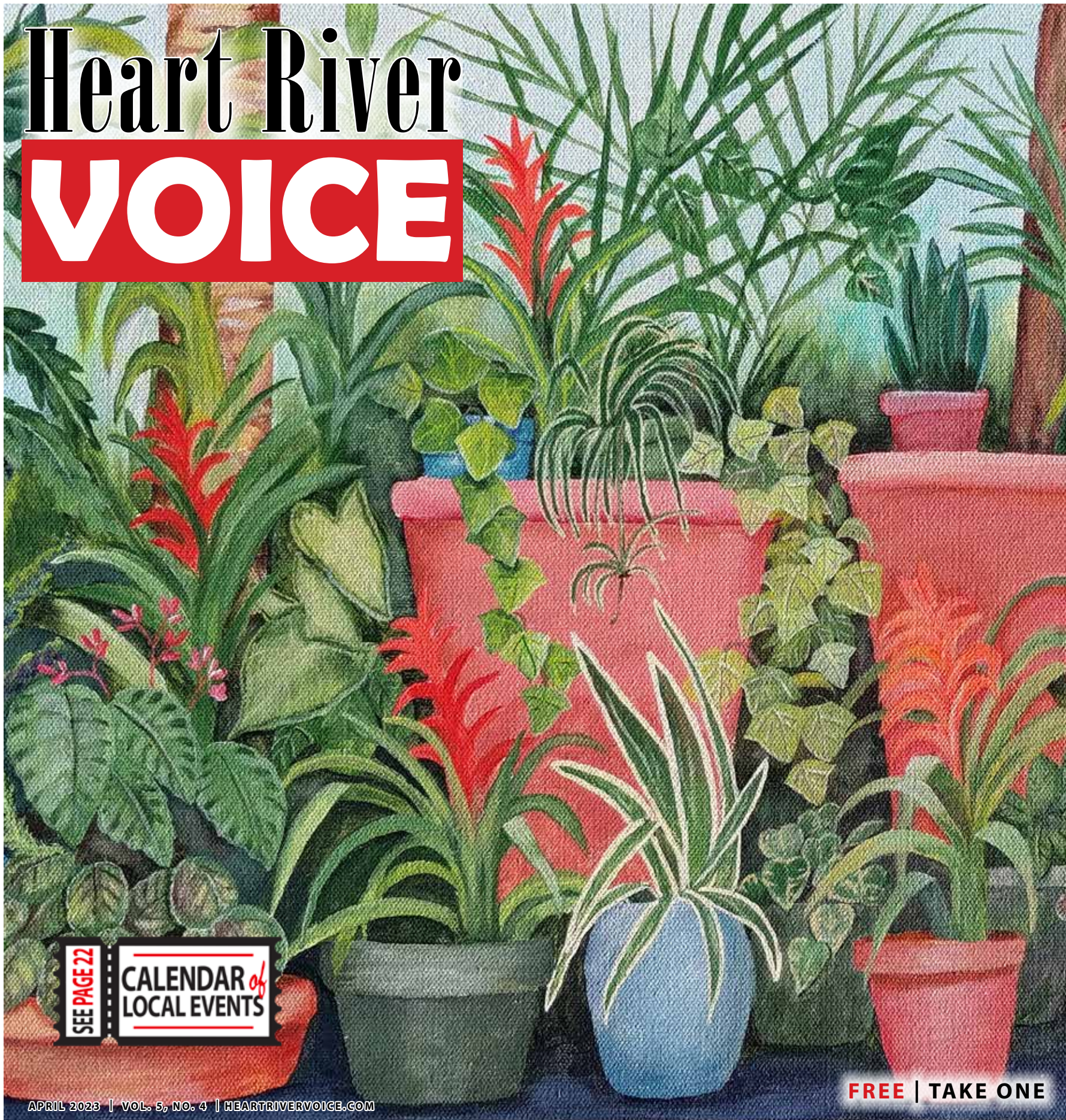


Heart River **VOICE**



SEE PAGE 22

CALENDAR *of*
LOCAL EVENTS

• One time credit up to \$10
 • Chance to win a \$150 credit
 Call 701.483.4000 today!

Save time & money with
 Autopay & Paperless Billing!

Autopay & Paperless

* Residential customers only.
 Offer expires 6/30/23.
 Some exclusions may apply.



Consolidated
 Reach the World, from here.

701.483.4000 • 888.225.5282
consolidatednd.com/gogreen




We have **Sundance Spas**
 in stock, ready to install for you!




Join us at the *Spring* SHOW
 at the West River Ice Center
 March 31 & April 1, 2023
 "Dry" test one of our hot tubs!

 Call (701) 227-0601

1661 I-94 Business Loop E., Dickinson ND 58601
info@bluhavenspaspas.com
bluhavenspaspas.com
www.facebook.com/bluhavenspaspas



DAN PORTER MOTORS



YOUR VOLUME LEADER
 WE WANT YOUR BUSINESS!
 WE MAKE BUYING OR SERVICING YOUR CAR OR TRUCK HASSLE FREE!

*FREE CAR WASHES FOR LIFE
 *FREE ALIGNMENT CHECKS
*WITH YOUR CAR OR TRUCK PURCHASE



701.227.1272 DANP@DPMOTORS.COM
 2391 I-94 BUSINESS LOOP EAST, DICKINSON ND 58601

the real  estate co.
 real estate made simple.

701.483.0111
 353 19th street west
 dickinson, nd 58601
www.therealestateco.com



*Call me. let's talk
 Real Estate.*


 TAMMIE BRAUN
 Realtor

701.590.1091
 email: tammiebraun@gmail.com
www.tammiebraun.com



Heart River VOICE

Publisher

Kelley Jilek

Advisory Board

Tammie Braun
Irene Schafer
Kaylee Garling
Amy Graves
Lorri Stoltz

Advertising Sales

Kelley Jilek
(701)290-2063
kelley@thejileks.com
Irene Schafer
(701) 290-3222
ireneschafer@ndsupernet.com

Web Developer

Ben Hapip

Graphic Designer

Sophia Jilek

Photographers/ Feature Writers

Our Community

Astrologer

Hilda De Anza

Crossword Czar

Carlinka

Published Monthly by Heart River Voice, Inc.

PO Box 2117
Dickinson, ND 58602

© Copyright 2023 Heart River
Voice, Inc. All rights reserved.
For usage and submission
information, contact us at
kelley@thejileks.com

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 "Greenhouse Shelf," an acrylic by Janelle Brackel. For more information about the artist, see page 5.

NOW'S THE TIME TO PLAN AHEAD WITH LIFE INSURANCE

They depend on you. Feel good knowing you've taken steps to protect what matters most, no matter what tomorrow holds.

Let's talk about securing your loved ones' financial future with life insurance that fits you.



Todd Schweitzer, Agent

Todd Schweitzer Agency Inc

1021 3rd Ave W

Dickinson, ND 58601

(701) 483-6228



American Family Life Insurance Company,
6000 American Parkway, Madison, WI 53783 ©2016 011785 - Rev. 8/19 - 18324728



Heating season is here.

Call us for your furnace maintenance!



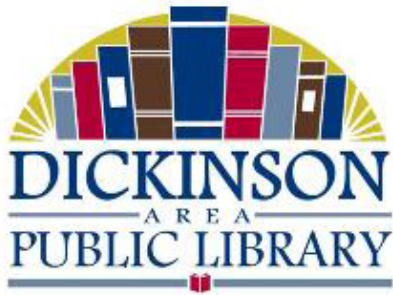
701-483-4753

www.fireandicend.com

612 8th St. SE, Dickinson, ND 58601

#BOOKWORM**How do we select our materials?**

By Cindy Thronburg and Rachel Waldo



Following the theme of last month's article that answered questions about the library's call numbers, I wanted to answer another question we often get asked: how do we select the materials that we put on the shelves? The librarians of the Dickinson Area Public Library take great care in purchasing and deciding where items live once they get to the library. While several librarians purchase materials for the library, the policies for all staff are the same. And while those librarians purchase many different types of materials (books, movies, video games, etc.), this article mostly focuses on the selection process for books.

Our Selection Policy says, "Materials selection aims at maintaining a collection of materials for meeting the


informational, reference, research, educational, and recreational needs of the Dickinson Area Public Library community." This includes all members of our community. And as we serve many different patrons, our librarians purchase books for a wide variety of age groups.

When our librarians begin the process of searching for new books to add to our collection, they first look to the guidance of accredited literary review services like Publisher's Weekly, Booklist, Library Journal, Baker & Taylor, and of course, The New York Times' Best Seller's List. Searching these lists, the librarians look for books that are mentioned across multiple lists, big name authors, and popular series. Often as these books are compiled, they will read the basic synopsis and critical reviews for each book chosen.

Another way our librarians select materials is through collection suggestions we get from patrons. Staff will read the basic synopsis, look at any accredited reviews, and publication date before deciding whether or not to purchase a requested item. We try to purchase items requested by our patrons, be it movie, audiobook, or book requests.


We determine where a book will be shelved based on the recommended age provided by the publisher or services like Baker & Taylor. Some specific categories of books are marked with stickers on the spine to help guide library users—for example, we mark "Young Adult" and "Fantasy" books with stickers in the Children's Fiction collection.

There is one aspect of the library we

Primary Care for life's adventures.

Hello humankindness®



have thus far left out. As many of you know, we have several databases and online services providing eBooks and other resources, but we do not choose the materials that are included in these databases. These databases are available to all North Dakota residents through the North Dakota State Library, and the specific content cannot be filtered by each individual library. Each citizen has access to the same databases of research, fiction, and entertainment wherever you live.

At the end of the day the Dickinson Area Public Library is made up of librarians doing their best to serve their community. We are guided by what materials are highly anticipated and popular on a national level. Selecting materials is a thoughtful and discerning process as we work to provide materials to support our community.

That said, we do have a few events we would like to highlight for April. The first is a Dungeons & Dragons Interest Campaign we will be hosting Saturday, April 22nd at 2:00pm. This will be an interest gathering session for teens and adults. Join us to discuss a summer D&D

Campaign, go over comfort levels, safety tools, genres, and scheduling. We would love to have your input on what you want to see from the game!

We will also be having two sessions of Cartoon Afternoons. One will be on Monday, April 10th from 2:00pm-4:00pm and the other will be Friday, April 28th from 1:30pm-4:30pm. Join us for an afternoon of cartoon watching! The cartoons will be primarily from the 90s and cereal will be provided. This is open to all ages.

We would also like you to know about our Book End Art program that we will be hosting for ages 13+ on Wednesday, April 26th from 4:00pm-6:00pm. Stop by to create a book-themed book end that will be used in the library stacks! Let your creativity flow and create some lasting art for the library.

We hope you can join us for these or any of our several other events that will be happening in April. Please check our website, Facebook page, or stop by the library to pick up an event calendar to see all the fun programs we will be hosting. See you soon! ■

COVER ARTIST**Janelle Brackel**

Janelle and her husband, Leo

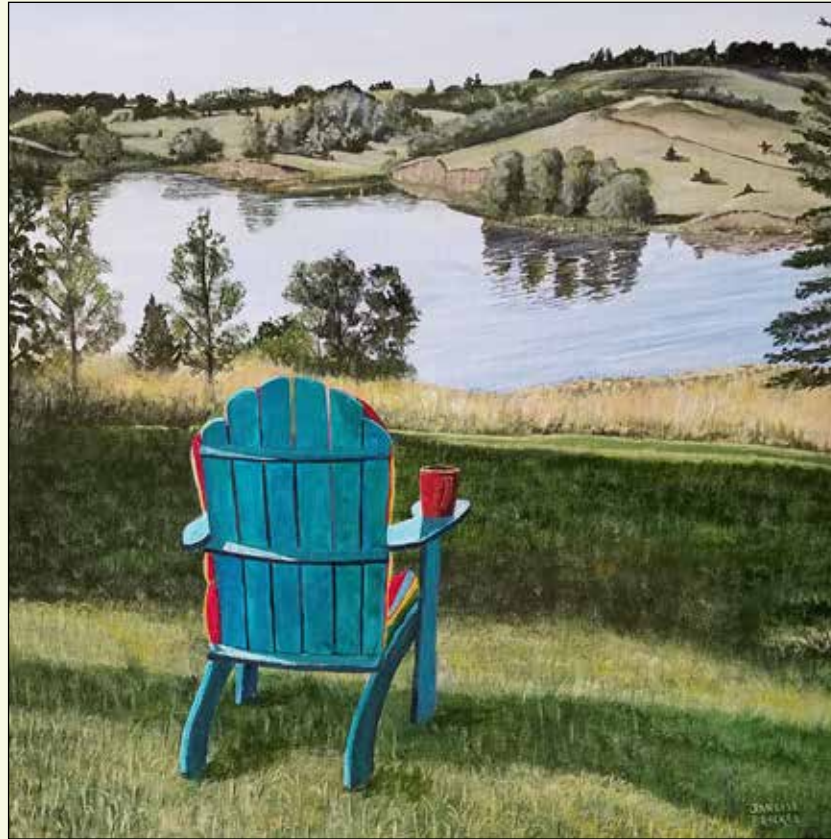
Janelle Brackel, a northwestern Minnesota native, enjoyed “making things” as a child. She was excited because her high school hired an art teacher when she was a junior. After taking an art class that year and going on to major in art and music education, she landed a job teaching art and music at the Mott Public School. She met her husband, Leo Brackel, and continued teaching for 36 years. She had the joy of teaching her two daughters during that time.

