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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 "Good Evening," an acrylic by Shona Dockter. For more information about the artist, see page 5.

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Whether you are in the planning stage of your dream pursuit or you're looking to safeguard all that you've accomplished, I will meet you wherever you are in your journey.

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#BOOKWORM**Explore, Read, Grow!**

By Jade Praus and Cindy Thronburg



We made it through what seemed like an eternal winter, and have enjoyed what I feel was a well-deserved spring. Now it's that time of year again and we are excited to tell you all about our upcoming Summer Reading Program (SRP). This year SRP begins on Saturday, May 27th with our Kickoff Carnival from 10:00am to 2:00pm.

This year's summer theme is "Explore, Read, Grow,"

so our Kickoff Carnival will feature some fun, nature-themed activities. We will also have bouncy castles, live music provided by the Rock Jocks, So Chill Treat Truck, and police and fire departments

in attendance. This year we will also have Parks & Recreation, the Dickinson Dinosaur Museum, Dickinson Public School's Book Corral, and more in attendance. The Carnival will take place



during regular library hours, so patrons can check out books to get started with the program! You can also read using our ebook platforms: Libby and Hoopla.

The SRP is free and open to all ages and will work similarly to how it has in previous years. It is broken down into four age groups— Early Literacy (ages 0-5), Children (ages 6-12), Teens (ages 13-17), and Adults (ages 18+). Each age group logs minutes (with the exception of the Early Literacy group, who log activities) for chances to win some terrific prizes. Minutes and activities will be logged online using Beanstack. If you haven't already signed up for Beanstack, you can create one account for the whole family at <https://dickinsonlibrary.beanstack.org>.

Throughout the summer we also offer tons of events for various ages for free! This summer, since we have a nature theme, we are planning lots of nature and plant-themed events. We will host

Storytimes and Tiny Tot Drive-In Movies which are both open to ages 0-5. We will also be hosting weekly nature-themed S.T.E.A.M. (Science, Technology, Engineering, Art, Math.) events each week that are for ages 6-9.

There will also be weekly movies, Kids' LEGO Club, and special performers! A few special performers are Jeff Quinn who will perform magic and Shunsuke Aoki who will provide Japanese Storytelling

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and Pop Culture events. We will also be hosting a special author visit with Miss Rodeo North Dakota on Thursday, May 25th at 10:00am. This event is free and open to all ages.

We are also making a change this summer. Teens will now meet weekly on Tuesdays (we've rotated their meeting days). There will also be new events to watch for! We will host a Board Game Night for all ages, Cookies & Crime for ages 18+, a Downtown Pokémon GO Walk, and a Stitching Club for ages 18+! Also, watch for popular return events such as Ms. Frizzle's Science Centers, Adult Craft Club, weekly movies, and Fairy Tale Tea Parties! We're so excited for these events and hope you will join in the fun this summer! The Summer Reading Program will go through July 31st. The SRP will wrap-up with an Ice Cream Social on Friday, August 5th. We will announce all grand prize and coloring contest winners at the Ice Cream Social.

As you can see, even though our regular programs are paused during the month of May, we still have an event-filled schedule full of things to do for the

entire family! Watch our Facebook page, website, and events calendar for dates and times. We hope to see you there!

Before we sign off we would like to bring your attention to an initiative that will be taking place during the first week of May. Children's Book Week is the longest-running national literacy initiative in the country. It takes place twice a year, the first being May 1-7. Organized by Every Child A Reader, which is a charity supported in part by the Children's Book Council, this week is a celebration of books for young people and the joy of reading, and was originated in the belief that children's books and literacy are life-changers. This year's theme is "Read Books. Spark Change." It speaks to the power that books and stories have to inspire positive change, whether it be in an individual, a family, a classroom, or a whole community. We encourage you to celebrate this week by enjoying some children's books, whether you're reading to a child or not! (All information taken from everychildareader.net.) ■

Kurt Robinson
Owner

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COVER ARTIST

Shona Dockter



Shona Dockter

Shona Dockter still has her first-ever drawing, done when she was three years old, hanging in her art studio. If you look closely, you can decipher the image of a bird. Written on back is her mother's notation: Shona came to me



Heimat

with this drawing and said "Mommy, this is an owl."

Scraps of paper grew to copy paper taped together to make a bird's eye view of her childhood world, a farm just south of Streeter, ND. There were the yearly "Keep North Dakota Clean" poster contests, drawings for the Stutsman County Fair, and Art Camp at the International Peace Gardens in the summer of 1980.

Shona didn't know of anyone who made an actual living as an artist, so she figured college was a time to get serious about earning a living. After job hopping for ten years post-graduation and never quite finding the perfect fit, Shona found her way back to art, and her true calling, this time as a decorative artist, creating beautiful wall and furniture finishes through her company Shona Dockter Decorative Arts. Her almost 30-year career in decorative arts has taken Shona around the country doing specialty painting in retail outlets such as Victoria's Secret, Pink, Bath & Body stores, New York City high rises, restoration work for the Minnesota State Historical Society, and the honor of gold leafing the statue quadriga Progress of the State atop the Minnesota State Capitol.

Four years ago, Shona again felt the irresistible pull of art, but this



South of the Elevator

time on a more personal level. She made room for a home art studio, picked up a paintbrush, and has never looked back. Her childhood spent on the North Dakota prairies and the strong, German-Russian women she knew influences her often feminist-centric art. "Capturing the memories I hold dear informs my desire to bring others along on the journey to childhood and home," Shona stated.

Shona currently resides in Roseville, a suburb of St Paul, Minnesota, with her West River husband, John D. Haas (who grew up four miles from the Heart River near Lefor, ND) and children Sadie and Johnny Luo Haas. You can visit more of Shona's work on her website at www.shonadockter.com and on Instagram: @shonadockter. ■



Holding up the Heavens



Prairie Hopscotch

COMMUNITY Jessica Clifton honored for excellence

Jessica Clifton, Stark County Veterans Service Officer was recently honored with the Stark County Spirit of Excellence Award for her Stewardship.

Surrounded by family, friends, Veterans, colleagues, and other special guests, Jessica was recognized at a surprise celebration at the Stark County Veterans Pavilion on March 29. She was showered with donated items from Stark County businesses and individuals. Presenting the award was Dickinson Mayor Scott Decker.

Veteran Jessica Clifton has dedicated over 10 years to the Veterans in our county, as well as many other counties throughout our state, to ensure the Veterans are cared for and aware of their earned benefits through their service to

our country.

Jessica is a leading example of Stewardship by conducting, managing, supervising, and carefully handling the Veterans with love and compassion. She delivers food, household goods, and any request the Veterans may have. Jessica goes above and beyond her job duties to care for our Veterans. She takes time out of her weekends to sit with Veterans at the Hospital and Nursing homes to make sure they are not alone, and they know that they are not forgotten. Jessica also helps move Veterans into their homes and delivers food to them on the weekends.

Jessica's kindness, compassion and heart of gold is exactly what our Veterans need. She calls each Veteran her friend, it's not just a job to her but her way of life. Her dedication is endless, and her passion is in her soul.

The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated exceptional Leadership,



Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts in Stark County. All nominations are reviewed in blind format, with all names removed, by the Stark County Mayors.

Nominate and view award information at www.starkcountysheriffnd.com. ■

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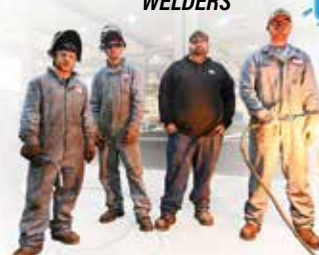
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COMMUNITY

WRHS Foundation hosting plant sale

By Ted Uecker, WRHS Foundation

Your gardening beds will be soft and ready for transplanting out your overgrown perennials and then possibly planting a few new varieties. We have just the answer for you.

1) Around May 17 or so, thin out your perennials; put them in a pot or something. Some years, we've received small trees, annuals and vegetables. Strawberry plants, rhubarb and raspberry plants are always best sellers!

2) Bring them to West River Ambulance Garage in Hettinger prior to noon on Friday, May 19.

3) Come back to the Garage at 2:00 pm that same day to purchase some new, unique perennials and give a goodwill donation toward our Auxiliary Legacy Scholarship. A gardener's paradise!

On Friday, May 19, from 2:00-4:00 pm, the 46th Annual West River Perennial Plant Sale will be held at the West River Ambulance Garage (307 Adams Avenue, Highway 12). You might want to be there right at 2:00 pm, as last year most all of the perennials were gone by 3:15! For a goodwill donation, you can purchase perennial plants, and the good feeling that 100% of your gift is going toward a local area student pursuing a healthcare degree via our Auxiliary Legacy Scholarship. And remember, you can deliver your overgrown perennials to the Ambulance Garage before the sale (Thursday night or Friday morning prior to the sale at 2:00 pm) to pay them forward! Not only will you be allowing someone else to replant them, but also

the WRHS Foundation will receive goodwill donations for the perennials, which will then be paid forward for local student's academic scholarships.

The West River Health Services Auxiliary, which began seventy-three years ago in 1950 with the new Community Memorial Hospital in Hettinger, started with a group of local volunteers, who helped raise funds for needed healthcare amenities, as well as sewing sheets, curtains, towels and baby bonnets for patients. Eventually the WRHS Auxiliary raised more funds for improvements to the hospital/clinics, plus scholarships for local area students. One of their annual fundraisers, for 46 years now, was the Annual Perennial Plant Sale.

