentous event, the Diocese of Bismarck, North Dakota has sent students from Dickinson Trinity, Bismarck St. Mary's, and Minot Bishop Ryan as well as five buses from the University of Mary, in Bismarck. Even though the diocese sends so many students to support the cause, what do these marchers truly mean when they say they march for the right to life? According to a 4-year March for Life veteran, Brooklyn Berger, a freshman at the University of Mary and graduate of Trinity High School, "The goal of the March is for the end of abortion and all other acts that destroy the intrinsic value of the human person." These people aren't solely participating for the unborn children, but for everyone, living and non-living. When asked why this event is such a big deal to Brooklyn and her fellow students, the college freshman said with confidence, "The March for Life is the celebration of the dignity of each person, from conception to natural death. It is a beautiful experience to come together as a pro-life movement to fight for the protection of all human life. Respect for Persons is a Benedictine value that is near and dear to my heart. The UMary community promotes a culture of life, and it is a privilege to march for those



Trinity High School graduates and current University of Mary students, Brooklyn Berger and Morgan Ehlis, marching at the Capitol.

who cannot." On January 20th, 2023, Brooklyn marched with her college friends and many peers from her Alma Mater, Dickinson Trinity, on the path to the U.S. Capitol to live out the University of Mary's Benedictine value that holds

human life in such high regard. Of the many events there are, the March for Life truly is the pinnacle of pro-life events meant to unify those who respect and value human life. ■



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FINANCIAL FOCUS

Take advantage of higher IRA limits

Over the past year, the rising cost of living has certainly been challenging. But for investors, there's at least one silver lining to inflation — a higher IRA contribution limit.

IRAs have been around for nearly half a century, but they've only been pegged to inflation since 2001. Since then, the contribution limit has risen every few years, with the last increase coming in 2019. Now, in 2023, the annual IRA contribution limit has moved to \$6,500, up from \$6,000 last year. If you're 50 or older, you can put in up to \$7,500 a year, up from \$6,500 in 2022.

If you've already established an automatic investment plan for your IRA, you could consider bumping up your payments to accommodate the new, higher limits. However, if you can afford it, you may want to fully fund your IRA as soon as possible, so the money can potentially be growing throughout the year. But you can contribute to your 2023 IRA any time from now until April 15, 2024. (And it's also not too late to contribute to your 2022 IRA — you've got until April 18 of this year.)

If you haven't yet opened an IRA, you might want to do so now to take advantage of the higher contribution limits. Depending on your situation,

you could contribute either to a Roth or traditional IRA. Here are the basics for each one:

- **Roth IRA** – When you invest in a Roth IRA, your earnings and withdrawals are free from federal taxes, provided you've had your account at least five years and you don't start taking money out until you're 59½ or older. In 2023, you can contribute the full amount to a Roth IRA if you are single and your modified adjusted gross income (MAGI) is less than \$138,000; above that amount, your contributions will be reduced until they are phased out completely at \$153,000. If you're married and file jointly, this "phase-out range" is \$218,000 – \$228,000.

- **Traditional IRA** – Generally, you can invest in a traditional IRA regardless of your income level. If you and your spouse don't have a 401(k) or similar employer-sponsored retirement plan, your contributions are typically tax deductible; if you or your spouse do have such a plan, the tax deductibility will depend on your income level. But regardless of whether your contributions are deductible, your earnings can grow on a tax-deferred basis.

If you have a choice, which IRA should

you pick? The decision largely revolves around this question: Would you benefit more from the traditional IRA tax deduction (assuming you qualify for it) or the tax-free withdrawals of a Roth IRA? And the answer mostly depends on whether your tax rate will be higher or lower during your retirement. If you are confident you'll be in a higher tax bracket when you retire, the Roth IRA, with its tax-free withdrawals, might be the better choice. But if you think you'll be in a lower tax bracket, you might benefit by taking the upfront tax breaks

of a traditional IRA.

Of course, if you're still many years away from retirement, it can be difficult to estimate your future tax bracket. Your tax advisor may be able to provide some guidance.

An IRA is one of the most popular retirement savings vehicles around — and for good reason. Consider putting one to work for you in 2023.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Marlene Bradbury, Edward Jones. Member SIPC. ■

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LESSONS IN BUSINESS Strategic planning

By Debora Dragseth, P.D.

Does your organization or business unit have an updated strategic plan? If you don't, it may be because you are using one or two of the most common excuses: 1) Strategic planning is for the bosses, not for me. I just do what I am told by the corporate. 2) Strategic plan? Are you kidding? Things are changing so quickly around here, I am lucky if I can plan for an oil change.

Let's look at these excuses individually. Although strategic planning is most often thought of as a corporate-level function, in reality, in order to be relevant and effective, strategic plans should be developed, communicated and implemented at all levels of the organization. If lower- and mid-level employees are completely left out of the strategic planning process, you can expect a high and often insurmountable border between strategy and execution due to lack of buy-in.



As for excuse number two, all businesses find themselves in a more chaotic environment today than they did in the past. Businesses haven't been able to follow trend lines and be confident that the coming year will be similar to last year since the 1980s. However, because today's changing environment is so accelerated, there is more—not less—need for strategic planning.

Consider management guru Peter Drucker's famous quote that "sloughing off yesterday is almost impossibly difficult, yet every organization must get used to doing it regularly." A strategic plan is not meant to be static; it should be adaptive and flexible, a living document that focuses on the company's strategic vision; it should be reviewed, shared, discussed and implemented throughout the entire organization.

Fearful or fearless?

Ask yourself if your company's strategic plan is fearful or fearless. Does the plan focus on the limitations to, or the possibilities of, moving forward?

Imagine your company (or business

unit) as it could be rather than as it currently is. Then ask yourself: If we got all the breaks, if everything went our way, what could this company look like in five to ten years?

Then consider: What are the activities that are most likely to achieve the results that we want? Write down these activities and prioritize them. This is known as developing a plan of action. The next step is to analyze what barriers might inhibit you from following your plan of action and achieving your goals.

Your principal obstacles may not be your competitors; they may be lack of creativity, the drive to protect self-

interest, or the company's "we-have-always-done-it-this-way" culture.

Strategic planning seems like a lot of work, and it is if it is done correctly. Sure, some businesses will succeed by the "flying-by-the-seat-of-their-pants" method, but those businesses are in the minority. The vast majority of thriving companies do not succeed by dumb luck—they succeed by strategically planning and effectively executing.

Debora Dragseth is a national award-winning writer and a professor of business at Dickinson State University. Her column appears monthly, providing workable solutions to common workplace issues. ■

COMMUNITY The UCI Quilt

According to the Webster dictionary a quilt is "a kind of mattress; now, a bed coverlet of two thickness with a filling of wool, cotton, down, etc. To stitch or sew in layers usually with some soft tick substance between, as in a bed quilt." In the World Book encyclopedia one sentence says it all "many beautifully decorated quilts are considered outstanding examples of folk art."

In 1988 was the first time a Ukrainian cross-stitched embroidered quilt was offered as a raffle prize for the Ukrainian Cultural Institute festival. Nineteen ladies embroidered 28 blocks which was sewn together alternately with a solid color block to produce a queen size quilt. Some of the ladies embroidered two squares and other did one. (UCI's spring 1988 newsletter)

Two of the ladies who embroidered two each of those squares were Ann Basaraba and her daughter Stephanie Klym. As members of the first quilt makers over the years some no longer helped for one reason or other but Ann and Stephanie continued to embroidery squares for a quilt to be a raffle item and other daughters and a daughter-in-law of Ann's started helping make the squares. Ann passed away in 2022 but Stephanie,

her sisters Bernedette and Kathy Jo and sister-in-law Carol continued to embroidery squares for a raffle quilt.

Olga Burian sewed those first blocks together preparing the quilt for stitching. Over the years other ladies prepared the quilt for stitching and stitching it together. Vi Paluck writes "Agnes asked me to take over the quilt project about 10 – 12 years ago. At one time it was hand quilted by the Hebron Senior Citizens, since the invention of the quilting machine and

professional quilters, the quilt is machine quilted by Tammy Burke. Ann and her daughters were the artists who stitched the blocks and then they are given to me to stitch into a quilt. The fabric in the quilt is matched to the embroidered block." The quilt has always been made to a queen size.

Since 2015 the quilt has been won by people living in Dickinson, but a few

years, quilts have been mailed out to people living in other states or across ND.