As a teacher, she tried many types of art, including watercolors, drawing, printmaking, and others, but she is most comfortable creating acrylic paintings.

She started cutting out and painting personalized wooden Christmas ornaments more than 30 years ago and still continues to this day. She painted them yearly for her daughters and now for her five grandchildren. She also sells them to mothers and grandmothers by special order or at her in-home Annual Christmas Boutique, where she also sells other creations.

In 1991 she was asked to paint a large mural along the main street in Mott featuring a pioneer scene. Two years later, she painted another mural depicting the old Rainbow Bridge, a former Mott landmark. She has also painted murals in the Hettinger County Courthouse, the Mott Gallery of History and Art and the Mott Evangelical Community Church.

About five years ago, she became an associate of the owners of the local art studio, “Grapes and Raisins”, and she has taught several art classes for adults



My Happy Place

and children. Now, she gives private art lessons, as well as piano lessons, in her home.

Janelle and Leo have two daughters, Stefanie and Alicia, who are both married with families and live in the Bismarck/Mandan area. Leo and Janelle love spending time with them all, including five grandchildren, who range in age from 2 to 8 years.

Janelle’s acrylic paintings are usually painted from original photos, since photography is also a hobby. She specializes in peaceful scenes

photographed at Lake Tschida, where she and her husband spend considerable time at their cabin from May to November. She also enjoys painting various floral still lives and scenes with buildings and flowers. She tries to capture the beauty created by God and then preserve it on canvas. As a Christian, she chooses to paint joyful, peaceful scenes which give the viewers pleasure.

Janelle feels thankful and honored for this opportunity to present her artwork to the public in this publication. ■



The cover art was just a small portion of this piece, Greenhouse Shelf

ARTISTS

It's time to enter the
SQUARE FOOT SHOW
at Bismarck Art & Galleries!

All entries must be created on a 12" X 12" canvas purchased from Bismarck Art & Galleries Association.

BAGA members pay just \$25 for 1 canvas or \$30 for 2. Non-members pay just \$30 for 1 canvas or \$35 for 2.

Download the entry form and purchase your canvases online at www.bismarck-art.org under special events/classes.

All artwork must be dropped off or shipped to BAGA by July 20.

All works will be priced at \$155. Artists receive 70% of the sales of their works.



The Square Foot Exhibit
will hang August 8-25.
Reception: Tuesday,
August 8, 5 to 7 pm.

701-223-5986 | www.bismarck-art.org

INTRODUCTION TO JUDO FOR JUNIORS

MAY 30TH - JUNE 29TH
TUESDAY & THURSDAY
(REGULAR)
MONDAY (ADVANCED)
7:00 TO 8:30 P.M.
AGES 5 TO ADULT
\$20.00/PERSON + UNIFORM
RENTAL REQUIRED
DHS WRESTLING ROOM
979 13TH AVE W.

FOR MORE INFORMATION OR TO SIGN UP, CONTACT:
NICK LAMBERT 483-4329
JEFF FICKE 227-8710 JEFF.FICKE@GMAIL.COM

ROUGH RIDER JUDO.COM
Gentle Ways Inc. is a non-profit organization

EDITORIAL

Behind the scenes

By Josie Schieno

The show must go on! This is a phrase that is used frequently in the entertainment industry. But can the show really go on without any backstage management? Let's take a behind the scenes look at what really goes on during production. Actors should help backstage in production at least once. Being backstage can help develop real life skills.

Scene 1 Yes, the actors perform the show, but the stage managers run the show. When an actor works backstage, they get to see the other side of things. They get to see the rest of the challenging work that goes into a show. It helps build an appreciation of what goes on behind the scenes. Not only does helping backstage give a person a sense of how a show is run, but it gives a valuable opportunity to learn more about a character or to act on stage themselves. Backstage.com stated that, "Experiencing a show from behind the scenes can also illuminate moments of dialogue, specific lyrics, or other elements of storytelling

that get lost when you're focused on your own acting." Having actors work backstage at least once can really give them a boost into an acting career. Leigh Anne Tuohy played by Sandra Bullock in the movie, *The Blind Side*, Captain America played by Chris Evans in the Marvel Franchise and Private Reiben played by Ed Burns in the five-time award winning movie *Saving Private Ryan*. All 3 of these actors were stagehands before ever being on screen.

Going into scene 2, not only can being a stagehand be fun, but you can also apply it to real life situations. Backstage magazine said, "Working on crew is a great way to make new connections with your non-performing colleagues, which will come in handy when you enter the professional world." Making connections with the people you work with is a wonderful way to learn how to make friends in a new environment. When you are backstage, you must know how to communicate well with others. "Good communication skills are essential to allow others and yourself to understand information more accurately and quickly," said CFI.com. Being backstage and helping with production teaches you

many life skills including motivation, willingness to work, time management, and organization.

Act 3 our final scene. I have been an assistant director and backstage manager for four different productions. I have seen all the work the cast puts into a show, but the long hours the crew has put in too. Backstage has not only helped me with learning how a show is run but how to communicate and work well with others. The next time you watch a production, whether it be high school, or Broadway, remember that there are many people behind that velvet curtain performing on stage just as much as the actors. Don't forget to thank them and congratulate them for their hard work throughout the show.

Josie Schieno, a junior at Trinity, wrote this editorial for the speech event, Radio Broadcasting. She is an assistant for the

upcoming production of *Babette's Feast* on Friday, April 21st-Sunday, April 23rd. ■





3020 Energy Drive - Dickinson, ND 58601
701.456.9184 | 800.932.8740
www.fisherind.com

General Highway Construction ♦ Heavy Civil Construction
Commercial Crushing ♦ Aggregate Products ♦ Steel Service Center
Aggregate Equipment Fabrication

WE'RE
HIRING


qrco.de/fisherjobs

JOIN
OUR TEAM





WELDERS



EQUIPMENT OPERATORS

EQUAL
EMPLOYMENT
OPPORTUNITY







**CELEBRATING A CENTURY
BY YOUR SIDE.**

SAXMOTOR.COM

800-489-9430
52 21st St. E, Dickinson, ND 58601

GOING POSTAL

Go for Broke Japanese American Soldiers of WWII

We usually feature a new stamp in this space, but this month, we are featuring a stamp that was first issued in June 2021. The U.S. Postal Service is going to discontinue sales of the *Go for Broke Japanese American Soldiers of WWII* commemorative stamp this year.

"As a military veteran, I have the greatest appreciation for the more than 33,000 nisei, or second-generation Japanese Americans, that served our nation during World War II," said Donald L. Moak, a member of the U.S. Postal Service Board of Governors, who served as the dedicating official for the stamp's 2021 ceremony.

The stamp was designed by art director Antonio Alcalá and is based on a photograph of a member of the 442nd Regimental Combat Team, whose motto was "Go for Broke." The photograph was taken in 1944 at a railroad station in France. The stamp was printed in the intaglio print method. The color scheme of the stamp is patriotic, and the type runs up the side in a manner suggestive of the vertical style in which Japanese text was traditionally written.

For a time after Japan bombed Pearl Harbor, second-generation Japanese Americans were subjected to increased scrutiny and prejudice because of their



heritage.

Known as nisei, these second-generation Japanese Americans eventually formed what became one of the most distinguished American fighting units of World War II: the all-Japanese American 100th Infantry Battalion/442nd Regimental Combat Team, whose motto was "Go for Broke."

"We strongly encourage interested individuals and organizations in the community to buy up the remaining *Go for Broke* Soldiers stamps – let's sell out the stamp!" said Wayne Osako, chair of the Stamp Our Story Committee. "This is a wonderful way to show your support for the Nisei Soldiers legacy, and to send a message to Washington that more stories like ours ought to be shared."

Buy them here: <https://bit.ly/3Iqoe1E>



Benedictine

BENEDICT COURT



Assisted Living Apartment Openings!

Move into Benedict Court from now till the end of April, and get a free washer and dryer with your apartment rental. **That's a \$1,500 value put back into your pocket!**

To learn more or schedule a tour, call:

Taylor Chock, (701) 779-8121

830 2nd Ave E, Dickinson, ND 58601

www.benedictinedickinson.org/assisted-living

Advertise with us!

Heart River
VOICE

**CONTACT KELLEY JILEK
AT 701-290-2063 OR
EMAIL KELLEY@THEJILEKS.COM**



FLUFFY FIELDS
VINEYARD & WINERY

We've made it our mission to strive to produce excellent wines that celebrate the lands and fruits of North Dakota, with a relaxing atmosphere for our guests to explore their personal wine tastes.

Visit us for a wine tasting. Our vineyard provides varietals of cold climate grapes to create a unique selection of wines.

- *Petite Pearl*
- *Marquette*
- *Frontenac Gris*
- *Sweet Bree*

Our orchard and gardens provide fresh fruits and vegetables for unique and memorable alternative to grape wines.

- *Apple*
- *Haskap*
- *Shipping Sunshine*
- *Cherry*

Enjoy a sweet and smooth honey wine made from ND honey or try our specialty carrot wine, Naughty Bunny.

Get Fluffy!

CONVENTION AND VISITORS BUREAU

Discovering hope on the prairie



North Dakotans are hardy people. This winter has shown that to be true! The 2022-2023 seasonal snowfall has already surpassed 70", and everyone remembers the epic April 2022 snowstorms. Buckle up, because Dickinson is already at its 4th highest level of snowfall, and there's likely more to come.

However, despite the months of white and seemingly endless winter, hope comes to the prairie when the prairie crocus (pasque flower) makes its appearance. While the prairie crocus sometimes pops out of the ground in March, it's usually spotted in April. This purple flower may seem delicate, but it's often found peeking out from dry, old growth grass, patches of snow, and on bare hillsides exposed to the harsh North Dakota winds. These conditions make the prairie crocus a hardy flower and a sign to North Dakotans that there is hope – spring will come!

Have you ever gone crocus hunting? Headed out onto the prairie to comb the hillsides for the prairie crocus? If you're a town dweller, head out to the state parks or Theodore Roosevelt National Park to try your luck. The prairie crocus only makes its appearance for about two weeks every spring, so you have to be ready! National Park Week is April 22-30, 2023, and Theodore Roosevelt National Park celebrates with free entrance on Saturday, April 22. Even if you don't discover a prairie crocus, you could encounter other spring flowers and wildlife like bison, deer, elk, wild horses, prairie dogs, eagles, coyotes, and more.

If music is what makes you hopeful, there are several opportunities in April to be



serenaded. The spring concert series in Medora is bringing in The Highway Men Live! (April 13-14) and Poppa Bear Norton (April 28-29). The Dickinson Area Concert Association presents Copper Street Brass (April 18), and 103.7 The Connection hosts An Evening with Josh Wilson (April 14). Be sure to 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. ■



Your Economic Development Office for Stark County, Dickinson and the Surrounding Area

BUILDING REVITALIZATION PROGRAM GRANT

RECEIVE UP TO \$50,000 IN MATCHING FUNDS

The Building Revitalization Grant assists property owners bringing commercial buildings into compliance with local and national building codes to provide new commercial, retail and restaurant opportunities in Stark County.

Awards **UP TO \$50,000 IN MATCHING FUNDS** are available through a competitive process as determined by the merits of the application. Funds are limited and not predetermined. Accepted costs can include, but are not limited to, accessibility and ADA improvements, fire suppression, hazardous materials abatement, structural issues, plumbing and HVAC updates as required by building code.



WITH THE HELP OF SDC YOU CAN BE OPEN FOR BUSINESS!

Quarterly Application Deadlines:
 March 31st, 2022
 June 30th, 2022
 September 30th, 2022
 December 31st, 2022

CONTACT SDC NOW TO DISCUSS YOUR PROJECT AND RECEIVE AN APPLICATION PACKET

www.starkdev.com • team@starkdev.com • (701) 225-5997 • 103 1st Ave West, Suite 101 • Dickinson, ND 58601

WHERE BUSINESS GOES TO GROW

VOICING SOME THOUGHTS

Aging

By Nancy Hoff

I honestly thought I would never be this old. My favorite Mark Twain quote is "Aging is a matter of mind. If you don't mind, it doesn't matter." In the words of Mark Twain – horse feathers!