Since the WRHS Auxiliary disbanded four years ago, it was hoped that the WRHS Foundation would take on the Auxiliary's Perennial Plant Sale. With the help of longtime volunteers and employees and former Auxiliary Members, Barb West and Jennifer Seamands, (with one year off due to Covid in May 2020), we held our 45th Perennial Plant Sale last year, raising \$1,770 for our Auxiliary Legacy Academic Scholarship for a local area student (Naomi Salazar from Hettinger) who is pursuing a Pre-Dental degree at the University of Alabama.

For more information, contact Barb West (701-567-2736) or Jennifer Seamands (701-567-4650) are available via telephone if you have any questions about the sale.

Thank you for attending and possibly making a goodwill donation toward our Auxiliary Legacy Scholarship. We always need more sensational care givers. TOGETHER we can and do make a difference for top-notch healthcare "close to home." Onward! ■



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CONVENTION AND VISITORS BUREAU

Become a hometown tourist



It's not uncommon to hear, "I've lived in Dickinson my whole life, but I've never been insert local attraction. Have you ever been a hometown tourist? Get out and enjoy the attractions in the region!

Travel down the Old Red Old Ten Scenic Byway from Mandan west and take in the scenic and historic attractions along the way. Take the trolley to Fort Abraham Lincoln State Park and learn about both Native American and military history. You can see Salem Sue from New Salem's exit on I-94, but viewing the World's Largest Holstein Cow up-close is worth the stop!

Stop in Hebron to see Fort Sauerkraut. Travel a few more miles to find the twin spires of Assumption Abbey stretching into the sky. The Abbey Church, a Bavarian Romanesque structure, boasts lofty arches, stained glass windows, painted ceilings, and more. Ask for a tour, visit the gift shop for unique gift ideas, and treat yourself to Assumption Abbey wines at the Abbey Wine Cellar.

Geese in Flight, located at the head of the Enchanted Highway, is listed in the Guinness Book of World Records as the largest scrap metal sculpture in the world! Travel the 32-mile stretch of highway to Regent to see other giant scrap metal sculptures depicting pheasants, grasshoppers, a Tin Family, and a knight with a dragon, among others!

Travel back to the time of the dinosaurs and visit the Badlands Dinosaur Museum. Learn about local history at the Joachim Regional Museum and heritage at the Ukrainian Cultural Institute. Take your kids on an adventure to all 31 parks in Dickinson! The Dickinson Legacy Square, opening in June, will become an attraction for events and other activities.



Just 35 miles west of Dickinson, take the time to enjoy the rustic town of Medora. Medora presents opportunities for arts, culture, and cowboy history in addition to outdoor recreation.

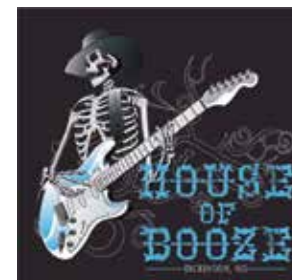
Become a hometown tourist and experience all these local and regional attractions. Learn more about all of them at visitdickinson.com. As always, don't forget to tell us about your adventures! Use the hashtag #visitdickinson to share your stories. ■

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VOICING SOME THOUGHTS

Old school

By Nancy Hoff

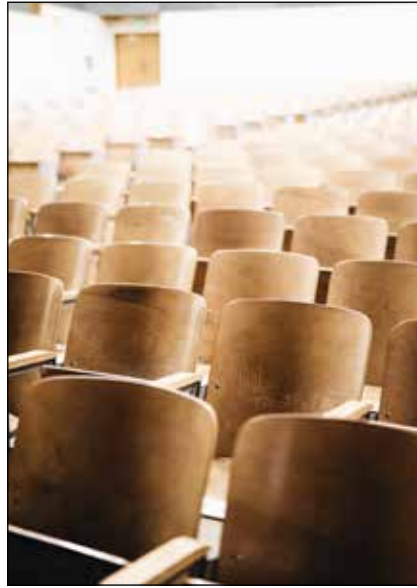
My generation learned to read from the Dick & Jane & Sally books; the Catholics learned from John, Jean and Judy books. The only constant was Spot, the non-denominational dog. No whiteboards or iPads – we had blackboards. The coveted job was to clap the chalk dust from the erasers. Now really – think about it – why, exactly, was it so sought after?

My favorite subject was history. In third grade, we made a diorama of a Mandan village and learned about westward expansion. I read every “orange book” biography in our little library, with great admiration for Sakakawea. More eras were taught as grades progressed, from American Revolution to current events. By the time we graduated, we had a good understanding of our country’s foundation.

In English, we diagrammed sentences, and I have yet to figure out which career path actually uses sentence dissection. Sorry to all the English majors if I offended you!

Music classes consisted of a sing-a-long with a special radio (yes, radio) program at 3 PM on Fridays. The teacher would write the lyrics on the blackboard, which we copied on index cards. Something about a kookaburra sitting in a gum tree and a cowboy song with “yippee ki-yippee, ki-yippee, ki-ya” in the chorus. Some tunes NEVER leave your head.

Civics in eighth grade to learn about ND history and political process culminated with a class trip to the capitol in Bismarck and the old museum with marbled staircases. This treasure trove



was chock full of taxidermal animals, artifacts, and the top floor displayed part of “Spirit of St. Louis” airplane replica, Teddy Roosevelt on a horse and a teepee, as I recall. For many of us, this was the first trip more than 50 miles from home.

Remember “compound” – the cleanup sawdust concoction revered by janitors, the world over? Or the mimeograph machine – forerunner of the copiers. Papers came out wet with a solution of ink ... and something ... else ... strange smelling ...

In the spring and fall, our classroom windows were wide open, no screens. It encouraged day dreaming – and the occasional wasp terror. And lots of fresh air!

This was all a lifetime ago and so very much has changed for school kids. My hope is each generation can evoke a good memory or two about their school experience. ■

ROTARY

Reading program is back

For the first time in three years due to COVID, Dickinson Rotarians were back in the classroom reading to preschoolers for our annual literacy project. In March, Rotarians read to five classrooms at Head Start and presented 108 books to Headstart and the Dickinson Public Schools ND Early Childhood Program. Thanks to Rotarians Marlene Bradbury, Travis Ellison, Natashia Cushman, Urja Aryal and Samantha, and Stephanie Hunter, DPS Business Manager. This year’s book was “Rainbow Fish and the Big Blue Whale.” The project is coordinated by Rotarian Deb Barros Deb Barros. ■



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CONNECT MEDICAL CLINIC

CMC holds 9th annual fundraising banquet

On Thursday, April 13, Connect Medical Clinic held its 9th Annual Fundraising Banquet at the Astoria Hotel and Event Center.

With over 500 in attendance, the theme of the evening was Stand Together, honoring the organization's



The event featured a patient testimonial, a keynote address from the author and nonprofit development

COMMUNITY

3rd annual Behavioral Health Summit in Energy Country



The 3rd Annual Behavioral Health Summit in Energy Country will be held at the

Dickinson Astoria Event Center on June 21-22, 2023.

The aim of this summit is to raise awareness for mental health issues and addiction while sharing solutions for the limited resources and services in western ND. Vision West ND has been called to bring big ideas to rural cities and counties to help them mitigate behavioral health in their own communities and since the virtual beginning of the behavioral summit in December 2020, hundreds of attendees have benefited from their efforts- and this year will be no exception.



"Today many families, local governments, agricultural industry, energy industries, and businesses must deal with behavioral health issues - addiction, stress, depression, anxiety, suicide, etc. The energy growth in western North Dakota brought the issue to the forefront. We are still dealing with the many-layered behavioral health after-effects of COVID," states Deb Nelson administrator of Vision West ND.

Topics being covered include how to deal with stigma, the effects of isolation, mental health issues among youth, using art to mitigate behavioral health issues, suicide prevention, and more. National recording artist Kat Perkins will close out the Summit with her message about the effects of bullying.

Anyone interested in registering, becoming an exhibitor or sponsor, or nominating someone for various awards should email visionwest@dlnconsulting.com. ■

CONNECT MEDICAL CLINIC

For Sexual Health & Pregnancy

10-year history and growth through the passionate dedication of its community of support.

consultant, Beth Chase, and an inspiring vision for future growth and expanded services.

"Our desire from the beginning was to be a safe haven in the community for those facing sexual health events," said Board Chair Colleen Moenkedick. "And to meet the issues of unplanned pregnancy and sexually transmitted infections upstream with education focused on risk-avoidance."

Executive Director Tara Zettel, shared the plan to expand their reach by offering new services, especially those with their provider, Rachael Marshall, FNP-C. "I want to make Rachael Marshall busier," Zettel shared in her mission update. "I want to marry her cycle education instructor knowledge and well-women expertise and provide more preventative health exams and better outcomes for area women!"

"There is a difference between good and great nonprofit organizations," said keynote speaker Beth Chase. "Connect is one of the great ones because they are aware of the national trends and have the desire and drive to pivot to meet the needs in their community now."

The Connect Annual Fundraising Banquet is their most significant source of revenue for operations in the coming year. For more information about the organization, visit its website, connectmedicalclinic.com.

Decorations for the Connect Banquet were provided by Xtravagant Elegance. ■

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FINANCIAL FOCUS

401(k) door opens for small-business owners

Are you a business owner who has wanted to offer a retirement plan to your employees, but you've been stymied by the costs involved? If so, you may be interested to learn about new legislation that can help open the door to the same type of plan enjoyed by employees of large companies.