Pictured is the quilt for UCI's 2023 Annual Raffle along with raffle items Michael Kors purse, \$200 Visa Gift card, two \$100 meat certificates; one from 701 Meats, South Heart, ND, and one from Old Tyme Meat Shoppe, Belfield, ND, and two Pysanka egg. Raffle tickets can be purchased at UCI, 1221 W. Villard, Dickinson, ND for \$5.00 per ticket. The quilt is also on display at UCI. Drawing for the raffle items will be at UCI on June 30. ■





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NDSU EXTENSION What's up with eggs?

By Julie Garden-Robinson NDSU Extension Food and Nutrition Specialist

Prevention. Fewer chickens means lower egg inventories. Low inventory usually translates to higher prices at the grocery store. Consumers tend to use more eggs during the holiday season.

According to economists, we might see a leveling of egg prices as demand

function.

Eggs have many useful properties in recipes. Eggs provide flavor, structure, binding and thickening properties in recipes. They serve as leavening agents. For example, eggs' leavening properties



cause angel food cakes to have a fluffy, tender texture. Eggs also can be a "wash" brushed over the top of baked goods for browning and glossiness. You might coat chicken tenders in an egg wash before rolling in crumbs so the crumbs remain on the food during cooking.

What if egg prices stretch your budget too much? In this case, you might find recipes that use fewer eggs. For example, homemade angel food cakes that call for 12 egg whites might not be on your menu. You also might explore recipes developed for people with egg allergies, which need

to be egg-free.

Many substitutions are available to help you make your favorite recipes without eggs. The following ingredients may be substituted for one egg, but you will need to experiment with your recipes. Muffins and quick breads may work better with some of these substitutions.

- ¼ cup applesauce
- ¼ cup mashed banana
- ¼ cup vegetable oil
- ¼ cup of yogurt or buttermilk
- 3 tablespoons aquafaba (the liquid found in canned chickpeas or beans) ■



I pushed my grocery cart into the dairy aisle as I read my shopping list. I did a double take when I reached the stacks of egg cartons in a large cooler. The current price was \$7.89 for 18 eggs and 5.89 for 12. Eggs are at record-setting high prices. According to the U.S. Department of Agriculture, egg prices in late December 2022 were 267% higher than prices at the start of 2022.

Are the hens on strike? Avian flu is the main reason for increased egg prices. This disease resulted in at least 50 million birds culled from their flocks by November 2022 according to the Centers for Disease Control and

decreases in post-holiday months. Hens are busy restoring the egg inventory. According to my calculation, the current pricing equates to 44 to 49 cents per egg. Although I paid more than usual, I still consider eggs a nutritional bargain. At just 70 calories each, an egg provides 13 vitamins and minerals. The protein in eggs is very digestible. Eggs also provide lutein and zeaxanthin, which are pigments (natural colorants) found in eggs. These pigments reduce our risk for age-related macular degeneration, which is a leading cause of blindness. Eggs provide vitamin D, which we need to maintain our bone health. Vitamin D plays a role in immune

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SPIRIT OF EXCELLENCE

Audrey Kuntz honored for excellence

Audrey Kuntz of Richardton was recently honored with the Stark County Spirit of Excellence Award for her Stewardship.

Surrounded by family, friends, colleagues, and other special guests, Audrey was recognized at a surprise celebration at the Richardton City Hall on January 19. She was showered with donated items from Stark County businesses and individuals. Presenting the award was Richardton Mayor Tom Roll.

Audrey has dedicated a large portion of her time in becoming an EMT to serve her community that she loves. She also became a teacher to follow her passion for teaching children. She serves as an EMT in Richardton and is a fifth-grade teacher at Heart River Elementary School in Dickinson.

While doing all these things she also



created Richardton-Taylor Ambulances Safety Tuesday program that focuses on teaching children how to be prepared not scared. She has donated her time and resources in making sure the program is not only informative but also includes other agencies such as fire, law enforcement, and even game wardens. These agencies not only inform the kids but make sure they know that these are agencies and people the kids can trust.



Audrey pours her soul into being there for her community and is a wonderful role model and steward to the town of Richardton and its surrounding areas.

N o m i n a t e and view award information at www.starkcountysheriffnd.com or call 701-290-1640. ■

COMMUNITY

Alcoholics Anonymous fellowship

Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

For local meeting schedule, see our website: www.aanorthdakota.org

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AA Hotline 701.264.7552

COMMUNITY

Dickinson station to celebrate five years in ministry

Dickinson's own 103.7 The Connection invites the community to celebrate five years of ministry on Thursday, March 16. The celebration will be at The Building (127 1st St. W) in Downtown Dickinson. The event will start with a dessert social at 6:30 pm followed by a program and speaker at 7 pm.

KPAR-LP (103.3 FM) originated in the mid-2000s in the basement of the Seventh-Day Adventist Church and was mostly satellite talk radio. In 2017, a group of people worked together to change the station's format to Contemporary Christian Radio with unique programming. The frequency also changed to 103.7 and "The Connection" went on the air March 16, 2018.

There are so many stories of God's provision and how He has used the station to minister to the Dickinson area. God has used this radio station to reach our community during a pandemic, a state-wide drought, grassland fires,

blizzards and more. The Connection is a non-commercial station, non-profit and not affiliated with a large media group. They rely on donations and fundraisers to meet the operating budget. In addition to the over-the-air signal, the station also streams online, allowing The Connection to reach anyone, anywhere.

"I hear regularly from people how much they love our station. People enjoy hearing hope and encouragement, especially in a world full of negativity and division," said Heidi Larson, General Manager. "We are more than just great music - we are a ministry. We are committed to sharing the love of Christ with the Dickinson area. We also bring in concerts and other family events, promote non-profit events, and pray for various needs in our community."

The event speaker will be Ryan Botner of Washburn. Botner will share his story of how he hit rock bottom and lost everything after turning to alcohol and drugs. After a coma caused by an overdose, he found God. God delivered him from his addiction and turned Ryan's life around. Ryan's talk will inspire attendees with his story of hope and redemption. This is a free event that is open to the public. ■

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HEALTH

Biofilms

By Steve Irsfeld

Have you ever walked over rocks in a stream and found yourself trying not to fall because the rocks were so slippery? The thin layer of goo that makes the stones slippery is something called a biofilm. Biofilms are found throughout nature, even in our bodies, eventually becoming a source of chronic diseases. The story on biofilms is impressive, as

infections longer than other types of conditions. More prolonged treatment exposure can allow the microorganisms to adapt better and ultimately create these biofilms.

How do we best attack biofilms? We have several natural "biofilm busters" including curcumin, berberine, mastic gum, ginger, cloves, garlic, oregano, and bismuth. These nutrients can be found in combination formulas that can be less harsh on the system than long-term antibiotic therapies.

When taken on an empty stomach before an anti-microbial treatment,



you will find out in this article.

The definition of a biofilm is that they are thin films of mucus created by and containing a colony of bacteria and other microorganisms. The simplest explanation I came across referred to biofilms as "slime." Biofilms can be formed anywhere water is present.

The pathogens that make up biofilms can consist of bacteria, parasites, fungi or viruses, or a combination of the four. They encase themselves in a protective coating that you might think of them having a shield to protect themselves. The biofilms allow the pathogens to reproduce and leach toxins into our systems while being protected.

A concern in the medical community is biofilms found on medical devices and tubing, which can eventually lead to chronic infections. Bacteria bunched together in a biofilm colony can be 1000 times more resistant to antibiotics than bacteria floating on their own throughout our bodies.

Biofilms can cause the following problems: kidney stones, endocarditis, ear infections, and diabetic ulcers. Another area of the body where we see biofilms and can help treat them is the sinus passages. It is a challenge to get antibiotics into the sinus areas, mainly due to the lack of blood flow to these areas resulting in the need to treat sinus

specific enzyme formulations can dissolve the biofilm matrix and allow the treatment to exert its effect better. Probiotics can help restore balance to the digestive system, providing a protective benefit in the fight against biofilms.

EDTA is a chelator that binds to metal that can be easily removed from the body. Suppose you have a significant heavy metal load. In that case, these microorganisms can use the metals to create biofilms, so testing and eliminating heavy metals can be a helpful way to improve your overall health.

After being bombed with a lot of information on biofilms, what do you do with this newfound information? If you or someone you know has a problem with persistent bacterial infections, they may have a biofilm issue. It would seem logical to try a protocol to break down biofilms to see if you improve or get better results with the treatment you are undertaking.