Reality is – physically, everything is harder to do. Mentally, I have "foggy" days. Inside – well there, not much changed. I love rock and roll classic, see every remaining band from the 70's that I can – before they go to the great concert hall in the sky. I love a get-together, a party, a spontaneous combustion.

It seemed I had more time -

- to lose that 38-year-old baby fat
- to go on endless hikes and explores
- to do a daily skin regimen
- I will always, always maintain my hair color

Reality is:

- that baby fat is here to stay, like a loyal friend who will never leave my side(s)

• my knees lock up – if I go for a walk, some considerate drivers may stop and ask if I need a ride

• My skin is wrinkled beyond repair. My grandson loves to pinch the skin on the back of my hand to see it stand up.

• I am going gray. I am going for the "silver fox" look. Right now, it is more of a weasel.

• Life does lose a bit of its luster ... Things that seemed to be of utmost importance ... eh, not so much anymore.

Reality is:

• Time is no longer an endless supply chain. Make the moments count – right now!

• Cherish those in my life, even more. Visit the nursing home resident, call



my family for supper more often, never say "no" when you get an invite to meet friends, watch the sunset with your spouse, play with your grandkids. Be present.

• My mom and dad had an outdoor swing glider. On the rare times my dad would sit on it after coming from the field, he would pat the seat next to him and tell my mom "Come sit with me." We received a "come sit with me" glider as a wedding gift from my sister – it's wonderful but needs more use!

• There is a knowing now that this won't go on forever. But it is not fearful. It's like a gentle breeze ... a wisdom that all will be well.

• To enjoy more and work less. I doubt that on their deathbed anyone says, "I wish I would have worked more."

So, I've come to the healthy acceptance that I have opened three quarters of a great gift. This is a Netflix documentary – a cartoon with a little boy and his dog. The little boy says, "You know, Asta, someday we are all going to die." And Asta says, "Yes. But not all the other days." Today is all the other days. ■

DICKINSON PUBLIC SCHOOL FOUNDATION

DPS Foundation and Lincoln Elementary partner for Family Code Night

Over 250 students and family members packed the gym for the first ever Family Code Night on March 14. Lincoln K-5 families came together for pizza and partnerships during this exciting event where parents teamed up with their children to complete their first hour of coding. Parents also received their first look at the school's Cal Ripken Sr. Foundation mobile STEM center.



During the event, families completed coding puzzles by practicing concepts such as programming, repeat loops, code efficiency, and conditionals. As they learned the big ideas of computer science, examples were given on how these skills are applicable beyond the screen. "Computer science isn't about computers at all, but rather about a specific way of thinking. Our goal is to help students build a set of skills that they can think at phenomenally high levels across all situations," stated Marisa Riesinger, Elementary Library Media Specialist.

The CS Fundamentals event has been held in thousands of schools nationwide and became the largest family engagement night for Lincoln Elementary. Family Code Night was made possible by a grant from the Foundation's annual program. The grant includes funding for a district Family Code Night that will include every Dickinson elementary school in the fall. ■



K&M


CABINETRY

Would Like To Thank Our Customers For

Over 50 Years Of Business

701-225-6756
157 21st St. West, Dickinson, ND

Kurt Robinson
Owner



SIGNS • BANNERS • DECALS • GRAPHICS

☎ 701-483-8900

📍 1283 W. Villard
Dickinson, ND 58601

✉ suresign@ndsupernet.com

Specializing in body repair and refinishing for:

- ✓ Autos
- ✓ Heavy Trucks
- ✓ Heavy Truck and Trailer Frame Straightening



Since 1994

701.483.6778

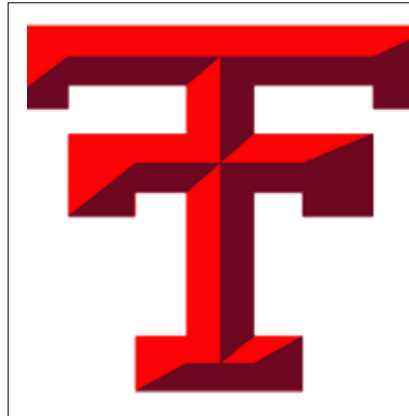
North Highway 22 • Dickinson, ND
jayrs@ndsupernet.com

COMMUNITY**2023 Trinity
Mardi Gras
raffle winners**

The Trinity Mardi Gras is a major fundraising event for Trinity Catholic Schools. Funds raised through the three days of this winter fundraiser are used in general operating expenses. We are grateful for the many volunteers who make the Mardi Gras happen each year, and for the support we receive from the people of Dickinson and from our surrounding communities.

Congratulations to the 2023 Trinity Mardi Gras Raffle winners:

- 2023 Ford Escape - Paul & Dorothy Fitterer
- Traeger Timberline 1300 Pellet Grill - Dale Ficek
- Dewalt Lawn Tools - Russell Riesinger
- Quarter of Beef - Matt Pavak
- Mobile Gas Card - Monte Kubas



- Hair Services + Drink Option - Henry Frank
 - \$500 Cash - John Wanner
 - \$300 of Consolidated Telcom Service - David & Kyla Zach
 - \$300 Cash - Jim Stolt
 - Bench Seat with Storage - Kathy Dutchuk
 - \$200 Gift Card - Pam Kilwein
- Contact DeAnn at 701.483.6085 to learn more about how you can give even a small amount of time to assist with this outstanding community event! ■

THE

ACRES

EST 2022

- 1+ ACRE LOTS
- PAVED STREETS
- SOUTHWEST WATER
- NATURAL GAS
- STREET LIGHTS

VENTURE

CALL 701-483-8448 FOR
MORE INFORMATION!

Steffan Saw & Bike

Think Spring!

\$300 Off

All Serfas e-bikes in stock!

701.225.5075 | 121 3rd Ave E, Dickinson, ND

the real
estate co.

real estate made simple.

701.483.0111 fax: 701.483.0112
353 19th st w | dickinson, nd 58601

Lenée Bookhardt

cell: 701.690.5867 
email: LeneeBookhardt@gmail.com
www.therealestateco.co





Happy Easter! Happy Spring!

**Heart River
VOICE**

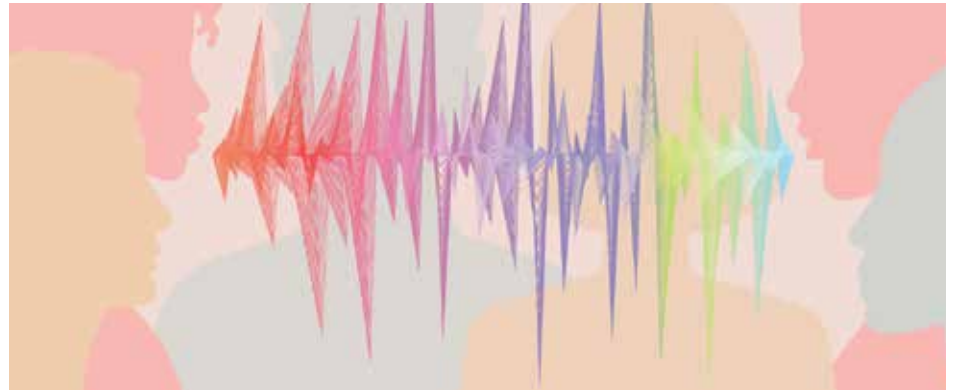
NATIONAL CRIME VICTIMS' RIGHTS WEEK

APRIL 23-29, 2023

Survivor Voices

Elevate. Engage. Effect Change

To learn more, visit
www.dakotacac.org/victimrights



FINANCIAL FOCUS

Can you benefit from new RMD age limit?

When you're working, you may spend decades contributing to retirement accounts such as your 401(k) and IRA. Once you're retired, though, you'll likely need to begin withdrawing from these accounts to help pay for your living expenses. In fact, you'll be required to take money from them at a certain age — but that age requirement is changing, and it could lead to changes in your financial strategy.

Let's look at some background behind this development. You put in pre-tax dollars to a traditional IRA and 401(k), so your contributions can lower your taxable income and your earnings can grow on a tax-deferred basis. Eventually, though, you must take withdrawals from these accounts or face tax penalties. (A Roth IRA does not have the withdrawal requirement; you can essentially keep the money intact as long as you choose.) As part of the SECURE Act 2.0 of 2022, the age at which you must take these withdrawals — technically called required minimum distributions, or RMDs — has increased from 72 to 73. So, if you turn 72 in 2023, you now have another year before you're required to take RMDs.

The SECURE Act 2.0 also mandates that, in 2033, the RMD age will increase

again — to 75 — so, depending on your current age, you may have even more time to plan for the effects of RMDs. Of course, you may need to start taking withdrawals from your retirement accounts before you reach either RMD age — 73 or 75 — so the additional time may not mean much to you. But if you can afford to wait until you must start taking RMDs, what issues should you consider?

Perhaps the most important one is taxes. Your RMDs, which are based on your life expectancy and account balances, are considered taxable income in the year in which you accept the money. If you have sizable amounts in your traditional IRA and 401(k), these RMDs could be large enough to bump you into a higher tax bracket, leading to greater taxation of Social Security benefits and a Medicare surcharge. So, the ability to delay taking RMDs can be beneficial from a tax standpoint, at least for a time. On the other hand, by delaying RMDs, you might eventually have to take bigger taxable withdrawals from your accounts that may have larger balances because they've had more time to potentially grow.

You could address the issue of taxable withdrawals by converting your

traditional IRA to a Roth IRA before you're faced with RMDs — and now, you have more time to do so. Roth IRAs have no RMDs, and since a Roth IRA is funded with after-tax dollars, your withdrawals are tax free, provided you don't begin taking them until you're at least

59½ and you've had your account at least five years. Again, though, taxes are the issue — any pre-tax dollars you convert from a traditional IRA to a Roth IRA will be taxable in the year of the conversion. To reduce this tax hit, you could space out the conversion over

several years.

When thinking about delaying RMDs or doing a Roth IRA conversion to avoid RMDs, you'll need to consult with your tax advisor. But the new RMD age limits do give you more flexibility in these areas, so think carefully about how you might benefit from the added time.

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

Edward Jones®



Marlene Bradbury
Financial Advisor

1166 3rd Ave West
Dickinson, ND 58601
701-225-1077

MKT-5894N-A

> edwardjones.com

LESSONS IN BUSINESS

Fashion forward

By Debora Dragseth, P.D.

In today's environment, does dressing for success still matter?

Wrinkled clothes, stains on your shirt from last week's lunch, or scuffed up shoes are instant clues to your personality and your attitude. Famous Italian designer, Miuccia Prada, summed it up this way, "What you wear is how you present yourself to the world, especially today, when human contacts are so quick. Fashion is instant language."

Shoes clues

When asked about her worldwide celebrity and jaw-dropping wealth, Oprah Winfrey quipped, "I still have my feet on the ground; I just wear better shoes." If shoes make the man (or woman), it seems that working professionals would do well to pay as much attention to what is below their ankles as to what is above.

Windows to the sole?

Based on primitive cave drawings,

foot coverings were one of the first items developed by early man. Their main function in the beginning was to protect feet from burning sand and sharp rocks while they went about the business of hunting and gathering. It wasn't long, however until the extravagance and style of the shoe began to denote the social standing of the wearer.



Researchers at the University of Kansas and Wellesley College say that people can accurately judge 90 percent of a stranger's personality simply by looking at their shoes. These experts posit, "Shoes correlate with the owner's personal characteristics. Age, gender, income, and even

psychological traits such as agreeableness and insecurity can be accurately judged from a person's shoe."

Wearers of drab, newish shoes are likely to be insecure about their relationships with other people. Expensive shoes belong to those with a high income. Flashy and colorful footwear belong to extroverts, and shoes that are not new but appear to be spotless belong to conscientious

types. Worn, yet well kept, shoes signals confidence regarding relationships. Research details can be found here: www.sciencedirect.com/science/article/abs/pii/S0092656612000608.

Best foot forward

According to the National Shoe Retailers Association, women's footwear accounts for 40 percent of U.S. sales, men's 35 percent of sales.

Since the shoes are one of the most important influence items in your wardrobe, it's vital that you buy well-made shoes and treat them right. Wearing shoes that are cracked, scuffed, or falling apart conveys a negative impression, just

as would a stained tie or wrinkled suit jacket. "Well heeled" means wealthy, and wealth implies success. Most of us have clothes for important meetings, clothes for interviews and clothes for casual Friday, but please consider what your shoes may be saying about you. If you are reading this at work, take a quick peek at your shoes. Are they shouting whimsical, frumpy, trendy, or polished, professional, and ready to be promoted?