At the end of 2022, President Biden signed into law the SECURE 2.0 Act, which, among many other provisions, provides tax credits for business owners who want to open a 401(k) plan.

The tax credit was introduced in the original SECURE Act in 2019, but it's been significantly increased in the updated laws. If you have 50 or fewer employees, you can now claim a startup credit covering 100% of the costs associated with opening and administering a 401(k) plan, up to \$5,000 for each of the first three years of your plan. To qualify for this credit, your business must have at least one employee — besides yourself, if you're the owner — who earns less than \$150,000 a year. And you're eligible for the credit even if you join a multiple employer plan (MEP), which, as you may know, is designed to encourage smaller businesses to share the administrative duties involved in offering tax-advantaged retirement plans.

SECURE 2.0 also introduces an employer contribution credit, which

may entitle your business to a tax credit based on employee matching or profit-sharing contributions. This credit is capped at \$1,000 per employee and phases out gradually over five years. It's also subject to further reductions for businesses with 51 to 100 employees.

Another SECURE 2.0 provision deals with Roth matching and non-elective contributions. Effective this year, employees with 401(k) plans, along with those covered by 403(b) plans for nonprofit groups and 457(b) plans for government employees, can choose to have matching or non-elective contributions made as Roth (after-tax) contributions. Before this change, employers had to make these matching and non-elective contributions on a pre-tax basis. Of course, you'll need to communicate to your employees that Roth matching or non-elective contributions count as taxable income. The advantage is that your employees can ultimately withdraw the Roth contributions and earnings tax free, provided they meet certain conditions.

In looking ahead, SECURE 2.0 contains other options to make it easier for business owners to offer retirement plans. Starting in 2024, if you don't already provide a retirement plan, you can offer a "starter" 401(k) or "safe harbor" 403(b) plan to employees who meet age and service

requirements. These plans have lower contribution limits than a typical 401(k) or 403(b) and you can't make matching or nonelective contributions. Consequently, a starter plan may be quite attractive to businesses with few employees.

And beginning in 2025, 401(k) and 403(b) plans will be required to automatically enroll eligible participants, although employees can choose to opt out. Also, exceptions will be made for businesses with 10 or fewer employees and for businesses less than three years old.

The ability to offer a retirement plan

is a great asset for business owners who want to attract and keep good employees. And the SECURE 2.0 Act may make it easier for you to achieve this goal.

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

What me worry?

By Debora Dragseth, P.D.

Are you feeling stress and anxiety, partnered with an increased sense of worry? This month, we offer a simple technique for handling worry and words of wisdom from Dickinson State University professor, Dr. Wendy Wilson.

Worry time
"Worry time" is a cognitive-behavioral technique that involves setting aside a specific time of day to worry about your problems or concerns. To implement this technique, contain your worrying to a designated time in order to reduce its impact on your daily life.

During worry time, write down your worries, talk about them, or think them through. This simple technique can help you feel more in control of your worries, rather than having them consume your thoughts throughout the day.

The worry time technique is often used in the treatment of anxiety and can be an effective way to manage racing thoughts and anxious feelings. To implement the worry time technique, follow these steps:

1. Set a specific time and duration for worry time. Schedule a time each day, preferably at the end of the workday, to review any concerns or worries that you may have. Set a specific duration, say 10-15 minutes, to avoid getting caught up in worrying for an extended period.

2. Write down your worries. Instead of allowing your worries to spin in your mind, write them down during your worry time. This helps to externalize your thoughts and make them more manageable.

3. Focus on the present. During worry time, focus on addressing any worries that you have for the present moment rather than worrying about future events. Avoid speculating or trying to predict the future.

4. Identify potential solutions. Once you have written down your worries, brainstorm potential solutions to address them. Identify actionable



steps that you can take to mitigate your concerns.

5. Practice self-compassion. Remember to be kind to yourself during worry time. Avoid self-criticism and negative self-talk.

6. Remind yourself that it is normal to have worries or concerns.

The worry time technique allows you to maintain focus and productivity throughout your workday while still addressing issues and concerns you may need to address.

Focus on self-care

Dickinson State University professor, Dr. Wendy Wilson emphasizes determining what deserves your energy and what doesn't. "In regard to workplace stress and anxiety, the term used commonly for health workers, first responders, and mental health professionals, is

self-care. Self-care refers to behaviors associated with taking a 'time out' from work and maintaining healthy behaviors. Self-care applies to everyone; anxiety and stress can develop due to many factors including feelings of being overwhelmed, overstretched, and/or feeling pulled in several directions with work, home, social, family relationships, and other obligations."

Wilson noted that we are overly connected to the world of email, texting, emailing, and social media. She offers several helpful tips: Set aside time for yourself. Turn off your phone, email, etc. for constructive activities (even just resting or sleeping). Set boundaries and learn to say 'no' in the workplace. Don't commit to tasks or projects that are unrealistic in terms of time management. Eat healthy and exercise. Plan a vacation—a break to look forward to helps lead to a sense of positivity. Wilson's take-home message is, "Enjoy life, you only get one."

Debora Dragseth, P.D. is a professor of business at Dickinson State University. Her column appears monthly, providing commonsense answers to common workplace issues. ■

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CHAMBER OF COMMERCE

Chamber puzzle is a fun way to shop local

By Alicia Erickson, Marketing & Communications Manager



The Dickinson Area Chamber of Commerce is kicking off National Small Business Week with a shop local promotion of a Chamber Puzzle. Starting Saturday, April 29, visit the participating merchants to receive a puzzle piece. Piece the puzzle together by collecting all the pieces and turn in the completed puzzle to the Chamber by Monday, May 15 at 4 PM to have a shot at the grand

prize of \$500 in Chamber Bucks! (No purchase is necessary to participate.)

The participating Chamber businesses are:

- Blue Cross Blue Shield of ND
- Chambre
- Charbonneau Car Center
- Consolidated
- Dickinson Area Chamber of Commerce
- Faith Expressions
- Fresh Sips
- Glik's
- Island Cuisine
- Jakes Auto Detailing
- JP FrameShop & Western Edge Gallery
- New York Life – Mike LeMay & Scott Thompson, Agents
- Out of Town
- Quality Quick Print
- Steffan Saw & Bike
- Studio 9 Design
- The Saucy Blonde Boutique
- Western Agency
- Western Cooperative Credit Union

In addition to the grand prize of \$500 in Chamber Bucks, three consolation prize packages will also be given away. The winners will be drawn at State of the City on Thursday, May 18. Need not be present to win. The winners will be announced on the Dickinson Area Chamber of Commerce social media accounts (Facebook, Instagram, and LinkedIn).


Contact the Dickinson Area Chamber of Commerce with any questions by calling 701.225.5115 or visiting www.dickinsonchamber.org. ■

CHAMBERPUZZLE

APRIL 29 - May 15

Who doesn't love a good puzzle?

Shop Local



NDSU EXTENSION 4-H'ers speak out

By Holly Tuhy



On Monday, April 11, eight 4-H'ers from Stark-Billings County participated in the District 4-H Communication Arts Contest in New England, ND. Communication Arts is a public speaking event for 4-H youth ages 5 to 18. Youth can give readings, speeches, demonstrations, electronic presentations, and more. The event gives students the opportunity to present in front of an audience – strengthening their public speaking skills while building their confidence. The judges provided constructive feedback through one-on-one conversations after each presentation – explaining what each 4-H'er did well and where there was room for improvement.

All the youth who participated

from Stark/Billings County should be very proud of their hard work and accomplishments! A few youth attended weekly practices held at the Extension office leading up to the contest. All

students' results are as follows:

Receiving first place medals were Sawyer Wolf, Madigan Schrum, Kyron Schrum, Phaden Schrum, and Matthew Pretzer. Sawyer gave a speech about Shaken Baby Syndrome. Madigan and Kyron did a team demonstration on how to make slime. Phaden presented a mass media broadcast titled: K-POP Radio. Matthew gave a speech on why people should stop using chemical pesticides in farming.

Receiving an honorable mention ribbon was Anneliese Feland. Anneliese gave a demonstration on how to make a fun dessert.

Kenya Kilwein competed in the junior division. She gave an illustrated talk

about making soap at home. Finally, Kensi Kilwein participated as a Cloverbud. Cloverbuds are students ages 5 to 7 who participate in 4-H events but are not quite old enough to compete. Reciting the Pledge of Allegiance or the 4-H Pledge are common presentations for Cloverbuds, but they are welcome to give more in-depth presentations if they wish. Any opportunity to have young people speak publicly is of immeasurable value, no matter the age.

Youth who received first place medals have the opportunity to advance to the State 4-H Communication Arts Contest on Sunday, July 23, 2023 at the North Dakota State Fair in Minot, ND. Phaden Schrum was the outstanding senior participant



Back row (L-R) Phaden Schrum, Kyron Schrum, Sawyer Wolf, Matthew Pretzer
Front row (L-R) Kenay Kilwein, Kensi Kilwein, Anneliese Feland, and Madigan Schrum

chosen to receive a scholarship to attend the 2023 Extension Youth Conference on June 19-22, 2023 at the NDSU Campus in Fargo, ND.