If you want more information on biofilms, call the pharmacy @ 701-483-4858 or stop in to schedule a consultation. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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North Dakota vs. Adolph Lehmann - The Trial, Part 3

By Bob Fuhrman

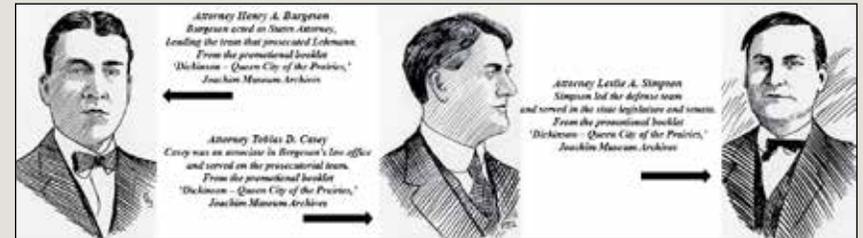
Lehmann's trial began in Beach on January 24, 1918 with the jury empaneled that day (nearly all the gentlemen of the jury were farmers), Attorney Waldron followed, opening for the state. The Press was uniformly complimentary of the proceedings, lauding the prosecutorial and defense teams who "stubbornly fought (the trial) from its very beginning." The paper noted that of the fifty-plus witnesses subpoenaed, many of the character witnesses were not called but a short list of "some of the witnesses called" was printed. Eyewitness Dora Darling heads the list, accompanied by her daughter, Wetzstein's widow Clara, Charles C. Hill, the man who took down Wetzstein's deathbed statement and Sheriff Hartung.

The Press recounted Attorney Simpson's defense strategy, casting shadows on Wetzstein's character by introducing an affidavit showing the 34-year-old victim had been sent to

reform school for burglary at age 14. The state had shadows of its own to cast - Lehmann had been accused of stealing cattle and had settled the claim, inferring an admission of guilt.

As for the shooting itself, the state contended that Lehmann followed and fired at Wetzstein as he ran to escape the gunman, that testimony bolstered by two eyewitnesses - farmers Frank and Stephen Lindeman, who were driving by and testified Lehmann discharged his gun at Wetzstein as he ran for the house.

Two additional witnesses, Rosie Weiler and Rosie Kilzer were somewhere to the west of the Darling place "going after a cow" when they heard a shot from the east. Weiler testified that about 15 minutes later when their pursuit of the cow took them within sight of the Darling house "she saw Adolph Lehmann go to a window by the bedroom on the east side of Mrs. Darling's house, and that she called



Rosie Kilzer's attention to that; that, just after she saw the defendant at the window, she heard two shots; and that, about two minutes after that, she saw him going up town on front street, running." Kilzer related the same basic story except she did not testify that she'd seen Lehmann at the window, but did hear the shots and saw him running to town.

Dora Darling's testimony clarified items carried previously in the newspapers right after the event - it was while holding the bedroom door with Wetzstein that she tried reasoning with Lehmann (here is where she exclaimed, "My God, man, are you crazy? There'll be no killing in this house. I'll call the marshal and the neighbors." There followed (she testified) Lehmann's shot through the door that removed Wetzstein's finger, this frightening Dora

so much that she squeezed through the doorway and fled out "to the yard where she cried aloud for assistance."

Unfortunately for the prosecution, the deathbed statement recorded by Charles Hill ended with Wetzstein losing his finger as "he became too weak to give any further details" and Attorney Simpson seized upon this opportunity to argue self-defense, contending Lehmann pursued Wetzstein from the barn because he thought (Wetzstein) was running to the house to secure a gun. In fact, the defense contended, Lehmann had stopped in the barn to hang up his holstered .38 revolver before going to see Mrs. Darling, saying he never carried a gun when visiting Clara's mother (who had testified she told Lehmann that now that Clara was Mrs. Wetzstein it was improper for him to call at the house looking for her).

Lehmann testified that as he turned from hanging up his holster Wetzstein entered the barn and threatened to kill Lehmann and there was a bit of a scuffle, Wetzstein trying to get Lehmann's gun but then fleeing for the house. Lehmann pursued as he knew there was a shotgun and rifle in the house and believed Wetzstein was going for the firearms so as to kill him. Lehmann admits to the altercation at the bedroom door, Mrs. Darling's pleas and her retreat out to the yard. Lehmann then entered the room and tried to grab the rifle and shotgun but Wetzstein wrestled Lehmann for the revolver and the gun discharged, striking Wetzstein, Lehmann then "in fear" fled the residence.



Judge W. C. Crawford
Crawford initially was scheduled to hear the Lehmann case but readily agreed to a change in venue and to readily stepped aside on a claim of prejudice by the defense.
From the promotional booklet
'Dickinson - Queen City of the Prairies,'
Joachim Museum Archives

Judge William Nuessle
Judge Nuessle traded January sessions with Judge Crawford in answer to Lehmann's charge of prejudice against Crawford
Credit: State of North Dakota Courts website



Continued, next page

Continued from page 16

Obviously, Lehmann's account and that of the Lindemen's and the two Rosie's contradict each other and, if we're confused, the Press tells us other people were too:

"Much uncertainty exists at this point. The defense contended that the shooting was done by Lehmann while in the room with Wetzstein, whereas the state sought to show that Wetzstein was killed by a bullet that entered through a broken window as Lehmann stood on the outside, where he had gone after shooting through the door."

Testimony was completed on Wednesday January 30 with closing arguments. Simpson led off, doing "effective work for the defendant." Tobias D. Casey, who shared Bergeson's

Dickinson office as his associate, provided "a comprehensive summing up, clos(ing) for the state," the case was given to the jury at 5:30 p.m.

Nothing of Judge Nuessle's charge to the jury was reported but we know that in North Dakota at this time juries were allowed to consider convicting on a lesser degree (today prosecutors will often charge out a 'lesser included offense' which could include second-degree murder, providing the jury a specific option to the main charge). According to the Press, the initial ballot came back 11 to 1 to convict on the charge of first-degree murder; in subsequent ballots "the lone jurymen refused to swing over." Near 11:30 p.m., with that lone juror still holding out, the jury opted to convict Lehmann of murder in the second-degree. After reading of the verdict the judge set sentencing for the next day at which time Lehmann was sentenced to 20 years in the state prison.

By February 2 Lehmann's legal team filed a notice of appeal to the North Dakota Supreme Court for their client who was released under a \$20,000 bond, again signed by his brother and brother-in-law. Five days later the Jamestown Weekly Alert carried a singular item on the case when reporting Lehmann's sentence. Only known through this item is a brief account that says Wetzstein married Clara Loney and moved to Sydney, Montana (which is where they did get married), lived there a short time before Clara left Wetzstein who, it is contended, threatened to poison Clara and then kill Lehmann. Returning to North Dakota Wetzstein meets Lehmann at Richardton where

"Lehmann was armed, and Wetzstein was not. After a wordy war, Lehmann followed Wetzstein into a house where the latter hung up his gun. He (Lehmann) shot through the door of a bedroom, and then forced his way in, and a scuffle ensued, and it is claimed by Lehmann that in the scuffle Wetzstein pushed the trigger that discharged the gun

when he received his mortal wound. Lehmann then gave himself up."

Apparently, the Alert wasn't alert to the Press' account of the trial nor very logical in its writing. After all, if Wetzstein was unarmed, how could he ('the latter') hang up a gun he did not have? And whoever heard of 'pushing' a trigger? And, of course, there's no mention of a poisoning in any other accounts of the case.

Lehmann's appeal worked its way through the legal apparatus slowly but issues related to the case still found their way into state newspapers. Two weeks following the trial Golden Valley County presented a \$1957.70 bill for costs of the trial to Stark County (equivalent to over \$38,000 today), and this was without the costs of the three-man prosecutorial team and Sheriff Hartung's work subpoenaing witnesses.

The next month Lehmann signaled that he was finally done pining for his former housekeeper, Clara Darling Loney, when he married 27-year-old Lillian May Conrad of Beach on March 18, 1918 at Billings, Montana. The new Mr. & Mrs. Lehmann's celebration of their nuptials on a honeymoon to Spokane was cut short when the groom was arrested for violating the terms of his bond by leaving the jurisdiction of the district court. Lehmann's brother Paul reportedly revoked his bond when he became aware of Adolph's unauthorized trip but later reinstated the bond. This seems to indicate Adolph's infraction was not considered serious enough to warrant denying the bond's renewal, but we do know the errant groom was lodged in the Golden Valley Jail upon his return for a few days at least.

Perhaps Lehmann's matrimonial mis-adventure earned him a talking to from his lawyer as no further incidents were reported before the ruling on his appeal. In fact, 33-year-old Lehmann dutifully registered for the Draft in September of 1918, from which we finally have a physical description of Wetzstein's slayer - tall, slender, brown eyes, black hair and not 'obviously physically disqualified' from serving. Of course, the Selective Service Act of 1917 exempted registrants shown to have been convicted of a felony, or an 'infamous' crime.