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

CHAMBER OF COMMERCE

Dickinson Area Chamber prepares 116th annual banquet

By Carter Fong, Executive Director, Dickinson Area Chamber of Commerce

To inject new energy into an 'old' event, the Chamber's Board of Directors moved to hold its 116th Annual Banquet & Chamber Choice Awards on the campus of Dickinson State University on the evening of Tuesday, April 18th with the theme "Take Me Out to the Banquet." The theme plays on the opening of DSU's brand new Bravera Field at the Sanford Sports Complex. It is a championship level softball stadium that is already scheduled to host many regional and state competitions in the years ahead, bringing hundreds of participants and spectators to our community.

With the success of its "Banquet in a Field" in mind, the Chamber has reserved Bravera Field as its preferred outdoor setting for the banquet. As is often the case in North Dakota, Mother Nature will have the last say. The more likely outcome is a social hour paired with an opportunity to tour the new outdoor facility, to be immediately followed by dinner and an awards program indoors at the adjacent Biesiot Activities Center.

Attendees can either drive or make the "Blue Hawk Walk" between the two facilities.

Continuing with the ballpark theme, there are nine positions on a fastpitch softball field, and there are nine Chamber Choice Awards presented as part of the program. The Chamber will recognize three finalists and an overall winner in the following categories: Business of the Year, Small Business of the Year, Entrepreneur of the Year, Non-Profit of the Year, Young Professionals Best Place to Work, Ag Business of the Year, Ag Family of the Year, Chamber Board



LADBURY
Funeral Service

701-264-7195
1133 I-94 Business Loop East • Dickinson, ND 58601
www.ladburyfuneralservice.com



Member of the Year, and Volunteer of the Year.

The Chamber will evaluate the weather forecast and will communicate final details in the week leading up to the event, and greatly appreciates the support and flexibility from the community!

For more information and to reserve your place at the 116th Annual Banquet, contact the Chamber at 701-225-5115 or visit www.dickinsonchamber.org. ■

NDSU EXTENSION Get ready for spring

By Holly Tuhy



I'm sure you've heard of the old adage, "In like a lion, out like a lamb" or "In like a lamb, out like a lion" to describe what March's weather will be like. Well, this March, we were in like a lion who overstayed his welcome. It is safe to say we are all ready for the weather to warm up and for the ground to change from white to green. Let's try and have hopeful thoughts that April showers will bring May flowers. Rain showers, not snow showers!

Speaking of flowers, I am getting ready to purchase garden seed for the year! I can't wait to grow delicious vegetables like sweet corn, beets, peas, carrots, snap beans, radishes, cucumbers, and pumpkins. My husband wants to try

adding zucchini and sweet potatoes to the roster this year. I am looking forward to having fresh, free produce come harvest time. Along with vegetables, I love growing flower seeds: zinnias, bachelor

buttons, sunflowers, and hollyhocks.

Fruits and vegetables make for a great addition to any meal. Contrary to popular belief, canned and frozen produce are healthy options you can incorporate into your menus along with fresh produce. NDSU Extension recommends filling half your plate with colorful fruits and vegetables. They are naturally low in calories and high in vitamins and minerals.

If you find yourself short on backyard space to dig a garden of your own, try container gardening on your porch or patio. You still get to reap the rewards of growing your own food, but without the maintenance of a full-sized garden.

Beyond their nutritional value, growing

your own fruits and vegetables has many other benefits:

- Spending time outdoors planting, watering, weeding, and harvesting can be a relaxing hobby.
- Get children excited about fruits and vegetables by having them help you tend the garden.
- Home grown produce saves you money in the produce aisle at the grocery store.
- Process produce by canning, drying, and freezing to have fruits and vegetables all year round.
- Earn a little extra income by selling fruits and vegetables at local farmers market.
- Share produce with friends and neighbors.
- Help others in your community by donating to a local food pantry.



Looking for guidance on how to get started growing your own garden? Maybe you need some new recipes to freshen up your menu! Whatever assistance you need: from getting the seeds in the ground to serving them on your table, NDSU Extension has a wealth of resources to help you. Happy gardening and happy spring! ■

Don't have a green thumb? We have an easy way to get your fruits and vegetables!

Daily drink with the antioxidant power of 20+ servings of fruits and vegetables. Available in 9 delicious flavors!



April Special
20% OFF
NutriDyn Fruits & Greens product

IRSFELD
Pharmacy *More than just prescriptions.*
Compounding - Nutrition - Alternative Health
Located at Sanford Health East Dickinson Clinic
www.irsfeldpharmacy.com

Whether you are buying or selling your property, use our **expert, friendly** and **professional** services!



Charlotte Halverson
Broker / Owner
701.290.3682



Bryan Nelson
GR/Broker Associate
701.290.6387



Marcus Powell
REALTOR®
701.203.6148



Codi Kolling
REALTOR®
701.260.2776



See all of the most updated listings on the market at www.AWRE.biz



Harmony Halverson
REALTOR®
701.300.2521



Jessy Renner
REALTOR®
701.260.7579

UNITED WAY**Making Strides Against Child Abuse**

April is National Child Abuse Prevention Month. In 2021 it was reported that 1,349 children in North Dakota were victims of child abuse and neglect, with 125 being in Stark County.

United Way of Dickinson and Dakota Children's Advocacy Center encourages all individuals and organizations to play a role in making Stark County a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote the social and emotional well-being of children and youth and prevent child maltreatment within families and communities.

Protective factors are the strengths and resources families draw on during difficult times to shield them from life's stresses. Research shows that when parents possess protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted.

We are asking all area businesses to participate in bringing awareness and education to child abuse prevention by turning Dickinson Blue. For more information about Turning Dickinson Blue for Child Abuse Prevention or the 3K/5K, contact Emily at United Way of Dickinson at 701-220-8012, emilyuw@ndsupernet.com or visit DickinsonUnitedWay.com and follow us on Facebook. Then as we close out the month, United Way of Dickinson, and Dakota Children's Advocacy Center of Dickinson, will be hosting "Making Strides Against Child Abuse 3k/5k" in downtown Dickinson, April 29th.

For more information about Child Abuse Prevention visit, <https://www.pcand.org/child-abuse-prevention-month>

Thank you for doing your part in making Dickinson a better place for children and families! ■

THE ARTS**National recording artist to perform in Dickinson**

Dickinson's own Christian music station 103.7 The Connection announces "An Evening with Josh Wilson" on Friday, April 14 at Evangelical Bible Church. The concert will begin at 7 pm with doors opening at 6:15 pm.

Born in Arkansas, raised in Texas, and living in Tennessee, Josh Wilson is a self-described introvert with an aversion to the spotlight. Originally intending to be a studio musician and songwriter, he never dreamed he'd eventually be the one behind the mic, but God had other plans.

"I've never played in Dickinson, and I'm thrilled to have the chance to do so. I'll be sharing my songs and the stories behind them. Songs about doubt and faith, addiction and recovery, mental health, anxiety, and the peace of Christ," says Wilson. "I'll play 'Revolutionary,' 'Dream Small,' 'I Refuse,' and many others. Jesus tells us 'in this world, you will have trouble,' but the very next thing He says is 'take heart, for I have overcome this world.' Following Christ doesn't make

life easy, but it gives us hope and the assurance that we're never alone. I hope to share that hope through my songs in Dickinson. I'll be using my loop pedal to record multiple guitar parts, using a "one man band" technique. I can't wait to see everyone!"

Wilson has become a staple at radio, amassing multiple top 10 Billboard hits. Josh lives in Nashville with his wife, Becca, and their son, Asher.

VIP and General Admission tickets are available at the station, located at 2898 5th Ave. W; by calling 483-1037; or online at 1037theconnection.com. The VIP tickets allow concert-goers not only preferred seating, but also a special meet and greet session with Josh prior to the concert. Advance tickets are \$40 for VIP and \$20 for General Admission. General Admission tickets are available the day of the concert, but price increases to \$30. VIP tickets are only available until Thursday, April 13. ■

3K/5K FUN WALK/RUN

MAKING STRIDES AGAINST CHILD ABUSE

SATURDAY
29TH

APRIL 2023

Register at:
raceentry.com/races/making-strides-against-child-abuse-fun-walkrun/2023/register

Scan to register

PROCEEDS TO SUPPORT

Helping Educators Reach Out

United Way of Dickinson, Inc.

Dakota Children's
ADVOCACY CENTER

SPONSORED BY:

Jerry D. Schwartz
CONSTRUCTION, LLC

Dickinson Renewable
Diesel Facility

Jones Heating and Refrigeration, LLC

The Connection ^{103.7} PRESENTS

AN EVENING WITH JOSH WILSON

FRIDAY
APRIL 14

7PM | Evangelical Bible Church

TICKETS ON
SALE NOW!

📞 701-483-1037

🌐 1037theconnection.com

HEALTH

Gut health

By Steve Irsfeld

Why is gut health an important topic? Hippocrates, the father of medicine, once said that "all disease begins in the gut." If he knew about this problem thousands of years ago, we need to take notice. Another item to ponder is the gut/brain connection and the fact that a poorly functioning GI tract can be bad for what is happening in the brain.



When we think about the start of digestion, it starts in our minds and noses. Thinking about and smelling food starts the process of saliva production. Saliva, stomach acid, and enzymes are ramped up by these sensory stimuli so that when we put food in our mouths, the food can be broken down easily.

Chewing your food 20-30 times with each bite is optimal for digestion, but it takes time and effort. Chewing also produces the digestive enzyme amylase, which aims to break down carbohydrates. If you have ever tried chewing on a cracker and keeping it in your mouth for as long as possible, it will eventually taste sweet. The enzyme is amylase, and it works by turning starch into sugar.

The optimal pH of the stomach is 1 to 2, or the acidity of battery acid. Production of stomach acid has benefits outside of simply breaking down your food. Stomach acid is on the front line of our immune system. It kills bacteria, fungi, and viruses in our stomachs. If these microbes get past the stomach unharmed, they can wreak havoc on our GI tract and possibly our bodies.

A condition where you have inflammation lining of the esophagus and stomach is called gastritis. They are often prescribed a proton-pump inhibitor (PPI- omeprazole or Prilosec) or histamine-2 blocker (H2-Zantac or

Pepcid), which decreases the production of stomach acid leading to an elevated pH of 4 or greater, the acidity of beer.

Why do these medications work so well in reducing discomfort from gastritis? Because now the contents of the stomach are not irritating the inflamed tissue. Making the pH in the stomach less acidic is not a fix but a band aide to the problem. Once the band aide is ripped off, we are back to splashing acid on the inflamed tissue creating pain and reinforcing the need to continue treatment, and the vicious cycle continues.

PPIs are indicated for short courses

of treatment, typically 4-8 weeks, unless a patient has a specific condition that requires long-term treatment. Long-term use of PPIs is setting them up for potential problems, including an increased risk of infections due to a less acidic environment in the stomach.

One of the problems with low stomach acid is that we are not checking to see if you have too much or too little acid. The general assumption is that if you have stomach issues, you have too much acid in your gut. Unfortunately, that isn't always the case, and making the stomach less acidic with medications only fuels the fire. Checking the pH of the stomach with conventional methods can be expensive.

The good news is that we have tools to get to the bottom of the acid question and protocols to get you feeling better. These tools are cheap ways to access stomach acid and, if needed, support the acid with dietary supplements.

If you want more information on digestive issues, 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! ■

BIERSCHBACH
EQUIPMENT & SUPPLY

351 24th St. East, Dickinson ND 58601

Rob Clemow

Branch Manager

701-483-3184

Cell: 701-300-2062

robc@bierschbach.com

WE RENT:

Telescopic Forklifts
Skid Steer Loaders
Mini Excavators
Scissor Lifts
Telescopic Boom Lifts
Air Compressors
Light Towers
Lawn and Garden Equipment
Trench Boxes
Compaction Equipment
Power Trowels
Wall Forms
Plus Many More items



WE SELL:

Concrete Tools
Diamond Saw Blades
Safety Equipment
Electric Tools
Anchors
Geotextile Fabric
Trench Drain Systems
Skid Steer Loaders
Traffic Control Devices
Measuring Equipment
Personal Fall Protection
Marking Paint
Plus Many More Items



701-483-GRIN (4746)

669 12th St. W | Dickinson, ND

www.highplainsdentalpc.com

DICKINSON MUSEUM CENTER

North Dakota vs. Adolph Lehmann - The Conclusion

By Bob Fuhrman



**Report on prison bloodhounds and an exterior view of the facility from
*The North Dakota State Penitentiary Second Biennial Report, 1914.***

Though chastised by the court and Sheriff Hartung, Adolph Lehmann enjoyed his somewhat curtailed liberty for a good long time after his marriage to Lillian Conrad. His appeal to the North Dakota Supreme Court was finally ruled on 909 days after Mathias Wetzstein was killed and 'only' 653 after his appeal was filed. In the Bismarck Tribune's report on the Supreme Court's ruling it was noted "Lemann's wealth enabled him to engage the very best legal talent, and his fight for liberty had been prolonged..." However, despite the quality of Lehmann's legal team, his liberty was at its end as the court ruled on November 15, 1919, affirming the verdict of the trial jury in district court.