Interested in joining 4-H? Give NDSU Extension Stark-Billings County a call at 701-456-7665. ■

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COMMUNITY

Curling sweeps North Dakota

By Marlene Bradbury

Governor Burgum recently signed a bill making curling the official sport of North Dakota! Did you know Dickinson Parks & Recreation has been offering curling since 2019? I moved to Dickinson in September 2020, and I was looking for community events to be a part of. I was visiting Bell Chiropractic with Dr. Jessica Dukart who quickly became a friend due to the many hobbies we share. She mentioned her curling team was looking for another team member. I jumped on the opportunity as curling has been a passion of mine for almost 20 years. I also learned Dickinson Parks & Recreation was renting curling stones and knew the Grafton curling club was looking to sell

theirs as new ones had been ordered. The Board approved the purchase allowing 8 teams to play at a time. A game involves two teams of four players each. Each person takes turns throwing two stones down a 150' sheet of ice at a 12' target that looks like a bullseye. Each game of eight ends (think innings) takes about 2 hours to play.

In February, Jessica and I participated in a women's bonspiel (curling tournament) in Grand Forks, ND. We curled with my daughter Brandi Reck and Paige Rudnik. Brandi curls out of the Fargo Curling Club and Paige out of the Grand Forks Curling Club. In the past, I was an active curler in the Grand Forks Curling Club and both ladies were a part

of my team. This bonspiel had 12 teams including curlers from Canada, South Dakota, Minnesota, and North Dakota. We played our first game on Friday night, two games on Saturday, and won the championship game on Sunday. This was not only fun to win but a great opportunity for Jessica to play on a dedicated curling ice facility (Dickinson ice is shared with hockey and skating) in her first bonspiel, and we met many fabulous curlers.

In March, seven Dickinson members were invited to participate in Capital Curling Club's season ending Greenspiel located in Bismarck. This bonspiel has participants of all ages and skill levels but less than five years of curling experience. These seven members included Todd and Dannielle Parkin, JJ Dukart, Heather Waltner, Audra Stanley, Jessica Dukart and myself. The two Dickinson teams faced off in the semi-finals with Jessica and Audra's team



winning by skip's stones tie breaker.

Dickinson Parks and Recreation regularly offers learn-to-curl events to help introduce new players to the sport, watch their website at <https://dickinsonparks.org/> or contact them for more information. We'd love to see more teams join us for the fall curling league!

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HEALTH

Healthy money-saving ideas

By Steve Irsfeld

We live in times when security and finances need to align better. Inflation is a concern as our dollars don't stretch like they used to, and it's disturbing in the area of groceries. This article will give

Nutridyn store is set up to give a 10% discount for online purchases, which is a 10% savings from the in-store retail price. The supplements get mailed directly from Nutridyn with free shipping on orders over \$50. You can ask my staff



you ideas on how to get the most bang for your buck while trying to maintain and improve your overall health.

Like most of you, I like to get a good deal when I buy something, but in the same breath, the person I am purchasing from also must make a profit or they won't be around to take care of me. Here are some ways that you can save money when it comes to buying dietary supplements:

The easiest way to save money is to have your provider send supplement prescriptions. Suppose you are giving your provider an accurate medication history. In that case, all your prescriptions and supplements will be in your medical record, and they can easily send a prescription for them to the pharmacy. The benefit to having them as a prescription is twofold; prescriptions are not taxed, so you will not pay the 6 ½ percent sales tax that you do if purchased as an OTC product.

Secondly, all prescriptions can be purchased with a health saving plan (HAS) or flexible spending (FSA). Both utilize pre-tax dollars set aside for healthcare purchases. Some health savings and flex plans don't require a prescription to buy supplements, but many do. The cost savings is whatever your tax bracket would be. If you pay 20% in taxes, combining these two ideas would save you 26 ½%, which is not a bad discount.

We have two companies that we work with that have online platforms. The

about how to get set up.

Now I want to transition to a good deal in dietary supplements. The main one is vitamin D3; as most of you know, vitamin D is formed when your skin is exposed to the sun, and believe me, it's going to be another month or two before you are going to comfortably be able to sit in the sun and have it potent enough to make Vitamin D in your body. Vitamin D is incredibly affordable and does so much in our bodies concerning immune support, bones, mood, and cancer prevention. The least expensive way to buy this is to get it in a liquid drop form. The adult dose that I recommend is four drops or 4800IU per day, and at that dose, a 30ml bottle will last 187 days or ½ year, and the cost per day is \$0.11 per day. Vitamin D is a no-brainer as it is inexpensive, and the benefits could save you money by staying healthy.

These suggestions have given you some ideas on how to save money while continuing to strive to become the optimal you.

For more information on ways to save money on supplements, 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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DICKINSON MUSEUM CENTER

North Dakota vs. Adolph Lehmann - Postscript

By Bob Fuhrman



Wedding portrait - Adolph Lehmann with his wife Lillian, probably taken in Billings, Montana.
Photo courtesy of private collection, used with permission.

'North Dakota vs Adolph Lehmann' was an interesting story to tell and we are fortunate that Stark County's first successful prosecution for murder occurred at a time for which several sources of information are available. In addition to the tried and true Dickinson

Press digital archives, A.P. Folsom's Justice of the Peace docket, Richardton's 75th anniversary history (1958), the 1915 promotional booklet 'Dickinson - Queen City of the Prairies' and the 1923 edition of the 'Reports of Cases Decided in the Supreme Court of the

State of North Dakota' were all essential to fleshing out the story.

Despite our good fortune to have these sources, this story, like many from Dickinson's early days, lacked images of two principal actors - victim Mathias Wetzstein and Wetzstein's widow Clara. For the third principal in the case, the accused Adolph Lehmann, the only image we were able to locate was a family group photo circa 1897-98 when Adolph was 12 or 13 years of age. That situation changed just recently, via a bit of 'fan mail' which prompted this postscript.

Following the publication of the first half of the Lehmann story I was contacted by Lori Thibodo, great-grandniece of Adolph who was intrigued by family stories about Adolph some years ago which inspired Lori to research her family history. That research led her to a great-niece of Adolph's wife Lillian (nee Conrad) who shared insights and images of Adolph and Lillian with Lori which are published here with the permission of Lillian's great-niece who wishes to remain anonymous. From Lillian's descendant we have the story of how Adolph met Lillian.

Lillian Conrad's father ran a restaurant in Beach where she worked as a waitress and began serving lunch to Adolph during the trial. Lehmann family tradition holds that Adolph was a bit of a 'charmer' and from that it is easy to imagine he and Lillian hitting it off, after all, both were of German stock (both of Adolph's parents and Lillian's father were born in Germany) and perhaps the tall, well-to-do rancher's legal predicament lent an air of 'bad boy' cachet. Whatever the attraction, Adolph was free under bond during the trial so the couple would have had the opportunity for courtship beyond



Adolph Lehmann, 1918 or 1919 on a trip to Minnesota where he had this portrait taken at the Kregel Photo Parlor in St. Paul.
Photo courtesy of private collection, used with permission.

mealtimes.

Upon conviction Lehmann was again incarcerated, but only a few days until his bond was renewed while the court's verdict was under appeal. Free again, though restricted to staying within the jurisdiction of the court, (that is, Golden Valley County) Adolph and Lillian could resume their acquaintanceship. We can assume that Adolph probably proposed marriage to Lillian sometime between mid-February and mid-March when he whisked her away to Billings, Montana for their March 18, 1918 nuptials, less than a year after the death of Mathias

Continued, next page

Continued from page 16

Wetzstein.

While there is an air of the romantic to the whole 'man-on-trial' love story, one has to wonder if Adolph's confidence in 'beating the rap' – first while on trial and then on appeal – might have crossed over into hubris when he removed himself from Golden Valley County for the Montana marriage and then kept flying closer to the sun by entraining for a honeymoon in Spokane, a trip cut short by his arrest for violating conditions of his bond.

Readers may recall that following the kerfuffle over violating his bond Adolph Lehmann seemed to have behaved himself and maintained a low profile. Not much was heretofore known about his activities while awaiting the ruling on his appeal, until Lillian's great-niece shared two intriguing images for this postscript. One shows Adolph in profile wearing a natty suit and hat, the card stock photo mounting's faded printing showing it came from the Kregel Photo Parlor of St. Paul, Minnesota. The second photo shows Adolph in the driver's

seat of a circa 1914 Model T which sported a pennant marked "Ortonville." Ortonville, Minnesota turns out to have been Lillian's birthplace

Family researcher Lori Thibodo solved the mystery of these two images, drawing together the logical threads. Lillian Conrad Lehmann's mother Rose passed away on May 13, 1919 in Chippewa, Minnesota and is buried in Ortonville where the family had lived for several years. It is likely that Adolph was granted permission to leave North Dakota for his mother-in-law's funeral and that Adolph and Lillian then visited Carl Lehmann (Adolph's father) in St. Paul before returning home for Adolph to eventually face incarceration, albeit briefly, in the North Dakota State Penitentiary where he remained for only 17 months of his 20-year sentence.

A few more tidbits of information

came along with the images:

Adolph's father divorced his second wife Christina in 1922 and it is speculated that Carl's spending a

consider amount of money on his son's failed defense may have hastened the end of the marriage. In the divorce suit the second Mrs. Lehmann sought \$12,000 (it is not known if that was granted her). Five years after Adolph's escape his father committed suicide in St. Paul by which time his once-considerable estate had shrunk to just \$3500 in personal property. In his will, Carl directed his son Paul to "engage a brass band of six pieces to play at the funeral" which Paul dully reported as having taken place in his report to the court. Carl's will left his personal property to Paul and bequeathed his daughter Agnes along with sons Henry, Franz, Robert, Max and Adolph \$1 each, there being no report if Adolph ever claimed his dollar.