Another marriage involving a principal actor in the Lehmann case made the papers on October 7, 1918,

this time on the front page of the Bismarck Tribune:

MURDERED MAN'S WIDOW MARRIED

Dickinson, N.D. Oct. 7 - Mrs. Clara Wetzstein, the apex of the triangle which resulted in the shooting of her husband, Mathias Wetzstein, by Adolph Lehmann, a wealthy young bachelor rancher for whom Mrs. Wetzstein formerly was housekeeper, suddenly decamped last week for Montana with matrimonial intentions. Her "intended," who came here from Montana with a marriage license in his pocket, accompanied her.

Clara's intended was one Brodie Bell, a Tennessee-born stock farm laborer from Montana who was 38, 36, or 34 years of age, depending on what you choose to believe - his tombstone (born 1880), his marriage license (1882) or the 1920 Federal Census (1884). Not to be outdone, Clara's age continued to be ambiguous. According to the same three sources used for Brodie Bell, the new Mrs. Bell was 46, 40 or 48-years old. Given the preponderance of evidence, it seems a safe bet that 1872 might be her actual year of birth, with 8 to 12 years separating the newlyweds, depending on what you choose to believe about Brodie.

While this is a sideshow to the Lehmann case, once again a newspaper's tone is somewhat disparaging of Clara. She has 'suddenly decamped' as if fleeing - and as if going to Montana to be married was something nefarious - it was most decidedly not, elopements to Montana being a very common story often reported in the Press of that era. Finally, Bell is not identified except as 'Her "intended" - the quotes seeming to infer doubt as to the legitimacy of his status.

Though Clara Darling Loney Wetzstein Bell fades away after this article, we do know that she remains married to Bell until 1929 when he dies in New Mexico. In 1930 the widowed Clara is working as a washerwoman in Clovis, New Mexico, where she remains until dying in 1940, age 68. Though she never marries again, just months before her death she shares the house she owns with three grand-daughters, age 9, 11 and 18 and it's nice to know she wasn't alone in her later years. She is buried alongside Brodie in Clovis.

Next Month North Dakota vs Adolph Lehmann - The Conclusion ■

Gem Hotel

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CHEF AT GEM HOTEL QUITS AT MEAL TIME AND GETS HUSBAND

While the supper was sizzling on the stove at the Gem Hotel Wednesday evening, the cook, Mrs. Clara Wetzstein, without notifying the manager of the hostelry, donned her hat and proceeded to the station where she entrained for Montana. She was accompanied by a Mr. Brady* of that state, who came here solely for the purpose of securing Mrs. Wetzstein as a helpmate. So sure was he of the results that he carried the Montana marriage license in his pocket.

Mrs. Wetzstein, it is said, will return next week to secure her clothing and will then return to Montana, where she will live on her husband's farm.

Mrs. Wetzstein secured some notoriety last year by her connection with the Adolph Lehman case. She was Lehman's housekeeper before her marriage to Wetzstein and it is said that the killing of the latter by Lehman was caused by jealousy over the woman.

-Dickinson Press, September 29, 1918

*actually 'Brodie Bell'

THE ARTS**DSU Band performs and works with students****By Brian Holder, PhD**

Members of the Dickinson State University Band have been busy, performing for area schools and collaborating with high school musicians. In early February, the band was invited to perform alongside the Killdeer High School Band at a home basketball game in the new Killdeer school gym. The audience appreciated this collaboration, and the students enjoyed sharing their music with each other. The members of the DSU Tuba Ensemble have also performed school concerts in Hettinger, Hebron, and Scranton, with more planned for the spring. This group is made up of all music education majors, and the experience of being in front of these young students is an important step on their path to becoming professional music teachers.

All of these performances have been wonderful ways to share our music with



these high school-aged students and to encourage them to continue making music in their communities. This goes beyond the primary purpose of the DSU band – supporting the university community through on-campus performances. It is also important to get off-campus and reach out to the larger community in Southwest North Dakota. The band has other special performances planned, with further involvement from the DSU Clarinet Ensemble, the DSU Jazz Band, and the DSU student music education club. You are always welcome to join us on-campus for a concert, or maybe you'll see us performing or sharing our music somewhere else in the region. ■

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**COMMUNITY
Pizza & Pals**

Did you know that 90% of brain growth happens by age 5? Did you also know that providing a literacy-rich environment is one of the most effective ways to support development and brain growth? Research shows that early reading experiences and literacy rich environments are the most effective ways to support the development of prereading and cognitive skills. This not only helps children prepare for success in school, but also throughout their entire lives! Imagination Library is a nationally recognized program started 27 years ago by Dolly Parton. The program is dedicated to fostering a love of reading right from the start. Our Stark County chapter is funded by grants, alongside business and personal donations from our community. The money we receive goes directly toward providing children with a free, high quality, age-appropriate book each month. Children enrolled can receive one free book in the mail each month personally addressed to them until they turn 5 years old, no matter the family's income. Isn't it amazing to think



that as a parent, you have the power to boost your children's learning potential simply by making books an integral part of their lives?! Studies show that children who are read to frequently become better readers later in life.

The Biggest fund-raising event for your local Imagination Library occurs on April 1st with an event called Pizza and Pals held at the Biesiot Center from 11am to 1pm. Bring the little ones out to meet some of their favorite literary characters, do a little dancing, have a story time and get their face painted. There will be pizza, drinks & ice cream as well all for your \$10 ticket. Ages 2 & under are free. ■

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Spring SHOW

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West River Ice Center, Dickinson

MARCH 31 & APRIL 1, 2023

**FRIDAY
3PM - 7PM**

**SATURDAY
9AM - 4PM**

GENERAL ADMISSION \$1 or two non-perishable food items

Food Trucks, Cash Drawings, and Prizes!

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WHERE BUSINESS GOES TO GROW**Stark Development Corporation holds annual meeting**

Stark Development Corporation presented our annual report at our recent annual meeting hosted at Phat Fish Brewing. President of the corporation, Peggy Thomas O'Brien, called the meeting to order in front of an attendance of over 160 of our members, stakeholders, friends and guests.

Despite a snowy and blustery February morning, the record-setting turnout gathered to hear a summary of SDC's activities in 2022 delivered by Executive Vice President, Ryan Jilek. 2022 set several new milestone records for the corporation.

Interest buy-down programs in partnership with local lenders and the Bank of North Dakota were very popular and contributed to nearly \$27 million in new developments and investments

in Stark County communities. This partnership resulted in nearly \$4 million in interest buy-down grants received by these companies from the Bank of North Dakota's Pace and Flex-Pace programs.

Childcare grants also topped out at \$166,000 in 2022 and saw the addition of 166 additional daycare openings. While childcare is possibly not a traditional means of economic development, the SDC board has recognized that the dire need for childcare within the community is creating a significant barrier to workforce.

Another highlight to the SDC progress report was the support provided to assist in bringing the Heartview Foundation and 16-beds of inpatient treatment to the community. The SDC board committed \$170,000 to the project, expected to



begin treatment this summer.

Further emphasizing the importance of childcare and behavioral health support services, two keynote addresses were provided by Mr. Kurt Snyder with the Heartview Foundation and Mrs. Emily Dolinar, the early childhood licensing specialist for our region.

Mr. Snyder gave an overview of addiction and the affects on the brain. Treatment regimens were also discussed and a look at the future offerings which will be available to the community and region through their new facility in the St. Joe's Plaza.

Mrs. Dolinar provided an overview of childcare and the needs of the community and region. Data collected by the ND Department of Health and

Human Services suggests we have a potential need for well over 4000 daycare openings, and currently Stark County has just over 1000 licensed spots. Adequately addressing these needs provides a means for parents to return to the active workforce.

We invite you to visit www.starkdev.com and review our 2022 progress report. It is truly humbling to see the overwhelming support for SDC and our programs and services. 2023 has many additional exciting projects in the works! We are grateful and look forward to continued development of these relationships as well as fostering and nurturing those we have with our members and those we serve. ■



Photo courtesy of Lynette Locken Photography



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COMMUNITY

KC Family of the Month

Dr. Lee and Danielle Kiedrowski are the family of the month of February 2023 by Knights of Columbus 6308 council.

Danielle met Lee while studying at Concordia College. He was attending NDSU pursuing his masters degree. They married August 9, 2014 in Fargo, at St. Anne and Joachim Church. They have four children: Lucy, Anastasia, Ambrose and Cecilia.

Danielle, works as a certified Nurse anesthetist at St. Alexis Hospital in Dickinson. Dr. Lee is a native of Dickinson, a medical doctor, a graduate of the University of North Dakota, Grand Forks, ND, and a board certified family physician. He completed his residency at UND center for family medicine, and works at the Dickinson Medical Center, St. Alexis. He provides care for patients of all ages. His professional interests includes diabetes management, cancer surveillance, dermatology, and women's health.