The Bismarck Tribune later published extracts from the ruling, including this

from Justice Richard Grace's opinion:

...at the commencement of trouble, assuming the evidence is true, the deceased committed an overt act by threatening to take the life of defendant and engaged in a physical encounter, later desisted, threatened to get a gun and shoot defendant and defendant pursued deceased and shot at him while pursuing, followed him into the house and through it to a bedroom, where deceased had taken refuge, and where he and his mother-in-law tried by holding against the door to prevent the defendant from entering and who, after failing to push through the door in shot into and through the door twice, wounding the deceased and afterwards entering and shooting him to death.

Seldom, in the annals of crime, is there

recorded a more revolting one, or one accompanied by more savage cruelty. It is a crime which under the record of this case admits of the excuse.

The Bowbell's Tribune summed up its report of the denial thusly:

The court held that Lehmann's plea of self-defense could not be considered, for it was admitted he became the aggressor in the altercation when he found his victim had no weapons.

The Court's ruling lays that out in detail, and notes that the Lehmann's testimony does not mention Wetzstein holding or attempting to seize either the rifle or the shotgun. It noted "none of those guns were found near him" thus Wetzstein was no threat to the armed Lehmann whose own testimony indicated that from the point the unarmed Wetzstein left the barn ahead him, Lehmann was in no mortal danger and had the means of retreat. "It appears to us (the Supreme Court) the right to self-defense terminated at this point, and from thence forward the defendant was not acting on the principal of self-defense, but became a most persistent aggressor."

Stark County had its first ever conviction on a charge of murder and

Adolph Lehmann was on his way to prison, though he was apparently granted some time to get his affairs in order as it wasn't until two months later (mid-January 1920) that Sheriff Hartung delivered Lehmann to the state penitentiary to begin his twenty-year sentence. That delivery prompted the Ward County Independent to wax poetically, "Thus the last chapter has been written in a case which had its beginning on May 20, 1917, when Lehmann, in a frenzied rage, murdered Mathias Wetzstein of Richardton." The Independent spoke too soon.

Lehmann had been quietly incarcerated for about ten months (November 1920) when it was announced that attorney L.A. Simpson was working on obtaining a pardon for his client. No further information accompanied the notice and we have no details on what Simpson presented in his efforts to persuade the State Pardon Board. We do know it took a goodly amount of time before it became clear the effort was in doubt, even with Lehmann's 81-year-old father in Bismarck trying to sway members of the Board the morning of Saturday May 28, 1921. It was said he 'received no encouragement' and that the Pardon Board, which was to meet the first week of June, would not consider Adolph's plea for clemency. After his entreaties proved fruitless Carl Lehmann, in company with an un-named local (Bismarck) lawyer, visited his son that same morning, it being reported Adolph transferred most of his property to his father at this meeting.

It was said that during his stay at the penitentiary "Lehmann possessed unusual liberties at the hands of prison

Continued, next page

Continued from page 16



West Tier of Cells in New Cell House, Looking North from Library.

'The North Dakota State Penitentiary Second Biennial Report', 1914.

authorities" despite the "cold-blooded murder" he had committed and had never been closely confined. Designated a "Trusty" Lehmann had been assigned what seems like a plum job, exercising the prison's bloodhounds, a task he handled for several months with another trusty (un-named); the two men regularly exercised the dogs,

unsupervised, outside prison walls. On May 30, 1921 the two trusties were thus engaged when, at about 5 p.m., Lehmann told his companion to take the dogs back to the prison and "that he was going downtown for a little while before returning to the prison." Adolph Lehmann was never seen again.

When news of Lehmann's escape hit

the papers the State of North Dakota offered a \$100 reward for information leading to his recapture. The State Penitentiary came in for criticism, the Fargo Forum offering this:

It is rather shocking that prison discipline should be so lax as to class such a prisoner as a "trusty" so soon after his incarceration. A man with a 20-year term ahead of him for a revolting murder, has little to lose and everything to gain by taking "French leave". Almost any prisoner would "take a chance" rather than serve 18 (more) years in prison, and to make such a prisoner a "trusty" would seem tantamount to giving him an opportunity to make his getaway.

Adolph Lehmann, whereabouts unknown, remained on the lam despite the offer of reward and the circulation of handbills featuring his photograph "in many cities...No trace of the prisoner has been found (and) it is generally believed now that he planned his escape very carefully and may be far away from Bismarck by this time (three days after his escape)."

Did Lehmann have help in avoiding capture, perhaps from family members? Some seemed to think the disposal of his property to his father pointed to this but others thought it was likely Lehmann putting things in order for his father who had no inkling his son was planning to take flight. Two of his brothers supposedly had no time for Adolph, his sister Agnes' husband foreclosed his mortgage (possibly no love lost there), so it might be three brothers (including Paul, his other bondsman) might have helped somehow but, really, there's no way to know

The investigation of the escape, under the direction of Warden L.L. Stair, didn't seem to generate any publicity related to policy and procedural changes at the Penitentiary. Stair's immediate predecessor, Warden Frank Talcott, had resigned after three escapes, most notable of which was the last in 1918 when murderer Robert M. Noah decamped, after which there was considerable criticism of Talcott's leniency. Noah was captured six months after Lehmann's escape; the announcement of his arrest in Kansas after three years on the run mentioned in passing that, after Noah's capture, "practically every convict who has escaped from the state penitentiary

in the last three years has been recaptured," with the notable exception of Adolph Lehmann. Well, they did say "practically."

Although Wetzstein's escaped killer was never found, Adolph Lehmann's name would pop up at least once more before fading away. It will be recalled that Lehmann's brother Paul and brother-in-law George Bahnemann had signed for Adolph's bond when bail was granted in October 1917. Apparently, Adolph secured the required \$20,000 by selling land and chattels to his bondsmen. The sale to Bahnemann was valued at \$24,300. After his conviction and while awaiting action on his appeal, Lehmann repurchased the land and chattels from Bahnemann via a mortgage. Lehmann then lived on 'his' farm after his appeal was filed until the ruling. After losing the appeal and escaping custody Lehmann's wife Lillian continued to live on the farm. Poor crops in 1919 affected her ability to keep up the mortgage and no payments were made. When Adolph escaped, his brother-in-law instituted an action of foreclosure in June 1921, reasoning Adolph probably wouldn't be sending in regular mortgage payments while on the lam.

The case was heard in Stark County and decided for Bahnemann but the absent Lehmann, via his wife appealed the verdict to the North Dakota Supreme Court. Ironically, the appellants were represented by Tobias D. Casey, who sat with the prosecution in Lehmann's murder trial. In a final legal defeat for Lehmann the Supreme Court upheld the lower court in April 1923, nearly two years after Lehmann's escape.

One final note - even as the Supreme Court was weighing its opinion on the foreclosure appeal - wherever Adolph Lehmann went and whatever he called himself, perhaps through some backchannel communication with family he may have discovered, at the very least, he was free to once again seek love...Lillian had divorced him in absentia and remarried in February 1923, leaving him a free man, so to speak. ■

THE ARTS

Copper Street Brass - That 70s Show

Copper Street Brass is a Minneapolis-based sextet composed of two trumpets, trombone, tuba, French horn and percussion with several members doubling on keyboard, percussion, guitars and electric instruments. Copper Street Brass presents a variety of music in bold innovative ways with a friendly and charming stage presence.

From the big wigs of Mozart and Haydn to the big hair of Led Zeppelin and STYX, music from the '70s is covered in a whole new way. "That '70s Show" cleverly features music from the 1770s, 1870s, and 1970s from classical and opera, jazz and folk, to rock and disco. Their eclectic performance

will feature something for everyone.

To attend this dynamic performance, mark your calendar for Tuesday, April 18, 2023 at 7:30 PM. The Dickinson Area Concert will present this concert at St. John Lutheran Church, 146 6th Avenue West, Dickinson, ND. With this being the final concert of the 2022-23 season, guests and members will be able to renew memberships for the 2023-24 season. If a membership is purchased, the Copper Street Brass concert will be free. ■



HEALTH

Restful sleep for impactful lives

By Rachael Marshall, FNP-C, Connect Medical Clinic

World Sleep Day was back on March 17. Here are some tips on achieving good sleep to recharge our bodies so we can fight off disease, and refresh our brains so our minds are alert and functioning well while we are awake.

1. Have a bedtime routine. Wind down and relax, try stretching or meditating. These calming activities reduce your heart rate.
2. Have a regular schedule. Get up and go to sleep at the same time every day and plan for 7-9 hours of sleep.
3. Darken the room as bedtime approaches. Light cues at night will delay the production of melatonin. Research shows that light (whether it be a room light or a light from electronics) can delay melatonin production for approximately 90 minutes with each exposure.
4. Having consistent dinner time 2-3 hours before bed. Digestion can impact sleep quality.
5. Avoid alcohol and caffeine 2 hours before bed. These substances can affect sleep and energy the next day.
6. Minimize stress. Stress increases cortisol. A bump in cortisol during the night will wake you. Find ways to keep your thoughts peaceful.
7. Make the room cool. Your body temperature naturally drops as you fall asleep to promote the sleep-inducing process. A cool room will naturally facilitate this process and assist in falling asleep as well as staying asleep.
8. Minimize noise. A noise machine or something similar can help to drown out distractions to maintain a restful sleep.

Healthy sleep does not only mean adequate sleep duration, but good quality, appropriate timing, regularity, and the absence of sleep disorders. Talk to your provider about poor sleeping issues or excessive sleepiness as this may indicate an underlying problem. ■



Rachael Marshall

WHAT IF ONE MEAL COULD CHANGE YOUR LIFE?

Babette's Feast

CONCEIVED AND DEVELOPED BY ABIGAIL KILLEEN. WRITTEN BY ROSE COURTNEY.
ADAPTED FROM THE SHORT STORY BY ISAK DINESEN.

Trinity Catholic Schools Presents Babette's Feast
Friday, April 21st at 7:00 p.m.
Saturday, April 22nd at 7:00 p.m.
April 23rd at 2:00 p.m.
Trinity High School Auditorium

PRODUCED BY SPECIAL ARRANGEMENT WITH
THE DRAMATIC PUBLISHING COMPANY OF WOODSTOCK, ILLINOIS
The Dramatic Publishing Company. Reprinted by permission.

103.7
The Connection
CONNECTING YOU TO CHRIST

Dickinson's Christian Music Radio Station

COMMUNITY

House of Manna "Soup"er Bowl

House of Manna is hosting a soup cook off April 22nd at BAC 11am-3pm. Local home and professional chefs will go head to head competing for the best soup in Dickinson. Tickets at the door \$5 will give you the opportunity to taste all the amazing soups and vote for your favorite. Prizes will be awarded for People's Choice and Judges Choice (a few local celebrities will be judging). Help House of Manna continue its mission of providing necessities to members of our community who can use a helping hand. For more information about how to become a contestant, sponsor or volunteer for the event, contact Executive Director, Josh Sullivan (701) 483-5733 or Jsullivanhomnd@gmail.com.

**or-i-gin
LEGO**

Lego is an abbreviation of the Danish phrase *leg godt* which means "play well." The company was originally called Billund Maskinsnedkeri. Lego is definitely easier. ■



**60TH ANNUAL
BADLANDS SHRINE
CIRCUS**

April 16th 12:01pm 3:30pm 7:00pm	Advanced Tickets Available
April 17th 6:30pm	Cashwise Family Fare or Online at BadlandsShrine.com

**Adult Tickets \$13 in advance from Cashwise & Family Fare
Adult Tickets \$15 online and at the door | Kids 12 & Under Free**

West River Ice Center, Dickinson ND

WHERE BUSINESS GOES TO GROW

Business: Asking difficult questions

By Matt Ellerkamp, Business Advisor,
Small Business Development Center



Business can be exciting, edifying, but often challenging and difficult when getting into the details of starting, maintaining and expanding. That's why in business asking the right questions is paramount. Often business owners are so close to their ideas and passions, they lose focus of what drives their success. All businesses need creativity and enthusiasm to stay relevant and moving forward, but owners also need good, clear, concise decision making. Business is primarily about knowledge of industry, decision making, and relationships, this why running a business becomes mucky at times. Thus, every now and then, a business owner needs to step back ask some critical questions.