And let's leave Lillian's great-niece to have the last word on the enigma that was Adolph Lehmann:

"...I also heard that (Adolph) did stop to see Lillian on his way. I think at some point I came to believe, but don't know if I really had any facts to support it, that Lillian had given him money, and he was headed for Mexico."

Finally, noting that Adolph was always her mother's favorite uncle - and yes, he was a murderer - "But, as my mother used to say, a nice murderer." ■



Adolph Lehmann in c.1914 Ford Model T, probably sometime between April 1918 and fall 1919, possibly during a visit to see his wife's family in Ortonville, Minnesota. Automotive aficionados please note the body-mounted headlamps are replacements for the original lantern-style. Photo courtesy of private collection, used with permission.



"Adolph & Tony at the Old Sheep Barn" taken at one of the Lehmann family properties, date unknown. Adolph is holding the two lambs and Tony is believed to be one of the hired hands. The Lehmanns were known as successful sheep ranchers with the brothers having spreads northeast of Richardton. Photo courtesy of private collection, used with permission.

May is Bike Month!

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COMMUNITY Warning signs of child sexual abuse

By Alissa Thiele, Dakota Children's Advocacy Center



Because child sexual abuse is difficult to discuss, some might find it easier to deny that something has happened. It's not always easy to spot sexual abuse because perpetrators are good at hiding it and often manipulate victims to stay quiet about the abuse. There are several warning signs that caregivers can look for.

Physical signs:

- Bleeding, bruises, pain, itching, or swelling in genital area
- Bloody, torn, or stained underclothes
- Difficulty walking or sitting
- Frequent urinary or yeast infections

Behavioral signs:

- Changes in hygiene, such as refusing to bathe or bathing excessively
- Exhibits signs of depression or post-traumatic stress disorder
- Expresses suicidal thoughts
- Has trouble in school, such as absences or drops in grades

- Inappropriate sexual knowledge or behaviors
- Nightmares or bed-wetting
- Overly protective and concerned for siblings, or assumes a caretaker role
- Returns to regressive behaviors, such as thumb sucking
- Runs away from home or school
- Self-harms
- Shrinks away or seems threatened by physical contact

Remember that there are no definitive signs of child abuse and although the signs listed above are red flags, it doesn't mean that abuse is occurring. If you suspect a child is being abused in North Dakota, call Child Protective Services at 833-958-3500.

Learn more at <https://www.dakotacac.org/signs-of-child-abuse/> or rainn.org ■



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Closing Keynote
Kat Perkins

HOME ON THE RANGE HOTR honored by special visitor

Home On The Range (HOTR) was honored to have Congressman Kelly Armstrong and his two field directors for a visit. Congressman Armstrong and his staff were invited to an informal round table discussion. Laura Feldmann, Executive Director, and other HOTR employees talked about their working ranch opportunities, education and G.E.D. testing, therapeutic programming and their work on SB 2341. Congressman Armstrong and his staff were then given a tour of the facility. The guests had an opportunity to speak to one of the youth at Home On The Range and talk to them about what they were learning at HOTR. The tour concluded at the indoor arena. Laura talked about the different equine and canine programs, and the impact and effects it had on the children's treatment and success. The Congressman and his staff were able to meet some of the horses and dogs in the animal assisted program. The guests were then presented with gifts of appreciation. ■



Congressman Armstrong with Laura Feldmann, Executive Director

COMMUNITY

Notes from the Badlands

By Joe Wiegand

One hundred and twenty-five years ago, on May 1, 1898, with the words, "Gridley, you may fire when ready," Commodore George Dewey initiated the Battle of Manila Harbor in the Philippines. War with Spain had been declared by Congress and President McKinley less than a week prior on April 25. On May 6, Theodore Roosevelt resigned his civilian position as Assistant Secretary of the Navy and took up his Lt. Colonelcy in the Army's 1st United States Volunteer Cavalry destined for war in Cuba.



After the war, TR rose like a rocket, serving as Governor of New York, Vice-President, and, upon the death of William McKinley on September 14, 1901, 26th President of the United States.

On April 7, 1903, President Theodore Roosevelt returned to Medora, where thirty years prior he came to hunt bison, establishing his Maltese Cross Ranch at Chimney Butte, and later the Elkhorn Ranch downstream. In 1910, in Fargo, TR declared, "I would never have been President if not for my experiences in North Dakota." In 1947, Congressman William Lemke, the Fargo Republican, sponsored legislation founding Theodore Roosevelt Memorial National Park, which rose to full park status in 1978. Theodore Roosevelt's legacy in these Badlands explains why Governor Burgum, the North Dakota Legislative Assembly, and citizen donors from throughout the country are making good their plans for the Theodore Roosevelt Presidential Library, scheduled to open in Medora during the celebration of our country's Semi-Quincentennial, July 4, 2026.

Since 1965, the Medora Musical has featured a recreation of TR's charge up Kettle Hill in the Battle of San Juan Heights. Ken Quiricone, a crowd-favorite, plays the role of TR in the Medora Musical. Larry Marple and I continue to portray TR in town and at the Old Town Hall Theater. Larry is joined by his wife, Julia, in her brilliant portrayal as Edith Roosevelt. You'll meet Larry and Julia as TR and Edith when you enjoy your Pitchfork Steak Fondue before the Musical. During the July 14 -17 Badlands Chautauqua, a gathering of Theodore Roosevelts from throughout the country will rendezvous in Medora, sharing stories of TR's "crowded hour" in Cuba and his many adventures before and after the war.

As President, TR was famous for his point to point hiking scrambles in Washington D.C.'s Rock Creek Park and at his home, Sagamore Hill, in Oyster Bay, New York. Beginning Saturday, May 13 through August 31, I'll lead hikes on Medora's Point to Point Trails at 8AM. On most Tuesdays, Thursdays, and Saturdays, we'll enjoy Strenuous Life Hikes that live up to their name and last 90 minutes or more. On Wednesdays and Fridays, Mornings on Town Butte, something a little gentler and half as long, will get the blood going and whet your appetite for the Gospel Brunch. The guided hikes are free. Meet at the Point to Point Trailhead at the north end of 6th Street. I look forward to leading the charge to the top of Town Butte and to the best summer yet in Medora. ■

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WHERE BUSINESS GOES TO GROW

Keeping up in 2023

By Matt Ellerkamp, Business Advisor, Small Business Development Center



Inflation and supply chain shortages will be paramount again this year. When a business can't secure its needed supplies to produce or sell means there is no cashflow, with no cashflow there is no business. Businesses are also noticing increased prices due to limited resources from the pandemic. Prices of goods and services are rising from inflation caused from Federal Reserve flooding cash into the market during the pandemic, the prolonged Russia/Ukraine War, and continued decoupling and rising tensions in trade with USA and China. The inflation rate is the highest in 4 decades, around 8% - 9% according to the U.S. Bureau of Labor and Statistics in 2022.

To address these problematic issues, business should focus on what they can control. When possible, start building

relationships with suppliers on a local and regional level to keep a balanced supply. This may mean higher prices, but a business can keep operating instead of closing. Diversifying business to business partnerships helps keep an organization from putting its eggs in one basket. Another strong benefit is local dollars invested locally builds a robust economy, creating more jobs, services, local tax dollars.

Combating inflation and supply chain shortages requires cashflow management strategies. As inflation rises, it irritates the cashflow. Inflation creates less buying power for businesses. When a business has budgeted an amount money to purchase supplies and there is a draconian price increase, it becomes difficult to sustain cashflow. To pay for a new price increase, the business will have to find the funding elsewhere in the budget. Then a business must wait to receive the profits back, this disrupts the cashflow. Knowing where the money is going, when it is coming back, helps alleviate undue financial pressure. This scenario is for healthy companies maintaining a wholesome cashflow. If company is NOT maintaining a cushion by operating on credit or surviving from paid invoice to invoice, they will be forced to make difficult decisions.

There are many strategies for maintaining cashflow such as supplementing with a business line of credit, invoice factoring, merchant processing loans, establish charge accounts with wholesalers, require down-payments, incentivize early pay options, enforce late fees, and more. The most important strategy is to forecast a cashflow statement and reconcile bank statements. Not all cashflow



issues are foreseeable, but a business that creates a financial plan and anticipates expenses and revenues streams manage cashflow better. This enables better decision making and flexibility in difficult financial situations.

If a business is struggling to maintain its flow of cash to make payroll, pay debtors, and keep inventory moving the

Dickinson SBDC can help businesses develop a financial plan to get back on track.

Funded in part by a cooperative agreement with the SBA. All opinions, conclusions, or recommendations expressed are those of the author(s) and do not necessarily reflect the view of the SBA. ■

COMMUNITY

ABLE, Inc. looking to impact community with new program

Recognizing the area's need for healthcare professionals, ABLE, Inc.

is piloting a new and innovative Direct Support Professional (DSP) Training Program to help participants experience "The Life of a DSP". The DSP Training Program

is a FREE, four-day training that will run June 26-29, 2023, during which 12 participants will build their healthcare knowledge, skills, and become CPR and First Aid certified. Through this hands-on training by some of North Dakota's best experts in the field, participants will gain the experience needed to enter the workforce as a DSP.