Dr. Kiedrowski is a long-time member of the Knights of Columbus, American Academy of Family Practice and delegate to the American Board of Family Medicine.

Congratulations to Dr. Lee and Danielle Kiedrowski. ■



HEART RIVER VOICE | MARCH 2023

Calendar

ONGOING IN MARCH

DICKINSON AREA PUBLIC LIBRARY Ongoing activities and events at the library. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail.

UCI LENTEN LUNCHESES

11AM-1PM The Ukrainian Cultural Institute will host its annual Lenten lunches on Fridays during Lent. For takeout, call 701-483-1486. Ukrainian Cultural Institute, 1221 Villard St W.

MARCH 1-24

BADLANDS ART GALLERY Portraits (animal or human) open to all media. Badlands Art Gallery is located in Klinefelter Hall at Dickinson State University at 291 Campus Dr. Gallery is open Wednesday to Saturday from 2-5PM.

FRIDAY MARCH 3

COOKIES & COCOA SOCIAL 2-4PM Drop in for a cup of hot cocoa and a cookie while finding out the Winter Reading Program grand prize, most read, and coloring contest winners. Community Room, Dickinson Area Public Library

MARCH 3-4

NEXT GENERATION BULL RIDE 6:38PM Start time. Tickets \$20/5 & under free. Sold only at the door. After party following event at Phat Fish Brewing. DSU Indoor Arena

SUNDAY MARCH 5

BACKTRACK VOCALS 7:30PM Dickinson Area Concert Association presents Backtrack Vocals, a 5-person professional acappella singing group. See article, page 6, for more info. Tickets \$35. Stickney Auditorium, Dickinson State University.

THURSDAY MARCH 9

START-UP YOUR DAY 8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 27, for more info on speaker. Stark County Veterans Pavilion, 801 5th Ave W.

SATURDAY MARCH 11

COFFEE WITH THE LEGISLATORS 10AM-12PM Be a part of the conversation! Join your fellow community members as they discuss important issues with local legislators. We intend for Districts 36, 37 & 39 to be represented. Dickinson Area Public Library.

MAKE-A-WISH BENEFIT

2023 4PM Annual fundraiser for Make-A-Wish North Dakota. Event includes a Silent,

Chinese and Live Auction. Also includes a Taco Bar, 50/50 Raffle, Card game, Jumping Castles, and Ice Skating. \$10/person/\$5 ages 6-12/under 5 free. West River Ice Center.

HOPE'S LANDING SOBER ST PATTYS DAY 5PM Social/6PM Dinner. Hope's Landing Sober St. Patrick's Day fundraiser is a fun and exciting opportunity to support the HOPE and CHANGE we see every day at the houses. We are excited to welcome Tyler Auck of Bismarck. See ad, next page, for more info. August House

SKATE WITH A COP 7-9PM Free admission, skate rentals, food and drinks. West River Ice Center

THURSDAY MARCH 16
SCRUBS CAMP is a day of learning about Health Sci-

DICKINSON AREA PUBLIC LIBRARY

TWEEN TIME

Ages 10-12

Thursdays

4:00pm

March 9th-
Rainbow
Wind Stocks

*March 23rd-
Tween/Teen
Movie Night

March 30th-
Sharpie Stained
Glass Sun
Catcher

EACH EVENT IS 45 MINUTES *UNLESS STATED OTHERWISE

ence related occupations with hands-on labs. 8AM-3PM See article, page 8, or contact Pat Billings for more info: 701-456-4469. Biesiot Activities Center

THE CONNECTION 5 YEAR CELEBRATION 6:30PM Dickinson's own 103.7 The Connection invites the community to celebrate five years of ministry. The Building, 127 1st St. W

SATURDAY MARCH 18 PAINT AND SIP Paint and Sip events are for the 18th of every month. Hosted by Badland Art Association. Tickets are

\$35. Hawthorne Suites, 1170 Roughrider Boulevard

TUESDAY MARCH 21 MULTI INDUSTRY JOB FAIR 1:30-5PM Dress for success, bring copies of your resume, be prepared to interview. More info, www.jobsnd.com. Biesiot Activities Center, 398 State Ave N.

BUSINESS AFTER HOURS 4-6PM Network with business and community leaders. SAX Motor Co, 52 21st St E.

SATURDAY MARCH 25 YOUR TOWN TOUR CONCERT Featuring Deana Carter

5TH ANNUAL Pizza & PALS

SATURDAY APRIL 1, 2023
11AM - 1PM
BIESIOT ACTIVITIES CENTER

\$10 per person / ages 2 & under FREE

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1. ONLINE (SCAN QR CODE)
2. AT DICKINSON PUBLIC LIBRARY
3. AT DOOR (LIMITED TICKETS AVAILABLE)

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HOPE'S LANDING PRESENTS

Sober St. Patrick's Day FUNDRAISER

MAR 11 2023

AUGUST HOUSE
10860 33RD ST SW, DICKINSON, ND

5:00PM Social & Auction Begins
6:00PM Dinner & Dessert partnered with Blue 42
Charcuterie Board, Chicken Skewers, Shrimp, Pinwheels, Cheesecake
6:30PM Speaker: Tyler Auck of Bismarck, ND
Author of Broken Gifts

TICKETS \$45
VIP TABLE OF 8 SPONSOR \$500

Tickets available for purchase at The Dickinson Area Chamber of Commerce or contact Sam at 701.260.7356 or Chris at 701.690.0667

Join us for a night of fellowship, food and fun!

Sober Living
Hope's Landing

and special guests Slamabama and Out of Line. Includes concerts, a Red Carpet, vendors, food trucks, and more! All ages welcome! Advanced tickets \$35 at Cashwise or ndcountryfest.com/yourtowntour Day of show tickets \$50. West River Ice Center

MARCH 31-APRIL 1 DICKINSON AREA BUILDERS ASSOCIATION SPRING SHOW Friday, 3-7PM/Saturday, 9AM-4PM \$1 General Admission or two non-perishable food items. Food trucks, door prizes and drawings! See ad, page 19. West River Ice Center

SAVE THE DATE

SATURDAY APRIL 1 PIZZA & PALS 11AM-1PM Join Dolly Parton's Imagination Library for tons of family fun. More info, see ad, this page. \$10/person/ages 2 & under free. Biesiot Activities Center

FRIDAY APRIL 14 AN EVENING WITH JOSH WILSON Presented by The Connection 103.7. See ad, page 30, for more information.

PIPER'S PALS Pet Name Match

Your goal: Match the correct name with the pet. Good luck! ■
(Answers in our next issue!)

A: Zelda (#___)

B: Otis (#___)

C: Cosmo (#___)

D: Mya (#___)

E: Remi (#___)

WOULD YOUR PET LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION! Email kelley@thejileks.com



#1



#2



#3



#4



#5

PAWSITIVELY POPPY St. Poppy's Day ... ?

By Miranda Kuhn

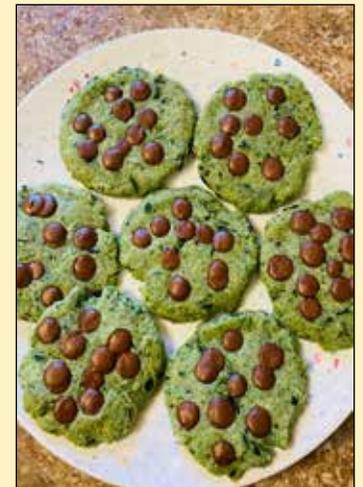
Happy St. Poppy's Day...I mean, St. Patrick's Day! Like everyone, Poppy claims to be partly Irish on St. Paddy's Day but seeing as her DNA test identified more than 22 dog breeds, she could very well be right. Now we all know Poppy loves a treat of any kind, or really just any food at all, and she let me know that it's been a while since I did any baking for her. So, in the spirit of the holiday we decided to hit the kitchen and crank out some delicious mint "chocolate" chip cookies to celebrate! As usual, the ingredients are all available in your kitchen and are safe for dogs and humans alike. I've said it in the past but it's worth repeating: chocolate is NOT a dog safe ingredient! I use carob chips which taste similar to chocolate but are perfectly edible for your four-legged best friend. I hope your pooch enjoys these as much as Poppy does!