Important questions a business



founder should ask after they have identified an idea, the expertise, and passion for an industry would be: Is there a market for the product or service? Is this a new or unfounded market? If a market already exists with competitors, Will the entrepreneur's business idea/concept be upsetting the current market? Is there a location in community/region going unserved or not being served well?

When a founder has identified a marketable concept and a target audience, the next natural question would be: Is the business feasible? The only way to know is to find the cost of doing business. Figuring what will be the total costs of expanding or starting the company in terms of capital purchases, operational expenses, can the business drive enough revenue to break even or turn a profit. Does the founder of the company have a minimum investment of 20% equity of the total cost of the business? Financers often require a minimum of 20% equity if not more depending on the type and risk of the business before they will consider funding an organization.

With a marketable idea, target audience, and financial budget the following question ensues: Can a founder communicate and funnel their excitement, ideas, benefits, and potentially profitable business concept in a cohesive and comprehensive manner? So often this where a number of entrepreneur's fail, they need a map, a flow chart, if you will, to provide visual aid to attract prospective financing and business advocates such as banks, private investors, friends, family and the people of the community to support the

business. The need a communicable plan, a business plan!

Now, the final question: What is your Social Capital? A business owner's social capital cannot be undervalued. What is social capital? It is a person's social network, the relationships a person has built within a community both personally and professionally. These relationships are often what keep a business thriving and sustainable. If a person's self-assessed social capital is poor to mediocre the question becomes: How will the founder become involved in the Community? Community involvement and presence is another key factor in having a successful business. If a community doesn't know a

business owner or its key employees, it is less likely to succeed.

Once a founder has asked some critical questions and believes it is smart to move forward, it is wise to find a guide, mentor, coach, a "Business Advisor" to assist in this somewhat overwhelming process. The Dickinson SBDC provides "No-Cost and 100% Confidential" business advising. SBDC Business Advisor's specialize in providing information and resources to make informed decisions in developing a business plan and financial plan to create a solid foundation to grow. SBDC knows those who have a plan are more likely to succeed! ■

THE ARTS

Badlands Opera Project to perform Godspell



Badlands Opera Project presents: Godspell by John-Michael Tebelak with music and lyrics by Stephen Schwartz, presented with license by Music Theatre International on Friday, March 31 and Saturday, April 1st at 7:00PM and Sunday, April 2 at 2PM

Come enjoy a raucously fun and contemplative evening with Badlands Opera Project's second

production! Godspell is an energetic, thoughtful, and always-just-right musical for ANYONE to enjoy!

Structured as a series of parables of Jesus Christ, a group of rag-tag community members (including YOU!) decide to hear what this guy's gotta say. These stories are told in a variety of often comedic and foolish ways, while also driving home Jesus' message of kindness, tolerance, and love throughout.

Join us in this beautiful evening of music and merriment, we know you won't be disappointed! No tickets will be sold, come as you are.

Free will donations accepted for Badlands Opera Project future productions in Dickinson, ND and surrounding areas! (Suggested donations \$10/individual). Performance will be held at St. John's Lutheran Church, 146 6th Ave W. ■



INDUSTRIAL - RESIDENTIAL
VINYL - CHAIN LINK
ALUMINUM - WOOD
BARBED WIRE



Lifetime Warranty

P.O. Box 204, Hebron, ND • 701-225-7948 • www.western-fence.com

Heart River VOICE

**STOP BY, SAY HI,
AND
PICK UP A COPY!**

Find Heart River Voice at the following fine establishments:

DICKINSON

Family Fare
(Roughrider Blvd)
Cashwise
Country Kitchen
Dakota Diner
Blue 42
The Brew
Dunn Brothers Coffee
Dickinson Theodore
Roosevelt Regional Airport
Stark Development
Corporation
Chamber of Commerce
Convention and Visitors
Bureau
Dickinson Museum Center
West River
Community Center
Edgewood Hawks Point
Consolidated
Dan Porter Motors
High Plains Dental
DePorres House of
Barbering and Lounge
Holiday Inn Express & Suites
La Quinta Inn & Suites
TownPlace Suites
Microtel Inn & Suites
AmericInn
Players Sports Bar & Grill
Fresh Sips (located in St.
Joe's Plaza)
Frankie's West Side Shell
Villard Cenex
The Rock

The Hub
Fluffy Fields
Dickinson Area Public Library
Ace Hardware
Ukrainian Cultural Institute
Heritage Hills
Market Press Coffee Co.

SOUTH HEART

I Don't Know Bar
Heart Country Gas Station

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy

HEBRON

BassAckward Studios

BELFIELD

Trappers Kettle
City Hall

MEDORA

Chateau de Mores
Roughriders Hotel
AmericInn

BISMARCK

The Capital Gallery
Bismarck Art & Galleries
Assoc.

BETTER FLOORS. BETTER PRICES. BEST GUARANTEE.

Carpet
Ceramic
Tile
Hardwood
Custom
Cabinets



Luxury
Vinyl Tile
Granite &
Quartz
Counter
Tops

We offer **INSTALLATION** on all of our products
as well as **FREE ESTIMATES!**

We make floor shopping easy with the SelectAFloor system and
completely worry free with the Beautiful Guarantee.
Call 701-483-0173 today for a free in-home estimate.

Store hours: 9am - 5:30pm Mon, Tue, Wed, & Fri | 9am - 7pm Thurs | 9am-4pm Sat
Address: 1516 1-94 Business Loop East, Dickinson, ND • Phone: 701-483-0173



116TH ANNUAL BANQUET & CHAMBER CHOICE AWARDS

TUESDAY
APRIL 18

SOCIAL 5:00 PM
DINNER 5:30 PM
AWARDS 6:00 PM

BIESIOT ACTIVITIES CENTER . 398 STATE AVE
TOURS WILL BE GIVEN OF THE SANFORD SPORTS COMPLEX DURING THE SOCIAL

*The Dickinson Area Chamber of Commerce Annual Banquet
is a night to thank members for their patronage, give out
prestigious awards, and celebrate the chamber community.
We invite you to become a part of this year's
Annual Banquet & Chamber Choice Awards!*

TICKETS

Call the Chamber 701.225.5115
www.dickinsonchamber.org

HEART RIVER VOICE | APRIL 2023

Calendar

**ONGOING IN APRIL
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 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! West River Ice Center

**MARCH 31-APRIL 2
KING OF THE NORTH POW-
ERLIFTING COMPETITION**
North Dakota's first ever three-day United States Powerlifting Association (USPA) powerlifting competition. Come watch the event! Family-friendly! General Admission: \$15; Ages 5-12 years: \$5; Ages 4 and under: free. West River Ice Center.

GODSPELL Friday, March 31 and Saturday, April 1st at 7PM and Sunday, April 2 at 2PM Come enjoy a raucously fun and contemplative evening with Badlands Opera Project's second production! No tickets will be sold, come as you are. Free will donations accepted. See article, page 20, for more info. St. John's Lutheran Church, 146 6th Ave W.

**NOW-APRIL 19
ND JURIED STUDENT ART
SHOW** 9AM-5PM View art by students from around the state (with paid admission). On display at the Dickinson Museum Center.

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

**SUNDAY APRIL 2
EASTER EGG HUNT** Hunt for Easter Eggs in the WRCC Pool! Plastic eggs will be floating and some will be sinking in the pool. Children ages 2-12 are invited to collect the eggs and exchange them for prizes. (The aquatics area will be closed for general use during this event — this includes all areas of aquatics: Leisure

pool, lazy river, lap pool, sauna and steam room). Sessions: 12:00-12:20 pm; 12:30-12:50 pm; 1:00-1:20 pm; 1:30-1:50 pm. West River Community Center.

**SATURDAY APRIL 8
81ST ANNUAL EASTER EGG
HUNT** You are invited to hunt for thousands of eggs hidden at Chimney Park in Medora, ND! Join the staff of the Chateau de Morès at either 11AM or 1PM for this free event for children 12 and under. Children should bring their

own collection basket or bag and must be accompanied by an adult. This event is free; reservations are required at <https://bit.ly/81ChateauEasterEggHunt>. Call us @ 701.623.4355 or visit Facebook for more info!

**4TH ANNUAL SENSO-
RY-FRIENDLY EGG HUNT**
2PM For children who require a more accessible experience, please join us at the Chateau de Morès Interpretive Center in Medora, ND, for a series of adaptable hunts. This event is free; reservations are required at <https://bit.ly/ChateauSensoryFriendly2023>. Call us @ 701.623.4355 or visit Facebook for more info!

**THURSDAY APRIL 13
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.

**North Dakota Juried
Student Art Show**

View art by students from around the state
On display at Dickinson Museum Center
in Joachim Regional Museum
March 4 - April 19th 2023
Open 9-5 Monday-Saturday with paid admission

DICKINSON MUSEUM CENTER  JOACHIM
REGIONAL MUSEUM

25TH ANNUAL **API**
GUMBO
COOKOFF

Taste the Gumbo of
the Western Bayou

\$10 **ADMISSION**
ALL PROCEEDS GO TO LOCAL CHARITIES
AND COLLEGE SCHOLARSHIPS

SATURDAY
APRIL 15
2023

WEST RIVER ICE CENTER DICKINSON, ND

4:30PM - PUBLIC TASTE TESTING (UNTIL GONE)
5:30PM - LIVE ENTERTAINMENT
KIDS ARE WELCOME!

JOIN THE CAJUN TEAMS
AS THEY COMPETE FOR TROPHIES!

50/50 RAFFLE - \$10/ticket
FOR MORE INFORMATION, EMAIL: APIDICKINSON@GMAIL.COM

FRIDAY APRIL 14
AN EVENING WITH JOSH WILSON 7PM (Doors open at 6:15PM) Presented by Dickinson's own Christian music station 103.7 The Connection. See article, page 14, for more info. Evangelical Bible Church.

SATURDAY APRIL 15
API GUMBO COOKOFF
4:30PM until gumbo is gone! Taste the gumbo of the western Bayou. Admission \$10. For more info, see ad above. West River Ice Center.

SUNDAY APRIL 16
THEODORE ROOSEVELT NATIONAL PARK All day! Enjoy free admission to the

Theodore Roosevelt National Park in honor of National Park Week. More info, contact 701-623-4466.

APRIL 16 AND 17
60TH ANNUAL BADLANDS SHRINE CIRCUS Advanced tickets available at Cashwise, Family Fare or online at badlandsshine.com. See ad, page 19, for more info. West River Ice Center.

TUESDAY APRIL 18
116TH ANNUAL CHAMBER BANQUET The theme this year is "Take Me Out to the Banquet". Chamber Choice awards will be given. For more info, see article, page 12, and

ad, page 21 or contact the Chamber at 701.225.5115 or visit dickinsonchamber.org.

COPPER STREET BRASS
7:30PM Dickinson Area Concert Association presents Copper Street Brass, a Minneapolis-based sextet composed of two trumpets, trombone, tuba, French horn and percussion with several members doubling on keyboard, percussion, guitars and electric instruments. See article, page 18, for more info. Tickets \$35. St. John Lutheran Church, 146 6th Avenue West.

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

APRIL 21-APRIL 23
BABETTE'S FEAST Friday and Saturday at 7PM, Sunday at 2PM. Performed by Trinity Catholic Schools, Trinity High School auditorium. See article, page 6, and ad, page 18, for more info.

SATURDAY APRIL 22
"SOUP"ER BOWL 11AM-3PM House of Manna is hosting a soup cook-off. Local home and professional chefs will go head to head competing for the best soup in Dickinson. Tickets at the door \$5 will give you the opportunity to taste all the amazing soups and vote for your favorite. See article and ad, page 19, for more info. Biesiot Activities Center.

MONDAY APRIL 24
PEACE LUTHERAN CHURCH PARKING LOT FUNDRAISER 5-8PM Taco Bar benefit dinner. Meal begins at 5PM. Silent auction and bake sale. See ad, page 31, for more info. Dickinson Eagles Club.

WEDNESDAY APRIL 26
BOOK END ART 4-6PM Help the library jazz up their book ends. Leave your mark on the library. All supplies provided. Ages 13+. See ad, page 24, for more info. Community Room, Dickinson Public Library.

SATURDAY APRIL 29
MAKING STRIDES AGAINST CHILD ABUSE 3K/5K FUN WALK/RUN See article and ad, page 14, for more info.

4TH SEMI-ANNUAL LET'S SWAP EVENT 10AM-3PM Clothing swap and vendors for shopping from local businesses. Women's and children's clothing. More info at www.letsswapnd.com. Dickinson Armory, 46 West Museum Dr.