The DSP Training Program will begin with the history of disability services in North Dakota, and pivot to the field's current services, philosophy, and information on a variety of disabilities. Participants will take part in an exercise that will teach them what it feels like to be reliant on others for assistance

and how a disability can affect basic life skills. The trainings will help participants understand diversity, find strength through differences and foster unique communication strategies. Participants will also learn to understand the "why" behind the way humans act and interact, being provided with the tools necessary to respond in a supportive manner.

Not sure if the work of a DSP is right for you? Through the DSP Training Program, participants will leave with a better understanding of the philosophy of the

profession, job duties and workplace expectations. No matter the participant's future field, today's workforce requires employees and professionals to build a supportive and inclusive workplace culture, and the skills of a DSP are valuable life skills in general. For those interested in becoming a DSP taking part in the DSP Training Program will allow them to apply with confidence and position them for hiring preference with ABLE, Inc. and other agencies seeking Direct Service Professionals.

For more information or to register, go to www.ableinc.net, or contact Janelle at ABLE, Inc. at 701-456-3000. ■



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HEART RIVER VOICE | MAY 2023

Calendar

ONGOING IN MAY

DICKINSON AREA PUBLIC LIBRARY Many library events are on hold in May as they prepare for their summer reading program, which begins May 27. See their article on page 4 for more information. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups.

MAY 24-JUNE 17

BADLANDS ART ASSOCIATION PRESENTS ART EXHIBITION 2-5PM Wednesdays-Saturdays. Trio of Artists: Ryan Schaefer, Weston Voss, and Aaron Anderson. The gallery is in the Badlands Art Gallery, Klinefelter Hall, Dickinson State University, 291 Campus Drive.

THURSDAY MAY 4

10TH ANNUAL KIDS HEALTH & SAFETY FAIR 3-6PM Door prizes, educational activities and much more! Free for kids and families! More info, see article, page 27, and ad, this page. West River Ice Center.

THURSDAY MAY 11

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

FRIDAY MAY 12

DICKINSON CATHOLIC ADULTS 6:30PM Social; 7PM Speaker; 8PM Fellowship. Dickinson Catholic Adults is a community for young adults (21-50) in Dickinson and the surrounding areas who are seeking to grow in their relationship with Christ and friendship with others. More info, contact dickinsoncatholicadults@gmail.com

SATURDAY MAY 13

3RD ANNUAL TOUCH A TRUCK 11AM-4PM A unique, interactive event that allows children, young and old, to see, touch, and explore their favorite emergency vehicles, and over eighty big and small vehicles used for Construction, Farming, Delivery and more! This is a FREE event! Food, Fun, Freebies, Puppies, Music, Inflatables and more. More info, see ad, next page. West River Ice Center.

HCA 2ND GRADERS BLESSINGS FUNDRAISER CARNIVAL 1-4PM Enjoy some family fun! Hope Christian Academy Gym, 2891 5th Ave W

8TH ANNUAL SPRING INTO SUMMER WINE WALK 5:30-8:30 Tickets available online for will-call pickup at check-in on the day of the event at <https://store.medorauncorkd.wine>. Physical tickets avail-

able for purchase at the Medora Convenience Store or Little Missouri Chiropractic. \$25 in advance; \$30 on the day of the event (if there are tickets left; only 150 tickets will be sold)

Medora Uncork'd, 370-378 Pacific Ave, Medora.

THURSDAY MAY 18

PAINT AND SIP Paint and Sip events are for the 18th of every month at Hawthorne Suites tickets are \$35. Hawthorne Suites is located at 1170 Roughrider Blvd.

FRIDAY MAY 19

46TH ANNUAL PLANT SALE 2-4PM Lots of perennials to choose from. Come on time, plants sell out fast. 307 Adams Avenue, Highway 12, Hettinger, ND

MAY 23, 24, 30, and 31
BADLANDS BIG STICKS

10TH ANNUAL KIDS HEALTH & SAFETY FAIR

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11AM-4PM

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DICKINSON, NORTH DAKOTA

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Inflatables!
Food! Ice Cream!
Face Painting!
Balloons!
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and more!

HOME BASEBALL GAMES

6:20PM (Sunday at 4:20PM)
Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 25 for full schedule.

THURSDAY MAY 25

DUNN COUNTY HISTORICAL MUSEUM, Dunn Center opening for summer season 2023. Hours: Thur - Sun 10AM - 4PM MT. No admission charge this year; please visit our website: dunncountymuseum.org for more info. 153 Museum Trail, Dunn Center, ND

SATURDAY MAY 27

SUMMER READING PROGRAM KICKOFF CARNIVAL 10AM-2PM The theme of this year's Summer Reading Program is "Read, Explore, Grow!" Come join the fun! More info, see ad, page 14. Dickinson Area Public Library, 139 3rd St W.

MAY 27-28

COWBOY POETRY GATHERING Saturday, 9AM Registration. 10AM Celebrating Badger Clark, South Dakota's First State Poet Laureate. 7:30PM-Poetry Readings. Sunday, 9AM Cowboy Gospel Singing, 7:30PM Poetry Readings. More info, call 800-633-6721. Medo-

ra Community Center, Medora, ND.

SAVE THE DATE**WEDNESDAY JUNE 14**

ALL HORSE FLAG DAY PARADE The Medora Chamber of Commerce is again sponsoring the All Horse Flag Day parade on Flag Day - Wednesday June 14, 2023. The parade will begin at 2:30 pm MDT and entries are welcome and encouraged to call 701 623-4378 for more information.

FRIDAY JUNE 16

11TH ANNUAL BAKKEN BBQ 4-10PM You don't want to miss this famous community event that benefits local charities and Make-a-Wish ND! See ad, page 19 and bakkenbbq.org for more information. West River Ice Center parking lot.

JUNE 21-22

3RD ANNUAL SUMMIT ON BEHAVIORAL HEALTH IN ENERGY COUNTRY More info, see article, page 10, and ad, page 18. Dickinson Astoria Event Center, 363 15th St W.

JUNE 26-29

DIRECT SUPPORT PROFESSIONAL TRAINING The DSP Training Program is a FREE, four-day training that will run June 26-29, 2023, during which 12 participants will build their healthcare knowledge, skills, and become CPR and First Aid certified. Through this hands-on training by some of North Dakota's best experts in the field, participants will gain the experience needed to enter the workforce as a DSP. More info, see article, page 20, and ad, page 2.

Badlands Dinosaur Museum

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(Memorial Day to Labor Day)

DICKINSON MUSEUM CENTER

PIPER'S PALS Pet Name Match

These pets love their drive thru treats!

Your goal: Match the correct name with the pet. Good luck! ■

A: Gustaf (#___)

B: Bohdan (#___)

C: Eurel (#___)

D: Mabel (#___)

(Answers in our next issue!)

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

PAWSITIVELY POPPY A Poppy pedicure

By Miranda Kuhn

Do you have any idea how difficult it can be to wrestle a 35-pound Poppy to the floor to trim her nails? Why, why is this activity such a torture for her (and me)? I have an idea that since Poppy was a stray, she had never received nail care before coming to my home. In the beginning I was taking her to a groomer to have her nails trimmed, but the price tag of ten dollars per visit plus the cost and inconvenience of driving her into town after work soon became too much. I started to research how to do this at



home, and quickly discovered that Poppy and I both hated the traditional nail clipper. The noise scared her, and her jerking her paw away made me afraid of hurting her. I was also terrified of using this because only two of Poppy's eighteen nails are clear while the rest are black, making it extremely difficult to identify the quick before making a snip. Enter the Dremel nail trimmer. This fabulous machine uses small sanding discs with which we gently grind away at her nails until I am reasonably assured we are close to the quick but not causing any pain. My advice to all puppy owners is to play with your pup's feet and toes and begin with small trims early on to make them more comfortable with the process. Make it a fun experience with special treats and lots of praise. For those like me whose pup is fearful, continue to offer treats and praise, as well as lots of breaks

for snuggles. It is also helpful to take walks on cement during nice weather, as this naturally grinds down dogs' nails during an activity they already love. Good luck and say hi to your pooch for me! ■



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Ask Alfie

Dear Alfie,

Spring is just around the corner and I wanted to know if you have any safety tips specific to this time of year. My family has two cats, one dog, and we love your article!

Sincerely, Anderson Family

Dear Anderson Family,
Thanks for writing in! Here are some things to keep in mind when it comes to pet safety during Spring:

1. When tackling your Spring-cleaning list, keep in mind that most household cleaners introduce toxins to your home environment which could negatively affect your pets. For example, a freshly-washed, still damp floor, could transfer chemicals from the floor cleaner to

your pet's paws, which they may ingest. Whenever possible, keep your pets out of the area until the area is done being cleaned and dried, and better yet – opt for non-toxic, pet-safe cleaners. Also, be sure that the area being cleaned is well ventilated. Your pet's respiratory system is much weaker than yours, and strong scents and chemicals can be harmful.

2. Secure your window screens. Now that the weather is getting warmer, it's tempting to open your windows. But don't assume that the screen will prevent your pet from getting out the window – with a little pressure they can easily pop out, and many pets are lost this way. To be safe, only open your windows a few inches, or look for pet safe, sturdy screens.

3. Avoid newly fertilized grass for at least 24 hours. Fertilizer products can

be fatal to pets. Be especially cautious when out walking your dog because you never know whose grass may have been recently treated. Other chemicals, like herbicides such as Roundup, are extremely dangerous to pets as well.