Mint "Chocolate" Chip Cookies for Dogs

1 ¼ cup flour
1 tsp baking soda
¼ cup frozen spinach
3-4 fresh mint leaves
¼ cup coconut cooking oil
¼ cup water
¼ cup peanut butter
1 egg
Carob chips

Mix flour and baking soda in a medium bowl and set aside. Mix spinach, mint, coconut oil, and water until pureed. Add peanut butter and mix until smooth, then add egg and mix until incorporated. Add wet ingredients to dry and mix into a dough. Scoop and place on cookie sheet before flattening to ¼" thick with the bottom of a glass. Finally, add carob chips to the top. Place onto a cookie sheet and bake 10-12 minutes at 350 degrees. May be stored up to 3 months the freezer in airtight container or Ziploc. ■





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Ask Alfie

Dear Alfie,

My family and I are going on a four-day vacation, and we plan to leave our dog with a boarder. We also have a cat and were wondering: should we board our cat there too?

Sincerely, Vacationers

Dear Vacationers,

Every cat is different and what you decide to do will depend upon your cat's personality and comfort level with other people, the boarding facility you are considering, and what other options you have before you.

For many cats, boarding can be stressful and scary, especially if your cat is not particularly comfortable around strangers. It is important for you to ask to see the space your cat will be kept in before deciding whether to book a stay for your pet. Is it clean, ventilated, and well maintained? Are the cats confined in small spaces, or are they given ample room to move and exercise? Do the other cats in the facility appear to be well cared for and comfortable? Ensure

that you are dealing with a licensed boarder and look at reviews online. Do not be afraid to ask others who have used their services for input.

Because boarding facilities have lots of other animals, noises, and smells which can be overwhelming to your cat, for many cats the better option will be to stay at home. Since cats are more independent (i.e., they do not need to be walked outside multiple times a day), they do not require the same level of care as a dog. However, this does not mean that your cat should be left alone for the duration of your trip! If you choose to leave your cat at home, you must acquire a trusted pet-sitter to check in on them at least once per day.

There are many in-home cat-sitting services which charge a small fee for an individual to visit your home one to two times per day, feed and water your cat, clean the litter box, and give your cat some attention. Just as with the boarding facility, make sure the sitter is someone you feel you can trust, and look for reviews and referrals if possible.

Another option that many people

choose is to ask a friend or family member to do the check-ins. If this is what you decide to do, here are some important things to keep in mind:

- Make sure the individual you are choosing is someone you genuinely trust with your pet and is someone who will not forget to fulfill their duty.
- Ask the individual to come to your home before you take your trip, so that you can introduce them to the cat and show them what they need to know.
- Give detailed instructions! It is a good idea to even write or print a list of instructions and leave it in your home so that your pet-sitter may refer to it.
- Most importantly: go over safety rules! Some people, especially those who do not have pets of their own, might not be aware of how quickly pets can sneak out of the house. Commonly cats are lost because a pet-sitter left the front door open too long while they were there or opened a window too wide. Avoid this devastating scenario



by ensuring your pet-sitter is a trusted and responsible individual, and that you have communicated to them how to keep your cat safe from escape.

- Lastly, make sure your pet-sitter has your phone numbers and can reach you in case of an emergency. For particularly skittish cats (ones that will hide from the sitter), you may want

to consider purchasing a couple of pet monitoring cameras so that you can check in and see that your cat is well. If that is not an option, show your pet-sitter where your cat's hiding places are so that they can visually see that your cat is alive and well each time they visit.

Only you can decide which option is the safest and most comfortable for your cat, but please make the decision with care. Enjoy your vacation!

Sincerely, Alfie ■

Have questions about your pet(s)? Ask Alfie for advice by emailing AskAlfieCat@gmail.com

Thank You for supporting our 2023 Mystery Dinner Theater "Murder at the Retirement Community."



To learn more about the Foundation

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Director of Development

Phone: 701-590-0495

Email: kheidt@dpsnd.org

Web site:

<https://www.dickinson.k12.nd.us/dps-entities/foundation>



Meet our Marvelous Cast: Left to right: Back row: Elizabeth Tibor, Cole Beck, Jesse Kilwein, Jamie Prellwitz, Troy Kuntz, Josh Nichols, Todd Selle Front row: Sarah Ramsey, Kyle D'Amato

HEART RIVER GEMS

A dream come true



Christie ringing the handbells

A Dickinson woman's childhood dream of playing in a professional musical group has come full circle, opening the door to opportunities that she couldn't have imagined.

"It's taken 20 years to fulfill that dream. Now I can finally go and travel and be part of musical groups," said Christie Chernich. "It's nice to realize I can play and hang with professional musicians and keep up."

Christie's story starts when she was 12 years old and she joined the St John Lutheran Church Handbell Choir with her mom, who thought playing handbells was something they could do together. She quickly learned the rhythm of ringing and played until she graduated from high school. She also played bassoon in the band at Dickinson High School.

"At the time I was in band and music was supposed to be my life," Christie recalled. "My dream at the time was to play in the military band... I auditioned for the Army Band and made it. We had classes, band rehearsals and performances."

But after six months, Christie didn't make the final cut, and was forced to choose between an honorable discharge

or a new job in the Army. She became a personnel services specialist. She served at Fort Hood, Texas then USAE Baumholder Army Base in Germany. Her musical career on hold, she never forgot her dream.

After her military service ended she returned to Dickinson and again took up handbells right where she left off in St. John Lutheran's Handbell Choir. She plays the highest, smallest bells (G6 - C7) sometimes up to six or more in one musical piece. The group has attended workshops and performances within North Dakota, Minnesota and Wyoming. In 2019 six members of the group played in The Great Christmas Ring at Carnegie Hall in New York, and in 2021, Christie played in The Great Christmas Ring at EPCOT Center in Disney World in Florida. Through these two ringing events is how Christie started making connections.

In early September she received an email about auditioning for The Ringing Nativity, a performance on January 7 at The Museum of the Bible in Washington, D.C. "I only had a week and half" to prepare. "I submitted a video of me playing handbells along with three references who knew of my ringing experience, plus two personal references," she said. "I waited and found out on the 15th of September at 12:15 p.m. That was the day it was due," so they watched it and decided right away!

Christie received the music in advance and began practicing to prepare for rehearsals and the performance. She knew she would be playing four or five different types of bells and chimes, and one piece had no time signature. "I was concerned. That one was at the discretion of the director." And although she was well-rehearsed, other obstacles got in her way.

"I was supposed to get there on a Wednesday and have three full days of rehearsal," she said. But weather delays caused her to miss the first day. "I didn't have a clue as to what to expect, other than I'd get my butt kicked really fast." When she arrived at rehearsal she found her spot immediately: it was the only place without a ringer. There were an almost overwhelming number of bells spread in front of her - over seven octaves of hand bells - and six octaves

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SCAN ME

of hand chimes spread through the rehearsal room. Choirs A and B were mostly church directors, with some being professional handbell ringers; the youngest was 17 years old. They rehearsed for nine hours on Thursday and had two dress rehearsals on Friday that amounted to more than eight hours. The two performances were on Saturday. The choir of 32 included ringers from Alaska, Puerto Rico, the Midwest and the East Coast of the United States, and they encouraged and reassured her as she worked to catch up.

"Most come with quite a thorough musical background. And then there was me," she laughed, as she explained that she works full-time in accounts payable for an oil company. "It really was a wonderful experience to be able to be part of the group; I was more focused on my part and the bells I was playing. I'm really looking forward to watching the DVD and soaking it all in."

The experience cost her \$2,500. "I had to pay to go: purchase all the music, purchase a black gown and special gloves for the black-tie event, the registration fee, travel and hotel. Food was covered, and there was no time to do anything but travel there and rehearse," she said. Christie had some money saved and didn't want to ask for help, but the Dickinson American Legion Post 3 had other ideas. Christie is the Post's communications officer and a member of the Honor Guard. When the other members found out about the trip, they insisted on paying \$1,500 toward travel expenses.

"This is a great honor and we wanted her to be able to go and enjoy it and not worry so much about money," said Post 3 member Art Wanner. "We are so proud of her."

Looking back, Christie said, "It's hard to describe it. It was a blur. I played catch up the entire time. I was exhausted and overwhelmed. It was a proud moment, and I didn't fall on my face! It was a shock to realize that I am as good as people say. It's a nice feeling to realize that I did that, and I can do that. It was an amazing performance."

The experience has led to some dreaming that Christie said could become reality. She would love to perform professionally again and travel while doing so.

"The other ringers told me my next step is solo ringing. I can't wrap my head around it. It's an art form and would be cool to do," she said. She is considering additional professional experiences and opportunities, although most are found on the East Coast.

"It's come full circle now," Christie said. "They are talking about having a performance in Paris! If they were to go to Paris, I would be on the plane."