THE DICKINSON BAND AND STRINGS CONCERT 7PM Refreshments after the concert. Dickinson High School Auditorium.

SAVE THE DATE

STARTING IN MAY
BADLANDS BIG STICKS ARE BACK! See ad, page 25, for more info and home schedule.

SATURDAY JUNE 16
11TH ANNUAL BAKKEN BBQ 4-10PM See bakkenbbq.org for more information. West River Ice Center parking lot.

PIPER'S PALS Pet Name Match

Last month's answers:

A: #5 Zelda D: #2 Mya
B: #3 Otis E: #E Remi
C: #1 Cosmo

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



PAWSITIVELY POPPY Easter treats

By Miranda Kuhn

I've mentioned it before, but Poppy goes absolutely crazy when she sees any type of small animal outside our house. Whether it's a squirrel, a cat, or a bunny she just gets so worked up and can't settle down until the creature is well out of sight. It's no surprise then that the Easter Bunny doesn't usually make it to our house, and I don't blame him!

The job usually falls on me to make Easter morning special for Poppy, so she can feel like she is celebrating along with the rest of us. I usually use



this as an enrichment opportunity, letting her use her doggy talents to sniff out her treats. Before she wakes up in the morning, I like to fill a dozen or so plastic Easter eggs with small training treats. You could also substitute this activity as a meal and fill the eggs with their usual dog food. Since most plastic eggs have holes in them, they're perfect for her to work that famous nose and sniff them out. These types of enrichment activities



take advantage of a dog's natural instincts to allow the dog

to work for their food the way they must in nature. Poppy does sometimes need me to show her where the eggs are, but it helps if you choose treats that are particularly delicious to your dog, like smoky or meaty treats. Once she finds her eggs, Poppy has no problem "cracking" open the egg to find the treat. This activity may be done indoors or outside for an extra challenge!

Happy Easter and tell your dog I say "hi!"



National Library Week

Book End Art

Wednesday, Apr. 26

4-6pm in the Community Room.
All supplies provided! Ages 13+

Leave YOUR mark on the library!

Dickinson Area Public Library



LORRIE NANTT
Broker/Owner

Office: (701) 483-9851
Cell: (701) 290-7824
Email: Lnantt@remax.net
www.dickinsonintegrity.com

669 12th St. W.
Dickinson, ND 58601



RE/MAX
Integrity Realty

Each Office Independently Owned and Operated

SFR QIS ABR

Ask Alfie

Dear Alfie,

I just adopted a kitten and I bought him the cutest collar with a little bell attached. My boyfriend complained to me that the bell is annoying to listen to and it got me wondering – why do cats usually wear a bell?

Sincerely, Jingle Bell

Dear Jingle Bell,

The tradition of putting a bell on a cat's collar began as a way to warn away birds and other prey your cat may encounter outside. However, since you are a responsible cat owner and know that letting him roam freely is not only life-threatening but also illegal, the bell really isn't necessary. In fact, some

argue that the constant ringing of the bell is cruel to a cat's hyper-sensitive hearing. (Not to mention annoying to you!)

In addition to irritating your cat's ears, the bell can be detrimental to their safety if they are allowed outside. Because of the fact that the bell notifies a cat's prey as to where they are hiding, it is important to realize that the bell will also notify dogs, coyotes, or predators your cat may be hiding from.

Bells aside, your cat's collar should have an ID tag attached with your current phone number and/or address. Many cat owners do not attach ID tags to their cats' collars, which is silly and senseless – collars are not just meant to be decorative.

While we are on the topic of cat collars, let's talk about the importance

of breakaway collars vs. traditional. Breakaway collars, also known as "quick release" can mean the difference between life and death for your cat. Since cats like to climb and squeeze through tight spaces, it is easy for their collars to become caught on something such as a tree branch or fence. This can result in their strangulation. A breakaway collar however, will open and release, thereby freeing your cat.

The downside, of course, is that once your cat's collar has fallen off, they will be without identification. This is why you should consider microchipping your cat. Microchips are easy, painless, and affordable and help reunite many lost pets with their owners each year. Ask your vet about a microchip appointment today.

Sincerely, Alfie ■



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

MAY 23-25 **MAY 30-JUNE 4** **JUNE 9-11** **JUNE 13-15** **JUNE 17-19**

JUNE 30-JULY 2 **JULY 5** **JULY 7-12** **JULY 14-16** **JULY 21-23**

GAME TIMES: 6:20 PM (MON-SAT) & 4:20 PM (SUN)

2023 HOME SCHEDULE

www.badlandsbigsticks.com

HEART RIVER GEMS

Building connections at The Building



David and Angelina and their girls

By Kaylee Garling

This month I met with a couple who doesn't just try to "stay alive", but rather center their lives and others in Christ. David and Angelina Ramsay purchased "The Building" in downtown Dickinson back in 2016 and have been creating a beautiful place for people to come together and build their testimonies of our Savior through a dinner, prayer, song, sharing personal testimonies, experiences, and other worship on Tuesday evenings. They are open to all denominations and love the variety of people that attend. Sometimes there are friends that travel over from Bismarck and Center to join in on Tuesday's, "Encounter Nights". They have plenty of musical instruments provided, which gives opportunity for people to share their talents with music.

Angelina explained how they came up with the name for this wonderful space they host at. "We dubbed this place, 'The building.' Ever since we bought it, we'd say, 'Hey, we're going to go to the building.' Or, 'Meet me at the building.' I had been praying about the name, asking, 'Lord, what is this called? I feel like we need to give a name to it.' And the answer was, 'What has it always been?' And I'm like, 'It's the building.' He asked, 'What are you doing?' I answered, 'We're building relationships. We're building the kingdom. We're building the body.' He said, 'Well, it's The Building.' So, right after I got that confirmation, I had to go get the little sign."

The sign is a lit up neon pink sign in

the middle of a beautiful greenery wall.

David said, "The heart behind everything is to start to bring unity. There's so much disunity within the body of Christ. You can find everything to disagree on. It's easy to put everybody in their own little spaces, in their own doctoral theology of things, then forget the words He's talking about, like, 'You need to love each other.' What does that look like when you don't agree with somebody? It's about learning to love somebody no matter what.

"We're built for community; we're built for connection. You are spiritually built this way. And if you don't exercise that, you'll find yourself on an island, you'll find yourself feeling lonely in the middle of a crowd.

"It's hard to build relationships without experience. If you aren't experiencing God, then you're not actually relational with Him. So, you need experience, otherwise it's just words on a page."

The Building has a youth centered area, where kids can play games together, hang out and watch a movie, or spend some quality device-free time building friendships.

Friendships are very important to Dave and Angelina. When they went through some difficult times with addiction, they could've used someone to reach out to help them, but those types of services or friendships were not available. Because of this, they are making themselves available, willing to talk to, help work through, or just listen to anyone who needs a real, caring place.

David shared, "We struggled with addictions. When we were going through them, there was nobody for us to go to and ask questions. So, we'd like to share how to deal with that and what worked for us. We also have some older people attending, who are full of wisdom and willing to share. So many people don't know where to freely ask for help without having to go through pages of paperwork or paying through the nose. We just say, 'Here are some resources. These people are willing to speak with you. Take it for whatever you want. They're willing to partner with you in prayer. They'll share their experiences with you.'

"We've come to learn that struggles or addictions are just a fruit of a root issue and an identity issue.

"Your body reacts out of your experiences. That's why, when a memory comes up, your heart starts racing or you feel the need to go get high or something like that. It's because there's a memory complex and your body is responding to this thing.

"If you've got an addiction: point, turn and face the thing. Walk through why you're doing it. It's going to get messy. It's going to suck. You're not going to like it for a little bit, but, healing is on the other side.

"The beauty of the blood of Jesus is that it's powerful enough to take care of anything. In the past, it's been 'clean up and come to God' rather than, 'come to God and let Him clean you up.' Trying

to clean up with your own strength and your own will is not enough. That's the beauty of what He did for us. It's enough.

"On Tuesday nights, we're practicing the presence of God. And hosting it and encountering Him. That's not just something that happens. We're on purpose. We're purposely learning to host our Creator.

"The kingdom of God is so different than our kingdom. What do you do in the kingdom of God when you need something? You give it away. The kingdom of heaven says, 'Go and do it.' Need money? Go give money. Need healing? Go pray for somebody to be healed. Need fellowship? Go fellowship with somebody."

Angelina said, "As the sign says, 'Come as you are.' Literally, just come. We've been through a lot in our lifetimes, and so we're trying to offer any sort of help. It may just be an ear, no judgment, or to tell somebody it's going to be okay."

When asked about the purpose of The Building and their efforts, David said, "We're doing this out of a genuine desire to advance the kingdom of God. We are not doing this for money. We don't charge. If what you're doing goes with advancing the kingdom of God and helping people out, then we're in."

The Ramsays enjoy doing missions trips to Latin and South America and plan on more trips in the future to serve and share the love of God.

Angelina said, "One of the neatest things with the mission trip to Medellin was to be able to take our girls with us. We had just gone on a mission trip to Chile and met somebody from Colombia. They said to come on over, so it worked out. It was a culture shock, but it was super, super neat."

"We're also a ministry," David said. "Love and Fire is the name of our ministry that works in numerous different countries."

I hope you have enjoyed reading a small portion of the conversation I had with David and Angelina. They connect with people on a deeper level within our community and world. The love and care they give is part of a 'great work' that is being felt within and beyond our borders. I left The Building feeling spiritually fed and nurtured and look forward to returning and having many more conversations with this inspired couple. Visit their ministry website at www.loveandfire.org ■



COMMUNITY

Child Abuse Prevention Month

April is Child Abuse Prevention Month. One in 10 children will be sexually abused before the age of 18. The Dakota Children's Advocacy Center wants you to know that you can take steps to recognize warning signs and prevent abuse before it occurs. Last year, we served nearly 600 children who were victims of abuse. The following are 5 actionable steps that you can do to help prevent abuse.

Learn the Facts – If we don't understand child sexual abuse, we can't end it. It is highly likely that you know a child who has been or is being abused.

Minimize Opportunity – Safe Environments can help reduce the risk for abuse. More than 80% of sexual abuse cases occur in isolated, one-on-one situations. Make sure interactions with children can be observed and interrupted.

Talk About It – Talking openly breaks down and reduces stigma. By talking openly about our bodies, sex, and boundaries we can encourage children to share.

Recognize the Signs – Signs of abuse aren't always obvious, but they are often present. Emotional or behavioral changes are often the most common signs.

React Responsibly – It's our responsibility to react appropriately to suspicion, disclosure, or discovery of abuse. Only 4% to 8% of reports of all sexual abuse are false. ■



Do YOU know some BUNNY with real estate needs?
I am all Ears!

HAPPY Easter

Susan Weber, Broker-Associate
Infinity Real Estate Group LLC
1260 West Villard Dickinson, ND 58601
701-481-2088, 701-290-0138

Infinity
REAL ESTATE GROUP
www.infinityrealestategroup.net

APRIL 13, 2023



8-9 AM | STARK COUNTY VETERANS PAVILION

“BUILDING A TEAM FOR SUCCESS AND LONGEVITY”

SPEAKER



CHRISTIAN KOSTECKY



EVENTS OFFER OPPORTUNITIES FOR CURRENT AND ASPIRING ENTREPRENEURS AND OUR AREA'S ENTREPRENEURIAL RESOURCES TO COME TOGETHER TO NETWORK.

EVENT BROUGHT TO YOU BY



KUDOS**Margaret Roberts**

"I abhor buttermilk, but I adore Mrs. Roberts." ~ Theodore Roosevelt

This month we're recognizing a pioneer from the area. Reflecting on her story from a hundred years ago gives inspiration to us all as we yearn for this very long winter to end. Her husband disappearing in the hardest winter on record in the northern Great Plains (1886), Margaret Robert's story reminds us of so many women who settled this area who truly had heroic qualities.

As a single mother, an immigrant, and a wife who lost her husband in unimaginable circumstances, she might be the most unlikely person to be described as a hero.

What really defines a hero, though? Leadership, someone who inspires others, or exhibits perseverance- the list goes on.

Imagine for a moment that your husband has disappeared, at the beginning of a winter of non-stop blizzards, and you're living in an isolated area with no means of support, with five young daughters to provide for.



Margaret Roberts

Realize, also, that most of the unmarried women in the town nearby rely on highly stigmatized and risky forms of financial support- there's no Chamber of Commerce supporting women in business. You have no family nearby to ask for help- what do you do?

It's easiest to see Margaret through the eyes of her daughters, and neighbors- especially Theodore Roosevelt.