4. In addition to grass, be aware of which plants and flowers can be toxic to your pets. Many houseplants, including lilies, are highly poisonous. If your pet is exploring the neighborhood with you, be sure to pay attention so that they do not nibble when you're not looking!

Enjoy the warmer weather and sunshine!

Sincerely, Alfie ■



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

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2023 HOME SCHEDULE

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HEART RIVER GEMS

Painting with a Purpose



Jessica Dukart-Bell

By Kelley Jilek

What started with a Facebook group in 2016 to help a friend, Painting with a Purpose has raised over \$35,000 for various groups. Jessica Dukart-Bell offers these acrylic painting classes as a way to raise money for various groups.

Jessica and her husband, Brian, ran their chiropractic office together until they sold it last year due to his health concerns. Now Jessica is a real estate agent with Continental Real Estate. She has a son, Garrett, a junior at Dickinson High School, who plays hockey and golf. Jessica enjoys all things outdoors, such

as hiking, horseback riding, and kayaking. She also shoots archery and is a member of an all-women's curling team in the winter (see curling article on page 14). Heart River Voice had the privilege to learn more about how Painting with a Purpose got started and how it has grown through the years.

HRV: What prompted you to start offering your painting workshops?

JDB: I fell in love with teaching painting in the summer of 2015 when my son and I did a weekly painting challenge where he would choose a theme and we would paint it. Then we started inviting some of his friends to paint with us. I did my first official Painting with a Purpose class in 2016 when trying to find a fun way to fund raise for a friend's adoption. After that first class, I decided to start offering them monthly to other charities or organizations as fundraisers or as medical benefits.

How many events have you done?

I have hosted around 36 classes and helped raise over \$35,000 for various groups.

How many events do you do a year?

They are typically once a month, but we often take the summers off.

Can you briefly explain the class-

es?

They are a step-by-step tutorial where everyone paints the same picture that I am demonstrating. We usually use acrylic paint on canvas.

How do you choose what the class will paint?

The charity or organization usually gets to choose its photo and the level of difficulty. We normally do beginner level acrylic paintings on canvas, but I have also taught acrylic pouring abstract classes. Trees and landscapes seem to be the most popular, and we often do paintings to go with the seasons.

What do you love the most about doing these workshops?

The classes are a unique way to get community members together to support their favorite charities, and it's always great to see someone discover a hidden talent for art or painting that they didn't know they had.

What does teaching these classes do for you?

I get to meet new people and be creative and support my favorite charities.

Did you go to school for art or are you a self-taught artist?

I have taken a couple of similar paint and sip classes and watched some videos, but I am mainly self-taught and have painted as a hobby for a long time.

Anything special you'd like to share?

Each year we do a class for Best Friends Mentoring, and we often get a lot of kids for those classes, it is fun to see them discover new skills. They seem to love the idea of painting on canvas. Most people walk in and say they are terrible painters or artists and walk out with a piece of art that resembles the picture we started with.

How does a group go about scheduling a workshop with you?

I will have openings for classes again in the fall and charities can contact me at jdukartdc@hotmail.com. ■

Heart River Gems is proudly sponsored by


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SCAN ME



Jessica and her son, Garrett, demonstrating one of their weekly painting challenges



COMMUNITY**10th Annual Kids Health and Safety Fair**

By Marlys Walter, Annual Kids Health and Safety Fair Chairman

It's time for the Annual Kids Health and Safety fair hosted by the Southwestern District Health Unit on Thursday May 4 from 3:00 to 6:00pm at the West River Ice Center in Dickinson. The event is a fair/carnival, and this year's theme is "Safari". Children and their families, along with the exhibitors are encouraged to dress in their favorite safari attire or costume. Local resources and businesses will provide interactive games, hands-on teaching activities, various screenings and information related to generating awareness to children's health and safety.

The goal of the event is to create an activity-oriented environment to inspire kids to learn while having fun with their families. Some of the activities include having a free vision screening by the New England Lions Club, completing an obstacle course prepared by the Community Action Head Start/Early Head Start Program or learning about tooth care at the Southwestern District Health Unit Tooth Fairy booth. There will also be live entertainment by the Sol de Mexico dancers. Door prizes will be given away donated by our sponsors.

We encourage children of all ages and their families to attend this FREE event. If you get hungry there will be food to purchase from The Professionals Relay for Life Team. Hope to see you at the fair! ■

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Phone: 701-590-0495

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KUDOS

Monica Soto

Those who are happiest are those who do the most for others
~ Booker T Washington

To know Monica Soto is to know a woman whose heart is full of joy and committed to helping others. It is not unusual to see Monica in the courtroom or at the doctor's office. She has been instrumental in making sure the Hispanic community has a place to worship and worked hard to bring a group of sisters from Mexico to serve western North Dakota. Monica feels honored and grateful to live in North Dakota. "I feel like a bridge for my community and the State of North Dakota". She shares how she doesn't know how to repay this state for all the blessings given to her family, mostly the opportunity to fulfill the American dream. For this reason Monica helps where she can. Monica hosts the Sol de Mexico dance group and believes sharing food together is an opportunity to share her culture. You'll see her delicious homemade Mexican food at Trinity's Mardi Gras and at outdoor summer events. Through these experiences she hopes that we can learn to understand our differences and find a way to connect.

North Dakota has been home to Monica and her family for 16 years. In that time the number of Hispanic residents in Stark County increased to 6.3% of the population (2020 US census). That's about 2,100 people! Monica has seen firsthand the challenges faced by new



Monica Soto

community members as they attempt to maneuver through our medical and legal systems as well as just day to day needs like buying a home or starting a business.

As the first barrier is typically language Monica volunteers as a translator. She often asks daughters Isabel and Alondra to help translate when she can't. It's a family affair!

Monica was Women Empowering Women's connection to the Health Department where the Health Equity Division was able to fund outreach on women's health. Our initial focus to ensure that Hispanic women had access to well

woman healthcare has expanded include foreign born African American women as well. This knowledge has helped us to help all women access medical care for themselves and their families.

Monica's volunteer work to help the Hispanic community is what she does in her free time! She also owns and operates La Cocina D' Monica a Mexican restaurant in Belfield, does catering, helps her husband Rigo with his business A.R.M. Construction, is a mom of four and



grandmother of one.

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who've lived quietly, joyfully, or creatively to influence our lives.

They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see <http://wewnetwork.org>. ■

GOING POSTAL

The Art of the Skateboard

The bold designs on these four stamps capture skateboarding's excitement while reflecting the diversity and influences of the artists themselves. The designs incorporate both ancient iconography and modern graffiti.

The first skateboards mimicked surfboards. They were simple in design and might have featured a brand-name decal or stenciled racing stripes for embellishment. Now the artwork on a skateboard deck is often as individual and bold as a skater's breathtaking moves.

Antonio Alcalá, an art director for

USPS, designed the stamps using artwork by:

- Crystal Worl, an Alaskan artist whose design expresses her Indigenous heritage;
- William James Taylor Jr., whose work is influenced by pop art, comic books, cartoons and graffiti;
- MasPaz (Federico Frum), a Colombian-born, American-raised muralist; and
- Di'Orr Greenwood, whose design highlights her Navajo culture.

The Forever stamps are available at Post Offices and usps.com. ■



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COOKING CRAVE

Chocolate Eclair Cake

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!

Chocolate Éclair Cake

1 - 14.4 oz. box honey graham crackers
2 packages French vanilla instant pudding mix
(4 serving size)
3 cups milk
1 - 12 oz. container frozen whipped topping, thawed

Chocolate Buttercream Frosting:

1 lb. package powdered sugar
1/2 cup butter, softened
4 Tbsps. milk
1 tsp. vanilla extract
2 squares unsweetened chocolate, melted & cooled

For Frosting: In a large bowl, blend powdered sugar, butter, milk and vanilla with an electric beater at low speed until well combined. Once combined, beat at medium speed for 1 to 2 minutes, until creamy. Add the cooled chocolate, and beat until well combined. Add more milk, if necessary, until the frosting reaches spreading consistency.

For Cake: Line the bottom of an ungreased 9x13-inch baking dish with one-third of the graham crackers. In a large bowl, whisk together pudding mix and milk; add whipped topping, stirring until mixture is thickened. Spread half the pudding mixture over graham crackers in baking dish. Repeat layers with one-third of graham crackers and remaining pudding mixture. Top with remaining graham crackers. Spread with chocolate frosting. Cover and refrigerate 8 hours or until ready to serve.