The Ringing Nativity performance was open to the public with a fee to attend. It was developed in 2022 by Global Bronze productions. It was directed and produced by writer and handbell ringer Nessa Hart. It is a collection of three scripts and a curated list of handbell repertoire. ■

COMMUNITY

Facts to know about sex offenders



We teach our children to be aware of strangers, but most children have no idea that the greatest threat to sexual victimization is acquaintance offenders. The reality is that most sexual offenders don't fit the stereotypes of being "dirty old men" or strangers lurking in alleys. The average age of the sex offender is 31, and they are often known and trusted by the children they victimize. They may be parents, siblings, cousins, or non-relatives, including friends, neighbors, babysitters, coaches, or teachers. There is no clear-cut profile of a sex offender. Here are facts to know about sex offenders:

- About 20-30% of offenders were sexually abused as children, but others have no such history
- 30% of sexual assaults on children are committed by family members
- 90% of victims know their offender
- 40% of child sexual abuse happens by other children and one in eight offenses are with youth under the age of 12

• The majority of sex offenders are male, although a small percentage is female
 Parents should have frequent, two-way conversations with children about the fact that even people who seem safe and trustworthy could try to do something sexual with them and what they should do if it occurs.

Statistics pulled from www.D2L.org ■

HAPPY
St. Patrick's Day
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KUDOS**Celeste Hughes and Angie Shilman**

Angie Shilman (L) and Celeste Hughes (R)

Ten years ago, Dickinson caught the soccer bug, starting with Parks and Recreation, then the formation of the Dickinson Soccer Club. Out of years of building and training, Dickinson now has Girls Varsity and JV soccer teams.

Coach Celeste Hughes has been involved with the club since the beginning, and is so excited to finally bring a Varsity Girls team to competition across the state this year. She and Coach Angie Shilman both played high school soccer and are committed to forming a team that focuses on improving, not winning.

"Our team is a family," says Hughes. "Everyone is comfortable here, because everyone gets to play."

Unique to competitive high school sports, Hughes and Shilman hold to the standard that no one gets cut. There is a place for every girl to participate in the games, even a girl who is putting on those cleats for the first time.

"We are building a program, but

we are also building up each girl," says Hughes. "What is accomplished by playing this sport isn't always measured by goals. What is more important is to acknowledge improvement – and we've seen incredible growth in our girls." Dickinson High boy's soccer had a head start; their first season at the Varsity level was fall of 2019. Come spring 2020, when the girl's team should have launched, the season was shut down by the pandemic. The Girls soccer season starts this month, on March 27, 2023.

Coaches Hughes and Shilman state most of their team stay in touch with them throughout the year. Says senior player Sierra Raatz, "I like to remind my teammates to smile because 'That happened!'"

"Coaches will say, there's always that one or two that keep in touch," says Shilman. "With us, it's most of them. We are a strong group of girls, it's going to be exciting to watch what happens this season!"

Soccer belongs to the same WDA organization as other high school sports, meaning these girls travel as far as Minot

and Jamestown to compete, before play-offs. They play in the spring, which means its likely cold, wet, and slippery on any given game day.

Building up an organization that emphasize community among the team, acceptance of all not dependent on skill level, and the dedication to keep forging a new path that will allow for more girls to

be involved in the future: this makes our young women stronger and ready for the real world beyond high school.

Join Women Empowering Women in applauding Celeste Hughes and Angie Shilman for their heartfelt commitment to our girls. ■

COMMUNITY**There's hope for change at Hope's Landing**

With the return of March, we hope for warmer temperatures and more light. Hope is powerful and fills us with expectations of new life.

At Hope's Landing sober living homes, the expectations and fulfillment of a new life are evident on a daily basis. In both our men's and women's houses, hope is not a passive exercise in wishing, but an active approach to life. Our residents, find hope when their desire for a new way of life is met with unconditional support and encouragement in a family setting. Just like your family, those in our homes aren't perfect; but the morale boost of someone who knows where you've been, is there for you as you forge a new path, and loves you through it all sparks the healing process.

And though it may be tough going - change at this level is never easy -

together, we develop a plan to get closer to where we want to go. Each individual in the home has dreams and goals for their future. Their healing is the catalyst for healing other relationships and families, and even for breaking the generational cycle of substance abuse.

Challenges along a path so steep are inevitable, but hope and support motivate each small step forward, bringing each individual closer to the goal. The positive impact reaches beyond the individual staying at our home; it impacts our community and the generations that follow us.

Hope's Landing Sober

Living St. Patrick's Day fundraiser is a fun and exciting opportunity to support the HOPE and CHANGE we see every day at the houses. The event will take place on Saturday, March 11, 2023, at the August House. Social at 5:00 and dinner at 6:00. We are excited to welcome Tyler Auck of Bismarck. Tyler is a native of North Dakota and the author of Broken Gifts (available on Amazon.com.)

Sober living homes are the bridge to long term sobriety.

Your support of Hope's Landing changes lives, one positive step at a time. ■

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COOKING CRAVE Easy everyday recipes

Tune into Consolidated's channel 18 to cook along with Laverne and Rhonda. You can watch their show Tuesday evenings at 6pm and 9pm or Wednesday afternoons at 2pm or 5pm (replay of Tuesday's show). New shows air every other week.

Share your recipes to be considered for the show by sending to: Consolidated, Attn - Rhonda Fitterer, PO Box 1408, Dickinson ND 58602 ■



Laverne and Rhonda

Homemade Recipes Made Easy! COOKING CRAVE

Country Turkey Casserole

2 cans cream of mushroom soup
 1 cup milk
 1/4 tsp. thyme
 1/2 tsp. pepper
 3 cups chopped turkey, cooked
 1 box Stove Top Turkey Stuffing
 4 cups frozen mixed vegetables

Preheat oven to 400 degrees.

Spray a 9 x 13-inch baking dish with cooking spray. In a large mixing bowl, combine soup, milk, thyme and pepper; mix until combined. Add turkey, stuffing mix and vegetables to soup mixture; mix well. Transfer turkey mixture to prepared baking dish and bake for 30 minutes or until top is golden brown.



Homemade Recipes Made Easy! COOKING CRAVE

Fudge Cherry Bars

Cake
 1 package fudge cake mix
 2 eggs
 1 tsp. vanilla
 1 can - 21 oz. cherry pie filling

Frosting
 1 cup sugar
 1/3 cup milk
 5 Tbsps. butter
 6 oz. chocolate chips

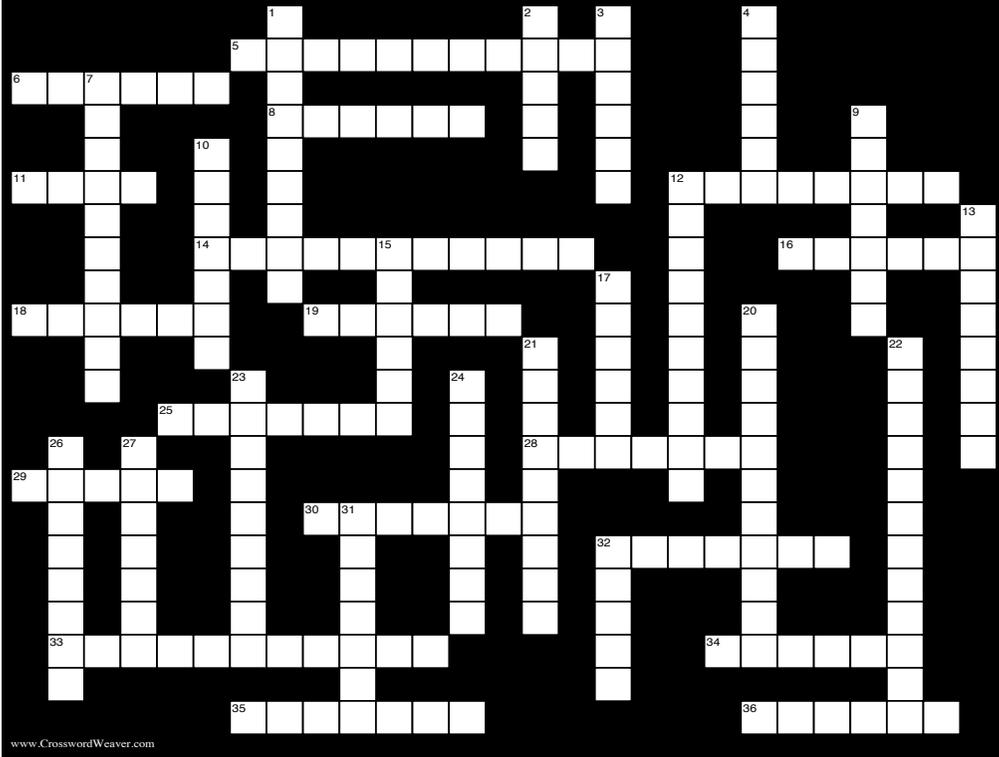
Preheat oven to 350 degrees and spray a 15 x 10-inch jelly roll pan with cooking spray. Combine cake ingredients in a large bowl and mix by hand; stir until well mixed and pour into prepared pan. Bake 20-30 minutes or until toothpick comes out clean. In a saucepan, combine sugar, milk and butter; stirring constantly, bring mixture to a boil. Only let frosting boil for 1 minute, remove from heat and add chocolate chips; stirring until chips have melted and frosting is smooth. Pour and spread frosting over bars.