T.R. called her "the loveliest little woman in the Badlands," and wrote about Margaret's generosity. She was known for offering travelers a drink - usually buttermilk.

Margaret's daughter Kate wrote later that her mother could "knit in the dark, and did so to save kerosene," selling mittens to the nearby cowboys for a little money, and raised her daughters into "good, decent womanhood."

Sometimes heroism is simply doing what needs to be done each day and showing up for the people who look up to us.

Thank you, Margaret - for leaving an impact that inspires so many to tackle

our own challenges.

You can learn more about Margaret by reaching out to Rolf Sletten, who has published a wonderful tribute to her in his book, Medora; or by visiting the Cowboy Hall of Fame.

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>. ■

COMMUNITY KC Family of the Month

The Jonathan and Miranda Praus family was selected as the Council 6308 Family of the Month for March 2023. They were married seven years ago at St. Joseph Catholic Church in Dickinson. They have three children, Allison, Aria and Austin. Jonathan is a long-time member of the Knights of Columbus Council 6308. He is the owner and manager of B&B Mobile Homes Transport in Dickinson. ■



PAUL MEYERS TRACTOR SALVAGE

Good Buys and Service

1000+ Tractors & Combines
400+ Reground Crankshafts
500+ Tractor Tires
300+ Radiators, Rebuilt
*Large Line of Swather, Baler,
Cutter & Plow Parts*

WANT TO BUY TRACTORS &
COMBINES FOR SALVAGE
Phone (605) 225-0185

Aberdeen, South Dakota
Open Monday-Friday 8am-5pm
Saturdays 8am-3pm
5 miles east of Junction of
Hwy. N 281 & 128th St

JAM Pest Control Inc

Justice Against Mice and Insects

Licensed & Insured in ND • Dickinson & surrounding areas

Pre-book for your commercial & residential insect spraying

(Both interior and premises spraying of buildings)

Monthly Programs Available

Ask for John

701-260-1311 • jmack@ndsupernet.com



Thank you to our advertisers!

Tammie Braun-The Real Estate Co.	Paul Meyers Tractor Salvage
Consolidated	Marlene Bradbury - Edward Jones
Todd Schweitzer -	Bierschbach Equipment & Supplies
American Family Insurance	Fire & Ice
Dan Porter Motors	K & M Cabinetry
High Plains Dental	Lorrie Nantt - Re/Max Integrity
CHI St. Alexius Health Dickinson	Realty
Stark Development Corporation	Jay R's Auto Body
Dickinson Area Public Library	Susie Lefor-Infinity Real Estate
Blu Haven Spas	Sure Sign
Irsfeld Pharmacy	Fisher Industries
Lenee Bookhardt - The Real Estate Co.	Fluffy Fields Winery
Steffan Saw & Bike	Benedictine Living Community
Dacotah Bank	ConocoPhillips
Advanced Collision Center, Inc.	Eyewear Concepts
Venture Homes	The Connection 103.7
Ladbury Funeral Service	Dickinson Area Concert Assoc.
Floor to Ceiling	Roughrider Judo
Big George Liquor	SAX Motor Co.
JAM Pest Control Inc	Dakota Children's Advocacy Center
Martin's Decorative Stones	Badlands Shrine Circus
American West Real Estate	Bismarck Art Galleries Assoc.
Western Fence	

Heart River VOICE

Thank you to all our
advertisers for
supporting us and
our community!



BAIT AVAILABLE

Wine	Ice
Beer	Mixers
Liquor	Snacks

100 Alkali Way Killdeer, ND 58640
701-764-7363
 Hours: Monday - Saturday 8:00am - 9:00pm
 Sunday 11:00am - 7:00pm

COOKING CRAVE Yummy side salads

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

CONSOLIDATED
CHANNEL 18



Pasta Coleslaw Salad

4 cups chopped cabbage
 1 7 oz. box ring noodles, cooked
 1 small onion chopped
 1 red pepper chopped
 1 cucumber peeled and chopped
 3 - 4 stalks celery chopped

DRESSING:

1 1/2 cups Miracle Whip
 1 tsp. vinegar
 1/8 cup sugar
 1 tsp. salt
 1 tsp. pepper

Add salad ingredients in a large bowl and set aside. Prepare dressing & pour over salad. Chill several hours before serving.

Homemade Recipes Made Easy!

COOKING CRAVE

CONSOLIDATED
CHANNEL 18



Strawberry Spinach Salad

2 Tbsps. sesame seeds
 1 Tbsp. poppy seeds
 1/2 cup sugar
 1/2 cup olive oil
 1/4 cup distilled white vinegar
 1/4 tsp. paprika
 1/4 tsp. Worcestershire sauce
 1 Tbsp. minced onion
 1/4 cup almonds, blanched and slivered
 1 qt. strawberries, cleaned, hulled and sliced
 10 oz. fresh spinach, rinsed & torn into bite-size pieces

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 - 15 minutes before serving.

CROSSWORD

AKA by Carlinka



ACROSS

- 2 Bale bond
- 5 Tempted with bait
- 6 Opposites of allies
- 9 Kismet
- 12 Sandwich aka
- 13 Krill seeker
- 14 Mysterious puzzle
- 16 Mini lobster aka
- 17 Naranja menos amarillo
- 19 Garnish for a Corona
- 21 Shirt that exposes the waist
- 25 Hypnotized state
- 26 Sandwich aka
- 29 Take the wheel
- 31 Spout for water aka
- 32 Spout for water aka
- 34 Mini lobster aka
- 35 Minimum age for a U.S. senator

DOWN

- 1 It might be acute or obtuse
- 3 Word before toast or after peach
- 4 Really ticks off
- 7 How paper contracts are often signed
- 8 Rock, before it was cool
- 10 Sandwich aka
- 11 Wishy-washy, as an answer
- 12 Spout for water aka
- 15 Heading for half of crossword clues
- 18 Cause of crying in the kitchen
- 19 Garnish for an iced tea
- 20 Pluck
- 21 Mini lobster aka
- 22 Pucker, as one's lips
- 23 Port city in Ukraine
- 24 Sandwich aka
- 27 What cubes have that squares lack
- 28 Like the fish in ceviche
- 30 Vowels in a children's song refrain
- 33 "Earl" of beveragedom

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.

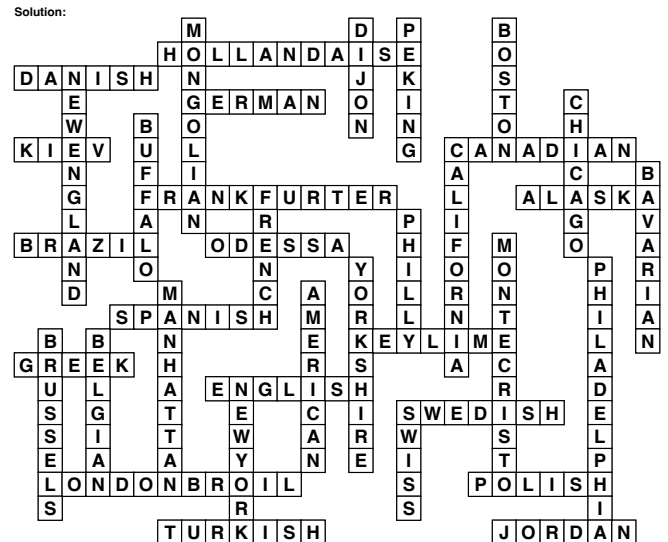
For local meeting schedule, see our website: www.aanorthdakota.org

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



Last month's puzzle solution

++Continental Cuisine?++



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

The whole idea of the next

month or so is for you to work extremely hard to establish a solid foundation. A period has begun when it is more of a challenge for you to define what you want to achieve. Although, you have the energy and optimism to aim for an expansion of your horizons. There is a window of opportunity of a couple of months to achieve a vision.

**TAURUS**
April 21-
May 21

During the first week of April, the planet of communication, Mercury, enters your sign, which immediately brings an issue up, which is how to talk to power, when collective needs overshadow personal needs. Nevertheless, by mid-April you begin to see how you can swing change to your advantage through your persuasive power.

**GEMINI**
May 22-
June 21

At the very beginning of

April, around the 3rd, there is an important transition in your life, which has a profound effect on you mentally. You can't help noticing that there are changes taking place culturally and intellectually. One reason you might want to spend more time undisturbed is because of changes taking place in your professional life, with new rules, restrictions or leadership imposing greater controls.

**CANCER**
June 22-
July 22

Early April can be a bit of a success

story professionally, as you widen your influence and expand, both in relation to the people you work with, and to a wider arc of a more global influence. This energy is very much focused on getting your ideas across and making practical arrangements to promote new influences which have an international character. Your concern is to combat totalitarian views, but don't become too bull-headed yourself. Choose your battles carefully.

**LEO**
July 23-
August 22
April begins on a really

upbeat note when you can feel your influence expanding over a wide area. Confidence is high, you are sure of yourself and your viewpoints, and you have a very receptive audience. Now that Pluto has entered your opposite sign Aquarius, you will start to notice a change in interactions with others. The solar eclipse on April 20th is going to powerfully highlight this theme.

**VIRGO**
August 23-
September 22
Early April highlights

ideological conflicts having to deal with something which may go against your values and principles. You will have ample opportunity to revise plans, so even if you decide on one course of action, you can always change your mind later. You will find that you have the support of some pretty heavy players, who will be watching your back. April and May are excellent months for forging partnerships and alliances with people who feel the same way you do.

**LIBRA**
September 23-
October 22

As April begins relationships and meetings with striking individuals who are pioneers in their field are highlighted. There is less time to do more things, and a much stronger focus on empathy and care. New trends in your life now bring a deeper awareness of a need to maximize your creativity and performance. You want to express the good, bad and the ugly in the name of authenticity. This new trend can lead you down some unusual paths, and you'll be particularly aware of this at the solar eclipse on April 20th.

**SCORPIO**
October 23-
November 21
April brings challenges

relating to communication and relationships. April and May are months when you need to keep the dialogue open with others, exploring meeting points and where your values might converge. If you were to choose the tough approach, people would dig in their heels and issues could drag on, so an empathetic and interested response to anxious or stubborn people is the right way to go.

**SAGITTARIUS**
November 22-
December 21
Many areas of your

life are in transition at the moment, but the principle change will be connected with establishing firmer foundations. Another important area is in the field of communication. This is great for depth studies when you are trying to unearth secrets, but less good if hidden demons are released. People are trying to protect what is dear to them, then they can go to extremes. Flexibility is important.

**CAPRICORN**
December 22-
January 20

You have weathered the financial

upheavals in the recent past, and now you become aware of a strong need to educate yourself, communicate better, and generally get out and about to relate with people who you may not have noticed before. The 20th of April may also highlight a similar issue, and clearly changes some of the rules, especially related to loved ones. Partners or others can be demanding and even a diplomatic approach seems ineffective. You have the secret recipe that resolves the issue and patience.

**AQUARIUS**
January 21-
February 19
Welcome to the new era.

April brings a transformation of lifestyle, where you strive to be more authentic and are less willing to make compromises about the things that you care for. The challenge is to find the funds to finance the kind of lifestyle changes that you have inaugurated. It's out with the old and in with the new, and it is so new that there can be considerable anxiety.

**PISCES**
February 20-
March 20

There are some subtle changes

taking place now, which profoundly affect your spiritual life and the world of your imagination. This emphasis on communication, education and relations with siblings, neighbors and others you interact with on a regular basis, becomes extremely strong on the 20th of April. This is an excellent time to improve the mind and develop your interests. It will also enable you to define the direction you want to go in life. It's time to make a plan.

Lumenis Optima IPL

Relief from dry, itchy eyes caused by skin and eyelid inflammation*



701-225-7886

Call us for a consultation to see if Lumenis Optima IPL is for you!
Dr. Melanie Miller O.D. and Dr. Nate Shilman O.D.

**PEACE LUTHERAN
CHURCH PARKING
LOT FUNDRAISER**

LOCATION - DICKINSON EAGLES CLUB

**TACO BAR
BENEFIT DINNER**



**MONDAY, APRIL 24
MEAL BEGINS AT 5:00 PM
SILENT AUCTION & BAKE
SALE
FROM 5:00 - 8:00 PM**

MARTIN'S
Decorative
STONES

Cover Your **UGLY** Concrete



Durable & Stylish Stone

- Driveways & Walkways
- Decks & Stairs
- Garages



High-Traffic Flooring

- Garages & Shops
- Rec Rooms & Basements
- Commercial



Rubber Resurfacing

- Driveways & Walkways
- Pools & Spas
- Patios & Rec Rooms



Call for a **FREE** estimate! **605.228.3746**
martinsdecorativestones.com