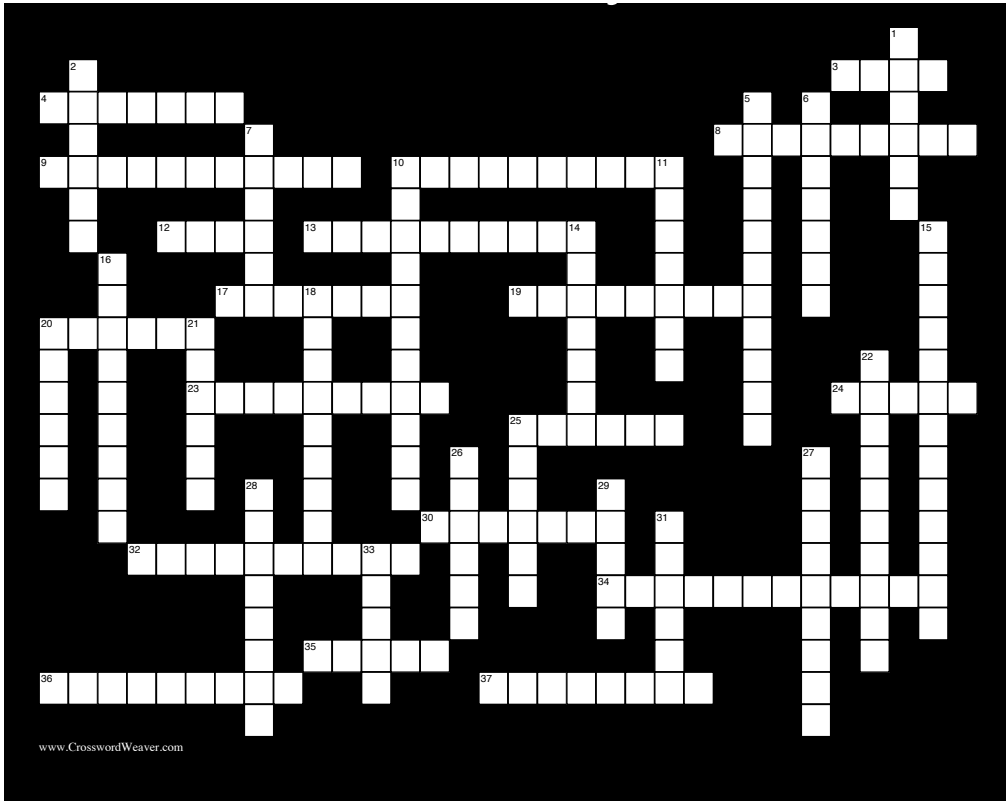


CONSOLIDATED
CHANNEL 18

COOKING
CRAVE

CROSSWORD

HOW GREEN IS YOUR PATTY? by Carlinka



www.CrosswordWeaver.com

ACROSS

- 3 ++Spherical green veggie from a pod
- 4 ++Sponge Bob's buddy
- 8 ++An inexperienced person
- 9 ++Heiress who was kidnapped in 70's
- 10 ++60's sitcom - country living vs city
- 12 ++Puree of seasoned meat
- 13 ++Another term for dollar bills
- 17 ++Dress maker's blue print
- 19 ++Seuss's __ and Ham
- 20 ++Going the rounds for security
- 23 ++Crack this tasty green nut
- 24 ++Small, flat cake
- 25 ++When metal is exposed to air or moisture
- 30 ++Icon of R&B, soul, disco... Patti__
- 32 ++Structure for growing plants
- 34 ++Stephen King's movie adaptation
- 35 ++Paved area or courtyard for dining
- 36 ++_monster. A jealous person
- 37 ++Fatherly

DOWN

- 1 ++Non-standard, provincial speech
- 2 ++Japanese hot green paste
- 5 ++Hard, tart green apple
- 6 ++Pat of female rock and roll
- 7 ++Kneecap
- 10 ++Booker T and the MG's
- 11 ++Post apocalyptic 70's flick" __ Green"
- 14 ++Patrick__of Star Trek and X Men, etc...
- 15 ++Jessica Tandy in " __ Green__"
- 16 ++She played identical cousins in the 60's
- 18 ++Green tomato in salsa verde
- 20 ++Person chosen as a special protector
- 21 ++Original Evita on Broadway, Patti__
- 22 ++Country singer icon
- 25 ++Document securing inventions
- 26 ++Patrick of Dirty Dancing
- 27 ++Showing resident status in the U.S.
- 28 ++Green melon
- 29 ++sauce made with basil
- 31 Port city in Ukraine
- 33 ++Pattie from punk rock?

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

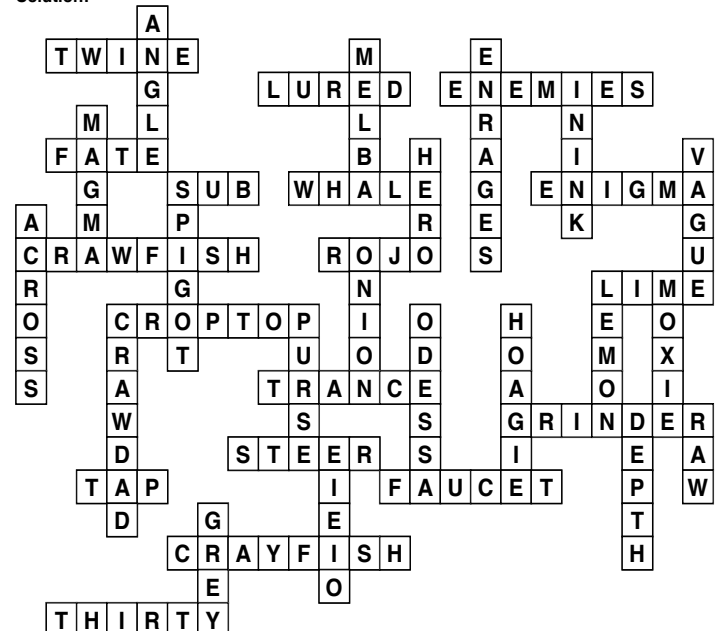
All inquiries are confidential. **AA Hotline 701.264.7552**



Last month's puzzle solution

++AKA++

Solution:



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By the end of
the first week

of May, there are new, far more positive trends. Life gets extremely interesting around May 20th, when your ruler Mars moves into Leo with a momentous planetary alignment involving Mars, Jupiter and Pluto. It is a time when you will not be deterred you're your course of action. You play all your trump cards and play to win, without compromise.

**TAURUS**
April 21-
May 21

With your ruler Venus moving to Cancer, you feel a deep attunement with others and an urge to learn more about the shadow sides of society. Meanwhile there are rapidly changing dynamics affecting home and family. Jupiter enters your sign Taurus for the first time in 12 years, with a promise of expansion and success over the next year.

**GEMINI**
May 22-
June 21

The month of May is a very thoughtful period for you when you prefer to wander off the beaten track and explore spiritual and psychological ideas and their effect on mind and body. The new moon on May 20th takes place at a time when significant changes are taking place around you. These extreme communication trends can also affect relations with siblings or neighbors, or indeed anyone you meet or travel with on a regular basis.

**CANCER**
June 22-
July 22

The full moon on May 5th-6th highlights a focus on change and on seeking out alliances with groups of people who share your own untraditional beliefs. At the time of the new moon on 19th-20th May, there are a lot of important changes taking place. Venus will be in your sign, and this may represent a soft and loving person coming into your life.

**LEO**
July 23-
August 22

As the month of May begins, there is an intense focus on communication and messaging, and at this time news may come your way, which subsequently affects the choices you make in your professional life. By the time of the new moon around May 20th big changes start to arise. It's a tricky period though, because you need to avoid overkill. What has to be avoided is ideological extremism and endless discussion of principles on which agreement cannot be found.

**VIRGO**
August 23-
September 22

The first half of the month is a time to discuss detailed plans with partners to give the future more structure. The key words are cooperation and learning. After May 20th, there is a decisive change of emphasis. This is a turning point for you, when you can start to move forward and pursue some breakthrough ideas.

**LIBRA**
September 23-
October 22

First week of May is quite an intense period for you, as you weigh up various options based on information that was hidden but now comes to light. Just after the full moon your ruler Venus moves into the sign of Cancer, and this puts a new emphasis on career priorities where your capacity for caring comes into play. Big changes are taking place after the 20th, and at this time there is a shift in the power balance, especially for partners and especially on the social scene or with kids.

**SCORPIO**
October 23-
November 21

The 5th of the month awakens strong feelings, particularly in relation to other people who are prepared to rock the boat a bit. The new moon around the 20th May, there is a major change of emphasis, and you sense that you are in a position of strength and will want to assert your leadership. Tectonic changes are taking place, which may mean that relationships professionally and domestically go through a period of upheaval.

**SAGITTARIUS**
November 22-
December 21

For a year now, your sign ruler Jupiter has been in Aries, which has evoked confidence and dynamism in you. Now, on May 16th, Jupiter moves out of Aries and into the sign of Taurus, which brings a completely new trend connected with a desire for economic stability and comfortable conditions at work. The more innovation taking place right now, the better.

**CAPRICORN**
December 22-
January 20

Part of the psyche of Capricorns is deeply rooted in the mysteries of the ocean, and over the next two years you have a strong motivation to get a deeper understanding of the subtleties of the mind and interaction with others. Mid-May is a time when you form a deeper relationship with someone who opens your heart to compassion and devotion. This is a very cathartic period, when old ghosts can be exorcised.

**AQUARIUS**
January 21-
February 19

This is a time of decisive changes in the home environment. You are likely to run into someone who adopts a bullying and authoritarian tone, which is not something you are cool with. Perhaps the way to deal with this is to understand the inevitability of change. Other people may be in crisis, especially on the professional scene, so they are motivated by survival needs. Once this blows over, you establish a firm and prosperous foundation.

**PISCES**
February 20-
March 20

Big things start to happen. As Jupiter moves into Taurus, simultaneously clashing with Mars and Pluto on May 20th, a crisis arises which seems to be to do with changing world conditions that can seem very threatening. Changes around the 20th can also be connected with your own changing needs. What becomes important for you after this date is to increase your knowledge and connect with people who can help you develop your skills.

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