CROSSWORD

CONTINENTAL CUISINE? by Carlinka

++Continental Cuisine?++



ACROSS

- 5 ++Yummy yellow sauce on a brunch fave
- 6 ++Breakfast bun
- 8 ++ Known for its rich chocolate cake and coconut topping
- 11 ++Chicken with lots of melted butter
- 12 ++The round bacon
- 14 ++Hot dogs aka...
- 16 ++Baked cake with ice cream and meringue
- 18 ++Really large nut type
- 19 Port city in Russia
- 25 ++Omelet with potatoes
- 28 ++Pie from sunny Florida
- 29 ++Thick and healthy yogurt
- 30 ++Eggs Benedict's base
- 32 ++Meatballs filled with rice
- 33 ++Steak thinly sliced
- 34 ++ A type of sausage
- 35 ++This delight is jelly with powdered sugar
- 36 ++Hard candy-coated almond

DOWN

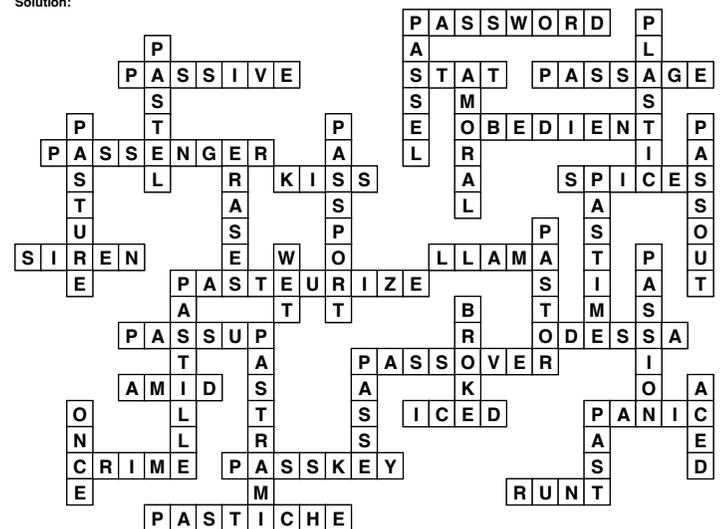
- 1 ++Beef served in Chinese-American restaurants
- 2 ++Hot spicy mustard
- 3 ++This duck hangs upside down in the window
- 4 ++Baked beans
- 7 ++White clam chowder
- 9 ++Deep dish
- 10 ++Hot wings were birthed there
- 12 ++Common sushi roll
- 13 ++Cream or cream pie
- 15 ++Pan fried toast with toppings
- 17 ++Famous steak and cheese sandwich
- 20 ++Fried ham, turkey and Swiss in egg batter
- 21 ++A classic English pudding
- 22 ++Spread it on a bagel
- 23 ++The red clam chowder
- 24 ++Unnaturally orange cheese
- 26 ++Tiny round green sprout
- 27 ++The golden squares hold syrup
- 31 ++Famous for their cheesecake
- 32 ++A holy cheese

www.CrosswordWeaver.com

Last month's puzzle solution

++I'll take a PASS++

Solution:



HOROSCOPE**MARCH 2023** by Hilda De Anza**ARIES**
March 21-
April 20

March begins on a high note as partners make amorous advances and take initiatives to bring the light of love into your life. After the new moon, Mars moves into Cancer. As this movement of Mars coincides with the movement of Saturn into Pisces, and both planets harmonize, a deeper and more emotional phase begins for you. Plans and ambitions which were once important for you no longer fulfill a deeper need to attune to your spiritual destiny.

**TAURUS**
April 21-
May 21

A conjunction of Venus with Jupiter is the source of great spiritual inspiration, and new dimensions of your psyche open bringing a paradoxical mixture of hope and longing. Ambition becomes less important, and from now on there will be a growing focus on social welfare, friendships and allegiance to idealistic groups that exist for the benefit of others. This is an excellent time to take a more prominent role in lending your expertise to friends and groups.

**GEMINI**
May 22-
June 21

Mars, which has been in your sign Gemini for over half a year, moves out towards the end of the month, signaling the end of a very uncertain period that has affected relationships. Developments in March are mostly very favorable for friendships. There is a strong focus on work and the economy in the last part of March. You will have a positive attitude towards challenges that arise and will work well in partnership with others.

**CANCER**
June 22-
July 22

Early March is an upbeat period for you, with excellent developments in your professional life. At the full moon, Saturn moves out of Aquarius and into Pisces, which signals the end of a rather challenging period in relation to authorities. The new moon highlights a new set of initiatives when you take the lead in a new phase of professional outreach. New possibilities are arising which means your initiatives can reach out on a more massive scale.

**LEO**
July 23-
August 22

A new phase is beginning in your life, which brings a baptism in a new world of emotion. The new moon brings a far more upbeat period, and this heralds a radical expansion of your horizons, with new international perspectives and a really strong urge to explore the world either through study or travel. You will be meeting a completely new set of people which turns many of your preconceptions upside down.

**VIRGO**
August 23-
September 22

Changes are slowly but surely also taking place at work, and a period is soon to begin when scientific advances like automation and AI will disrupt working rhythms and bring a transformation of work roles. Even if changes don't hit until next year, it is important for you to take new initiatives to stay ahead of the curve. Initially it could be a good idea to get together with people who concern themselves with the social changes that innovation brings.

**LIBRA**
September 23-
October 22

March is an excellent time for relationships and you are prepared to take risks or make journeys to meet up with potential partners. There is a new moon in your opposite sign Aries on March 21st, which gives another boost to relationship initiatives, heralding a change in dynamics as partners make a transition which may mean they are more focused on their family and work, which increases reliability. The last part of March is a time of transformation affecting many areas of work, children and intimacy.

**SCORPIO**
October 23-
November 21

March starts off with excellent trends in your working life. The end of the month is a time when you emerge from a long period when choices have been difficult to make. By late March you find a new direction in your life and get a much clearer insight into the future you want. A focus on your home and environment draws to a close, and you develop a much greater interest into how you can use your intellect creatively.

**SAGITTARIUS**
November 22-
December 21

With Venus conjoining your sign ruler Jupiter as March begins, a happy event awakens joy and enthusiasm in your life. Early March is a great time for love and dating, and any initiatives or gambles that you take will pay off. The new moon highlights happy events, which can affect children, romance and any creative initiatives. As the month draws to a close, a transformative period of personal growth and change in communication and self-expression begins to take root.

**CAPRICORN**
December 22-
January 20

A change of mood and a change of scene, and there will now be a growing interest on developing your mental faculties. One of the things that you may have to deal with, especially at the end of the month, is a new set of circumstances bringing a transformative period of personal growth and change in values. It is possible that this is precipitated by new technology like artificial intelligence and how this affects the way you and others deal with money and resources.

**AQUARIUS**
January 21-
February 19

Saturn will keep you working very hard over the next couple of years to consolidate your economy. And Pluto enters your sign at the end of March and will be there for 20 years. This is a very long term trend, but you can expect it to bring a transformative period of personal growth and change in your identity, self-expression, and the way you present yourself to the world. This influence will make you strong and resilient, more authentic and less willing to please others.

**PISCES**
February 20-
March 20

March is a month of major change for you. A period of isolation ends, and now you begin to get a clear idea of what you want to do in the future. End March brings a deep-seated change that will affect your spiritual life and beliefs. A long-term focus on upheavals in your social environment gives way to a new transformative period of personal growth and change in your subconscious, hidden aspects of self, and the way you deal with spiritual and emotional matters.

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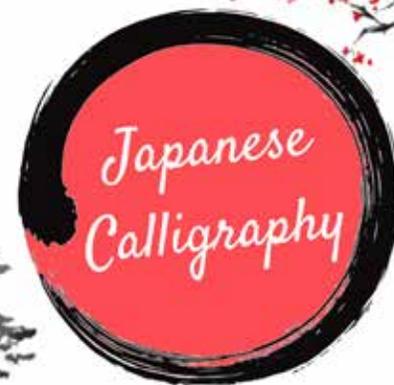
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